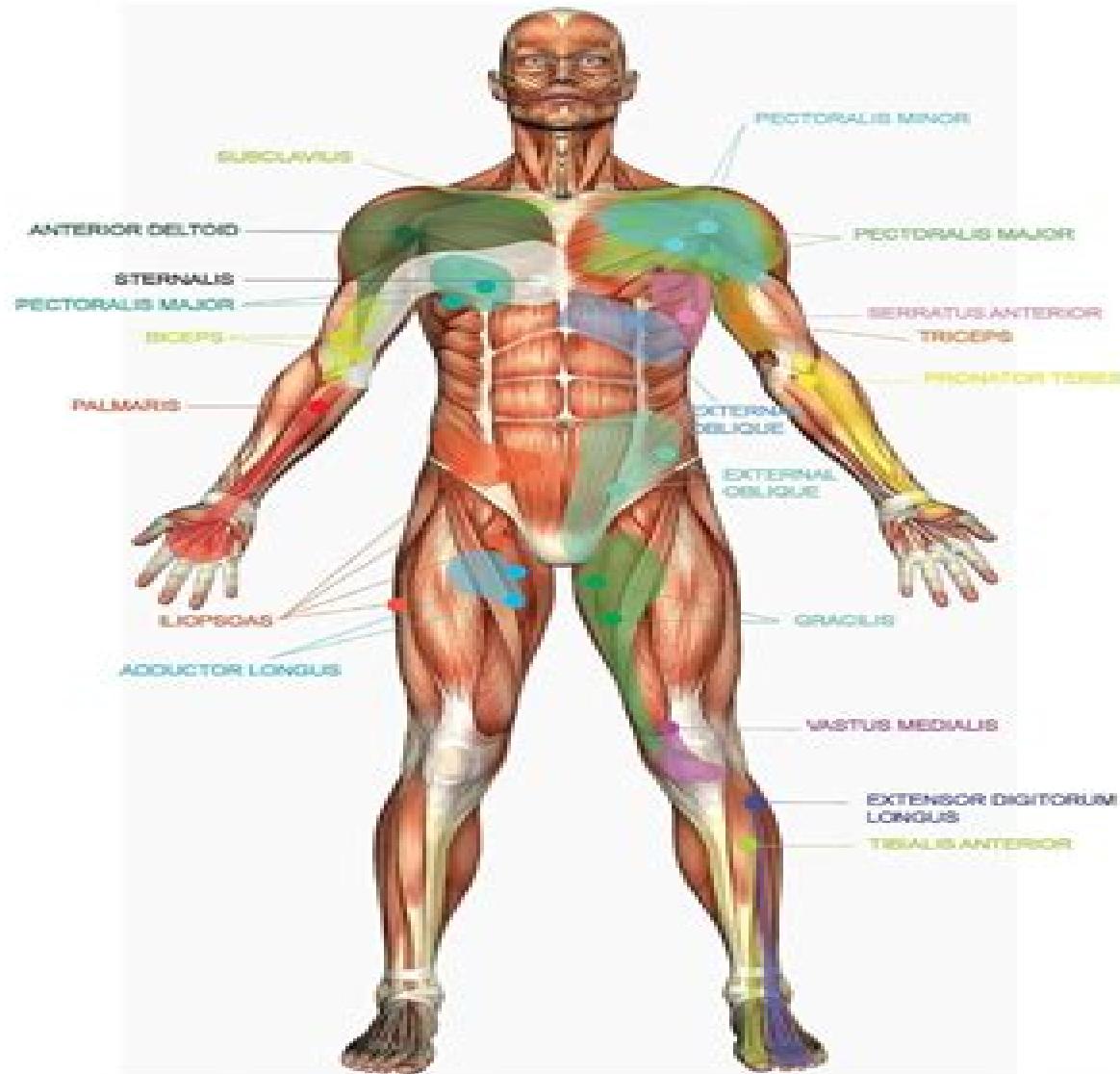


# TRIGGER POINTS (ADVANCED)



# Trigger Points Advanced Speedy Study Guides Speedy Publishing

**John Sharkey**

## **Trigger Points Advanced Speedy Study Guides Speedy Publishing:**

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When learning about acupressure students must have a thorough education to be able to master the techniques A study guide on acupressure would provide them with a detailed history about the origins of the use of acupressure in social and medicinal settings and the proper ways to perform the techniques [Trigger Points](#) Vincent Perez,2007-12-14 Uses detailed illustrations to showcase all the trigger points that can be found on the arms legs face chest back and other areas of the human body Illustrations are by renowned anatomical artist Vince Perez **Acupressure Techniques (Speedy Study Guides)** Speedy Publishing LLC,2015-01-20 When learning about acupressure students must have a thorough education to be able to master the techniques A study guide on acupressure would provide them with a detailed history about the origins of the use of acupressure in social and medicinal settings and the proper ways to perform the techniques [Trail Guide to the Body's Quick Reference to Trigger Points](#) Andrew Biel,2012-01-15 Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles Trigger points are hyperirritable spots in skeletal muscle These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and when compressed elicit referred pain local tenderness or a twitch response This full color guide helps you quickly find and treat trigger points in your clients by identifying Common location of a trigger point in a particular muscle belly Possible causes of trigger points Symptoms and Indications Pain Patterns Associated Trigger Points Differential Diagnoses This concise reference supports manual therapists familiar with Trigger Point therapy quickly putting trigger points at their fingertips For those wishing to learn the fundamentals of Trigger Point therapy or study the subject in greater depth a list of recommended texts is provided Students and practitioners will value the quality illustrations and easy access to this practical information 115 pages 210 images

*Trigger Points* Vincent Perez,2025-05 Map of myofacial trigger points muscle knots with extended mapping of surrounding areas of referred pain from those trigger points superimposed on contour detailed surface and muscular anatomy illustrations The surface anatomy is translucent allowing the muscle structure to show through offering a skin surface reference with muscle reference underneath to better target points and referred pain