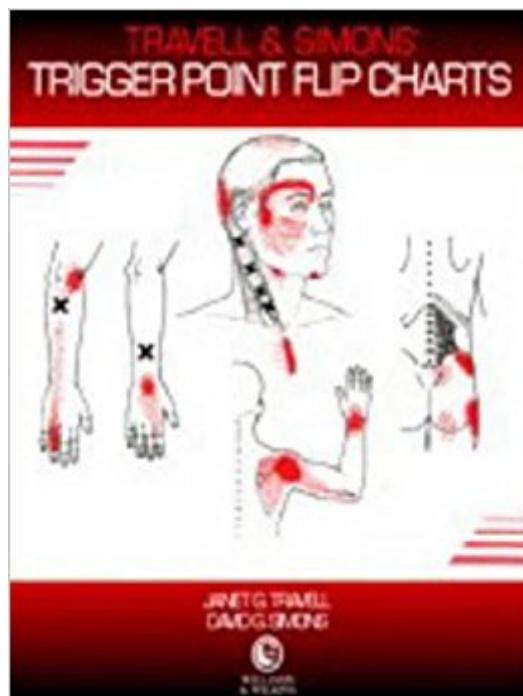


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# Travell And Simons' Trigger Point Flip Charts



## **Synopsis**

Volumes 1 and 2 of Drs. Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education.

## **Book Information**

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## **Customer Reviews**

Now deceased, foreword writer David G. Simons, MD, coauthored of Travell & Simons Myofascial Pain and Dysfunction: The Trigger Point Manual

Despite the unwieldy size, these diagrams are smaller than in the original book by Travell and Simons. Furthermore, very important diagrams are omitted. For example many diagrams showing the bones are omitted. But the bones provide an important "roadmap" to locating the trigger points. Mistakes will result without the bone diagrams. This could be serious and result in pressing veins or arteries instead of muscles. Such places might feel tender like muscle trigger points. But it would be harmful to press them. The format of the book would be greatly improved if it were bound on the side, like conventional books. If that were done it would be much easier to turn pages. But with binding at the top it is very awkward to turn pages.

Not at all what I had expected, should have sent it back. Too pricey for what you get. Too

cumbersome to use when I'm in with a patient, though it is good to use for patient teaching, if you can find what you are looking for.

This is larger than I thought it would be but overall it is great. The illustrations are great and easy to read. The slick cover is great also so you don't have to worry about tearing the pages easily. Also, the stand is good even though I probably won't use it much. But good to have that option. Love how the Trigger Point marked with the "X" is very visible as well as the red dots for the referred pain. Very helpful.

Very helpful. A must have for anybody with Fibromyalgia or arthritis.

Nice reference guide, patient get it when I use it.

Great chart, bit expensive.

I use this in my work everyday. Travell was an incredible Doctor and her work lives on through this chart. It is empowering for people to know where their pain is coming from. This is the perfect size chart to help teach folks and also for traveling. I own 2 of them.

On the upside: good visual tool! It has enlightened me on the location of certain trigger points of the lower extremities. On the downside- I have to carry it around and that chart is just too bulky for travel. It would be just as good if it were an 8x11. I usually like visuals but this chart lacks condensed info on what you're looking at. The same directions on how to read the chart appear on each page over and over. I would have liked to see some clues and tips instead. All in all, had I known better, I would have saved my money to put toward the books because the chart is rather expensive for just the drawings.

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Travell and Simons' Trigger Point Flip Charts Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Understanding Skin Flip Chart (Flip Charts)

Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge Trigger Points of Pain: Wall Charts (Set of 2) A Is for Apple (Trace-and-Flip Fun!) (Smart Kids Trace-and-Flip) Flipping Out: The Art of Flip Book Animation: Learn to illustrate & create your own animated flip books step by step The Split History of World War II: A Perspectives Flip Book (Perspectives Flip Books) The Split History of the Civil War: A Perspectives Flip Book (Perspectives Flip Books) How To Flip A House: 7 Fundamentals of a Highly Successful Flip The Split History of the Women's Suffrage Movement: A Perspectives Flip Book (Perspectives Flip Books) The Split History of the Civil Rights Movement: A Perspectives Flip Book (Perspectives Flip Books) Louisville KY Deluxe Flip Map (Deluxe City Flip Map) Color Charts: 50+ Coloring Charts to Organize Your Color Schemes, Test Your Supplies Before You Color, and Find the Perfect Colors for Every Project! Chronological and Background Charts of the Old Testament (Zondervan Charts) Color Charts: Color Collection Edition: 50 Color Charts to record your color collection all in one place Billboard's Top Ten Charts, 1958-1988: Thirty Years of Top 10 Charts in One Handy Volume! The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion

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