





A Clinician's Guide to the Evaluation and Treatment of Myofascial Disorders



Donna Finando, L.Ac., L.M.T., and Steven Finando, Ph.D., L.Ac.

**Richard Gottlieb** 

Informed Touch Donna Finando, Steven Finando, 1999-10-28 A clinical reference manual for the evaluation and treatment of muscle pain Detailed color illustrations of pain patterns and trigger point locations First accessible reference manual for acupuncturists chiropractors osteopaths and physical occupational and massage therapists In this easy to use guide to the treatment of muscle pain medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points and thereby alleviating pain in the most clinically significant musculature of the body A user s manual for health care practitioners Informed Touch examines a wide range of pain patterns and their treatment Introductory chapters include discussion of the oriental medicine concept of Qi and its relationship to myology information on trigger point location and activation and palpatory skill building techniques Detailed information on each muscle including pain pattern and trigger point illustrations and specific palpation instructions allows clinicians to locate specific areas quickly and accurately A visual index showing reduced versions of the pain pattern illustrations makes it easy for clinicians to identify the muscles that may be involved in a patient s complaint Informed Touch answers the reference needs of the growing community of physical and occupational therapists acupuncturists chiropractors osteopaths and massage therapists

Trigger Point Therapy for Myofascial Pain Donna Finando, Steven Finando, 2005-08-22 A clinical reference manual for the evaluation and treatment of muscle pain Contains detailed illustrations of pain patterns and trigger point locations 15 000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians osteopaths acupuncturists and physical occupational and massage therapists encounter in their patients In Trigger Point Therapy for Myofascial Pain Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible user's manual for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points and thereby alleviating pain in the most clinically significant musculature of the body This comprehensive yet easy to use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology specific trigger point location and activation and palpatory skill building techniques Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation A visual index allows easy identification of the muscles that may be involved Trigger Point Therapy for Myofascial Pain provides necessary and invaluable information for sufferers and any Practical Manual of the Fascial Distortin Model in the paediatrics Frank professional involved with myofascial disorders Römer, 2021-02-10 Until now the Fascia Distortion Model in short FDM has so far played no significant role in the treatment of infants As our smallest patients haven t any previously learned body language a classical treatment according to FDM is virtually impossible With adults it is possible to discuss their symptoms and indicate where the problem lies this is more or less ruled out with infants Here we have to rely rather on the results from the clinic and palpation as well as our experience

with FDM As we know as FDM therapists FDM treatment is often accompanied by pain but is also very successful If our little patients have painful distortions then it is the least we can do but to try and relieve that pain Unfortunately this process is as painful for younger patients as for adults Here the question for therapists is whether such treatment is possibly incompatible with their consciences In my view it is almost a duty of the therapist to relieve the infant from his suffering Let's administer brief pain during treatment knowing that in the end it is for the good of the child Due to the great suppleness of the tissue in younger years we can achieve a great deal of success within the first one or two treatments This makes using FDM with infants so interesting As with my first book as also here I will adorn myself mainly with false laurels This work could only arise due to the help of some ingenious minds that have already set milestones before me in FDM therapy My intention now is to filter the developments made by some renowned therapists and together with my experience implement this for the treatment of infants Among the great therapists who have inspired me are Andrew Taylor Still William Sutherland Stephen Typaldos and Tom Esser Especially through the latter did I discover my love of treating infants and children For this dear Tom I retrospectively send you my sincerest thanks I want to also thank my family who have not only seen little of me due to my practice and seminar activities but also due to my writing this book I always had you in my thoughts I hope all readers take pleasure in this book and also hope that I can remove the insecurities and fears about the treatment of infants and also present some worthwhile ideas If we therapists don t help children then who will The Balanced Body Donald W. Scheumann, 2007 CD ROM includes 20 massage technique video clips 10 Acland anatomy video clips anatomy figures from Integrative Strategies for Cancer Patients Elena J. Ladas, Kara Kelly, 2012 Integrative Strategies the text chapter quizzes for Cancer Patients is the definitive resource on the benefits of integrative therapies during cancer treatment The book does not need to be read cover to cover to learn about integrative medicine Instead it is meant to be a reference handbook for managing the most common side effects afflicting patients with cancer Integrative Strategies for Cancer Patients provides hands on guidance with illustrations demonstrating how to use complementary alternative therapies during cancer treatment Some of the techniques you will learn about in this book are Yoga poses and breathing exercises to increase energy and manage shortness of breath Acupressure points to reduce nausea vomiting and pain Aromatherapy essential oils to decrease feelings of nausea and anxiety Nutrition strategies to help manage loss of appetite depression and hot flashes Massage techniques to aid in relief of lymphedema constipation and loss of libido Reflexology applications for neuropathy headaches and insomnia Dietary supplements to improve symptoms of chemo brain fatigue and radiation burns Rolfing and **Physical Reality** Ida P. Rolf,1990-11 A self portrait of the warm wise woman who created the therapy that bears her name Here Ida Rolf tells of her life and the wonder of the human body and explains her technique of manipulating muscle tissue to induce correct alignment in the body Balancing Your Body Mary Bond, 1996-07 Regaining body balance and easing tension Shows healthy patterns of posture and movement **Gua sha** Arva Nielsen, 2014-09-05 Sometimes called coining

