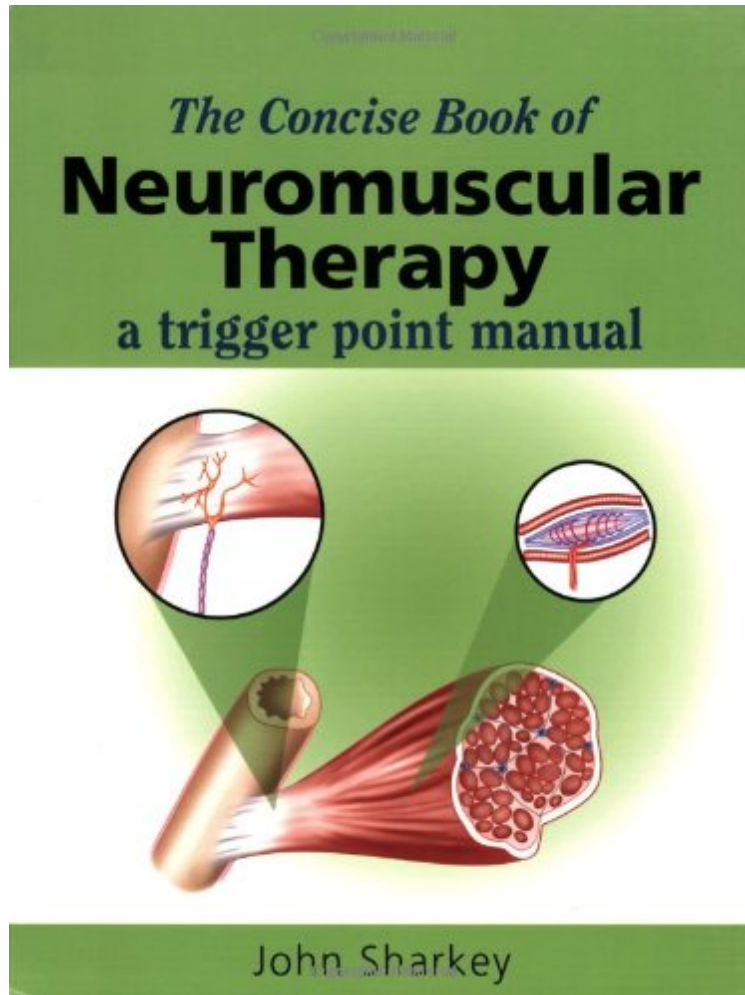


The Concise Book of Neuromuscular Therapy: A Trigger Point Manual

John Sharkey

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John Sharkey : The Concise Book of Neuromuscular Therapy: A Trigger Point Manual before purchasing it in order to gage whether or not it would be worth my time, and all praised The Concise Book of Neuromuscular Therapy: A Trigger Point Manual:

18 of 18 people found the following review helpful. Complete Myofascial Manual for Manual TherapistsBy Devin J. StarlanylThis book was written specifically for Neuromuscular Thearpists but has a much wider audience. All too often, myofascial trigger points are taught, if at all, as single entities or clusters that occur in sports medicine. Most chronic pain has a myofascial component that often remains undiagnosed. Now that myofascial trigger points are becoming recognized as a key factor in the maintainance of fibromyalgia central sensitization, I hope that many professionals who are unfamiliar with myofascial trigger points will use this manual to learn about this common cause

of musculoskeletal pain. The basic physiology of fascia and trigger point theory are covered, as well as patient assessment and treatment. There are clear diagrams of trigger points with specific information about each of them. For those doctors and nurse practitioners who have found the Trigger Point Manuals daunting, this reasonably priced manual can become your introduction to myofascial medicine. I highly recommend it. 3 of 3 people found the following review helpful. The Concise Book of Neuromuscular Therapy: A Trigger Point Manual By SoCalSunDog This book is a very detailed book on the anatomy and physiology of neuromuscular therapy. It provides excellent visual representations and great information for people who want to know significantly more about this type of therapy. 1 of 1 people found the following review helpful. Gotta have this! By GLENN concise...but a good resource! I carry them every day in my purse...makes life easy and massages much more efficient and effective.

Neuromuscular Therapy (NMT) is an innovative healing approach that combines the best soft tissue manipulation techniques of osteopathy, chiropractic, naturopathy, trigger point therapy, and other fields. NMT uses massage techniques and flexibility stretching to balance the musculoskeletal and nervous systems, and eliminate the causes of neuromuscular pain. The therapy consists of using the fingers, knuckles, or elbow to apply alternating levels of pressure, which relax the affected muscles and increase circulation. This treatment enhances muscle and joint function, and can be combined with other modalities as part of a comprehensive program. With 240 color and black-and-white illustrations, The Concise Book of Neuromuscular Therapy is an ideal learning tool for students involved in any of the medical sciences, as well as practicing physical therapists, doctors, or clinicians wishing to integrate NMT into osteopathy, physiotherapy, sport science, sports medicine, physical therapy, chiropractic, sports massage, and other manual therapies.

Probably the clearest, most concise and comprehensive presentation of the trigger point picture I have ever read. Eminently practical and clinically useful. Dr. Richard Bachrach, D.O., F.A.O.A.S.M, president and medical director of the Center for Sports and About the Author John Sharkey, BSc, MSc, NMT, is an exercise physiologist and neuromuscular therapist. He is the principal and director of the National Training Center, an organization responsible for the educational training and development of Neuromuscular Therapy and Medical Exercise. Based in Dublin, the NTC has branches throughout Ireland. At the 2000 Olympic Games in Sydney, Australia, Sharkey became the first NMT therapist to participate as a fully accredited Olympic medical team member. Foreword writer David G. Simons, MD, is a research scientist with several decades of experience in the study and treatment of myofascial pain. With Janet G. Travell, MD, he authored the seminal book Myofascial Pain and Dysfunction: The Trigger Point Manual in 1983. Now in his eighties, Simons is a volunteer clinical professor in the Department of Rehabilitation Medicine at Emory University and is a member of the medical staff of Dekalb Medical Center in Decatur, Georgia.