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Trigger Points & Myofascial Pain Syndrome A guide to the unfinished science of muscle pain, with reviews of every theory and self-treatment and therapy option

### **Steven finando | new york chiropractic college**

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Jan 14, 2013 Informed Touch by Donna Finando L.Ac of Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch by Donna Finando L

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Myofascial release therapy (also known as myofascial trigger point therapy) is a type of safe, low load stretch that releases tightness and myofascial pain caused by

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What Is Myofascial Trigger Point Therapy? The word myofascial refers to the muscle tissue (myo) and the connective tissue that is in and around it (fascia).

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### **Donna finando, l. ac., l.m.t. | inner traditions**

She is coauthor of Trigger Point Therapy for Myofascial Pain and the author of Trigger Point Self Steven Finando, Ph.D., L.Ac. New Edition of Informed Touch.

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Myofascial Trigger Point Therapy performed by Jeffrey A. Lutz LMT CMTPT, Lori Barkand LMT CMTPT, John Casciato LMT, CMTPT. Myofascial Trigger Point Therapy, a

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Myofascial pain syndrome is a chronic pain disorder. In myofascial pain syndrome, pressure on sensitive points in your muscles (trigger points) causes pain in

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What is Myofascial Pain? MYO is muscle: FASCIA is the connective tissue that holds us together. Myofascial pain comes from trigger points in muscles and the fascia

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Treatment for myofascial pain syndrome typically includes medications, trigger point injections or physical therapy. No conclusive evidence supports using one therapy

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Scores of mainstream research papers and clinical findings published by Dr. Janet Travell, Dr. David Simons and many other clinicians/researchers over the past 70

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### **Trigger point therapy | myofascial pain solutions**

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Myofascial trigger points, also known as trigger points, are described as hyperirritable spots in the fascia surrounding skeletal muscle. They are associated with

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