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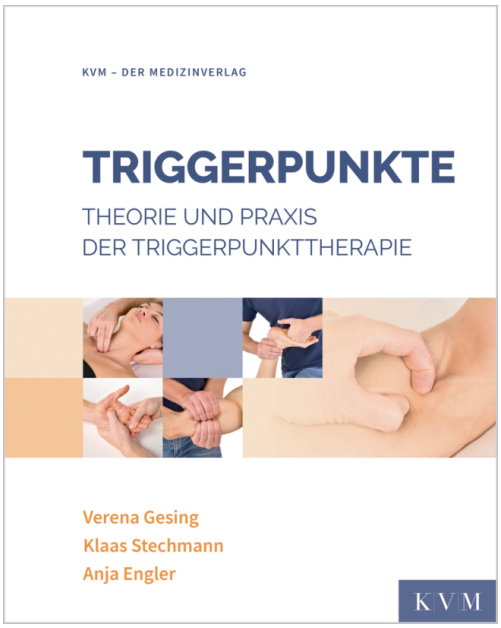

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Book information

Authors: Verena Gesing / Klaas Stechmann / Anja Engler

Title: Triggerpunkte

Subtitle: Theory and Practice of Trigger Point Therapy

Short text:

This book is aimed at physiotherapists and all those who wish to study in depth the topic of trigger points and their treatment. As a comprehensive workbook, it also conveys an understanding of the origin of trigger points. Once you know the causes of trigger points, you can treat them in a targeted and reliable manner. The book is divided into two sections, a basic and a practical one. In the first chapters, the reader is introduced to the important anatomical, physiologic, and pathophysiologic principles, which are of central importance for trigger point therapy, with many explanatory illustrations. In the practical section, the authors go into detail about the treatment of trigger points. Anatomical diagrams of the muscles affected in each case are presented, with illustrations of the corresponding areas of pain radiation from trigger points.

Categories: Physiotherapy