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chapters provide a sound background to the physiology of trigger points and the general methods of treatment Chapters 7 through 12 are organized by muscle group with the information about each muscle presented in a uniform accessible style Each two page spread gives detailed anatomical information referred pain patterns plus key trigger point information practitioner protocols and self help information and drawings This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles The text is clear with detailed information about the presentation of syndromes in each body region and the illustrations show the referred pain patterns clearly Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms Dr Bob Gerwin MD FAAN Medical Director and President Johns Hopkins University School of Medicine Baltimore Maryland Simeon Niel Asher has improved on an already wonderfully descriptive book on myofascial pain trigger points and syndromes The text is clear the diagrams excellent and the overall result is an excellent resource Dr Simon Vulfsons MD Board Certified in Internal Medicine and Pain Management Director the Institute for Pain Medicine Rambam Health Care Campus Haifa Israel This book is a must have for manual therapists serious about their craft as well as for serious self treaters who want to take their level of understanding and treatment independence to a higher level The book is extremely well organized well written and concise The illustrations are beautiful and accurate Jonathan Reynolds PhD PT co owner and founder of Reynolds Rehabilitation Enterprises **Books**

Out-of-print ,1986 *40 Days in the Wilderness* Kwasi Issa Kena,1998 Written in a down to earth easy to read style 40 Days in the Wilderness is a collection of forty thought provoking meditations that speak to everyday concerns and situations of African American men These devotions provide inspiration and practical help for establishing or deepening a man's faith Each meditation includes a Scripture reading a prayer focus and next step questions African American men will be encouraged and inspired by the life stories of other African American men and will see hope in the Word of God for life's problems The volume also includes an appendix of books promoting spiritual and African American cultural development

The Concise Book of Trigger Points Simeon Niel-Asher,2025-12-04 The Concise Book of Trigger Points explains how to treat chronic pain with trigger point therapy Learn the physiology of trigger points and general treatment methods Find detailed information on each muscle group including anatomical information pain patterns and treatment protocols **Books**
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