spooning or scraping Gua sha is defined as instrument assisted unidirectional press stroking of a lubricated area of the body surface that intentionally creates transitory therapeutic petechiae representing extravasation of blood in the subcutis Gua sha has been used for centuries in Asia in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide With the expansion of traditional East Asian medicine Gua sha has been used over broad geographic areas and by millions of people It is valuable in the treatment of pain and for functional problems with impaired movement the prevention and treatment of acute infectious illness upper respiratory and digestive problems and many acute or chronic disorders Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti inflammatory responses that persist for days after treatment The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine detailing traditional theory purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry This book brings the technique alive for practitioners with clear discussion of how to do it including correct technique appropriate application individualization of treatment and when to use it with over 50 case examples and superb color photographs and line drawings that demonstrate the technique NEW TO THIS EDITION New chapter on immediate and significant Tongue changes as a direct result of Gua sha Research and biomechanisms Literature review from Chinese language as well as English language medical journal database New case studies Over 30 color photographs New chapter on immediate and significant Tongue changes as a direct result of Gua sha Research and biomechanisms Literature review from Chinese language as well as English language medical journal database New case studies Fully updated and revised throughout Over 30 colour photographs The History of Massage Robert Noah Calvert, 2002-04 Covering the development of massage from prehistory to today s golden age the founder of Massage Magazine helps to explain the evolution of this popular therapy

Fibromyalgia & Chronic Myofascial Pain Devin Starlanyl, Mary Ellen Copeland, 2001 A manual for understanding treating and living with Fibromyalgia Thai Yoga Massage Kam Thye Chow, 2002-02-01 An authentic guide to Thai yoga massage a unique therapy that combines stretching breath work assisted yoga postures and pressure point therapy Includes more than 80 illustrations 30 charts and a complete series of postures for a two hour full body massage Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America Until recently Thai yoga massage was virtually unknown in the West It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism In this unique practice the therapist gives a full body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching movement and breath work reminiscent of tai chi Using his or her own hands feet arms and legs the practitioner gently guides the recipient through a series of yoga postures creating a harmonious and therapeutic dance that leads to greater physical awareness grace and spiritual energy In this comprehensive guide for practitioners Kam Thye Chow leads readers through every aspect of this dance from its history and philosophy to a detailed

presentation of a complete Thai yoga massage session This important reference includes more than 80 illustrated postures 30 charts and drawings and a complete series of postures for a two hour full body massage that focuses attention on both the upper and lower body which receive equal stress in the Western lifestyle Information on contraindications anatomy and physiology integrates Western medical knowledge and theory with this ancient tradition Massage therapists physical therapists nurses and other medical professionals will find Thai Yoga Massage an important and innovative complement to The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topi provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM **Complementary and Alternative Medicine** Secrets Wendy Kohatsu, 2002 This new reference part of The Secrets Series provides balanced coverage of all current complementary and alternative therapies by leading experts in the field Discusses each CAM modality and the disorders for which it has been proven beneficial what to look for in a practitioner of each field whether there is a best CAM approach supporting evidence and the effectiveness of CAM compated to allopathic approaches The Publishers Weekly ,1999

The Library Journal ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

Older Adults Debra K. Weiner, Keela Herr, Thomas E. Rudy, 2002 The goal of this book is to increase awareness of the complexities involved in caring for older adults with persistent pain and to provide practitioners with the tools to approach complex management issues

Subject Guide to Books in Print ,1991

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