areas Trigger points are pin pointed then different shades of the point color show referred pain areas Points and areas are color coded to differentiate and trace referred pain areas back to trigger points This 6 page laminated guide is a best seller in our anatomy guide lineup There are over 10 million QuickStudy anatomy guides in print all with beautiful illustrations by award winning and best selling medical illustrator Vincent Perez Vincent's life mission is cataloging the beauty and detail of our complicated body systems for medical professionals formative students and anyone needing to know human anatomy from massage therapists to acupuncture specialists personal trainers and yoga instructors 6 page laminated guide includes Translucent Contoured Surface Anatomy Muscular System Anatomy for Location Reference Lateral Side Head 1 Lateral Side Head 2 Anterior Superficial Full Body Front Lateral Right Leg Anterior Deep Full Body Front Posterior Superficial Fully Body Back Rectus Abdominis Reference Zones Posterior Deep Full Body Back Lateral Superficial Full Body Side Lateral Arm Lateral Left Leg

**Acupressure II** Speedy Publishing, 2014-08-04 Acupressure involves fingers to add pressure to areas of the body A pamphlet will help by showing those who want to learn how to do the procedure where to place the fingers and the areas where acupressure shouldn't be used Information is available about how long the pressure should be held and the benefits of using acupressure There are also some people who shouldn't use the treatment because of health concerns and a pamphlet would go into more detail with this information

**The Concise Book of Dry Needling** John Sharkey, 2025-12-03 The Concise Book of Dry Needling provides accurate and essential information for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine filiform needle

**Trail Guide to the Body's 6e Quick**

**Reference to Trigger Points** Andrew Biel, 2019-07-17 Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles Trigger points are hyperirritable spots in skeletal muscle These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and when compressed elicit referred pain local tenderness or a twitch response This full color guide helps you quickly find and treat trigger points in your clients

**The Concise Book of Trigger Points** Simeon Niel-Asher, 2005 Painful aching areas that do not respond to local treatment often have remote trigger points that refer pain to them They are most often found in muscles but also in fascia periosteum tendons ligaments and skin and are caused by physical and psychological stress trauma and lack of rest

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