# Manual Trigger Point Therapy
## Recognizing, Understanding and Treating Myofascial Pain and Dysfunction

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<th>TITLE</th>
<th>Manual Trigger Point Therapy: Recognizing, Understanding and Treating Myofascial Pain and Dysfunction</th>
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<td>Students and physical therapists (who treat pain and musculoskeletal conditions), manual therapists, osteopaths, massage therapists, occupational therapists</td>
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**EDITORS**

Roland Gautschi is Senior Instructor at the Institute for Myofascial Trigger-Point Therapy (IMIT), Baden, Switzerland.

**DESCRIPTION**

*Treating pain where it originates!*

Manual trigger point therapy combines mechanical, reflex, biochemical, energetic, functional, cognitive-emotional, and behaviorally effective phenomena. As such, it influences not only peripheral nociceptive pain, but also intervenes in the body's pain-processing and transmission mechanisms.

Here you will learn: a systematic, manual-therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction; how to treat the accompanying fascial disorders; and how to prevent recurrences.

**Key Features:**

- Clinical background of myofascial pain and dysfunction
- Muscles, trigger points, and pain patterns at a glance
- Neuromuscular entrapments shown in detail
- Screening tests and pain guides for all common clinical patterns
- Manual treatment of trigger points and fasciae

*Manual Trigger Point Therapy* is your one-stop, comprehensive introduction to this fascinating, proven technique.

This book includes complimentary access to a digital copy on [https://medone.thieme.com](https://medone.thieme.com).

**COMPETITION**


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