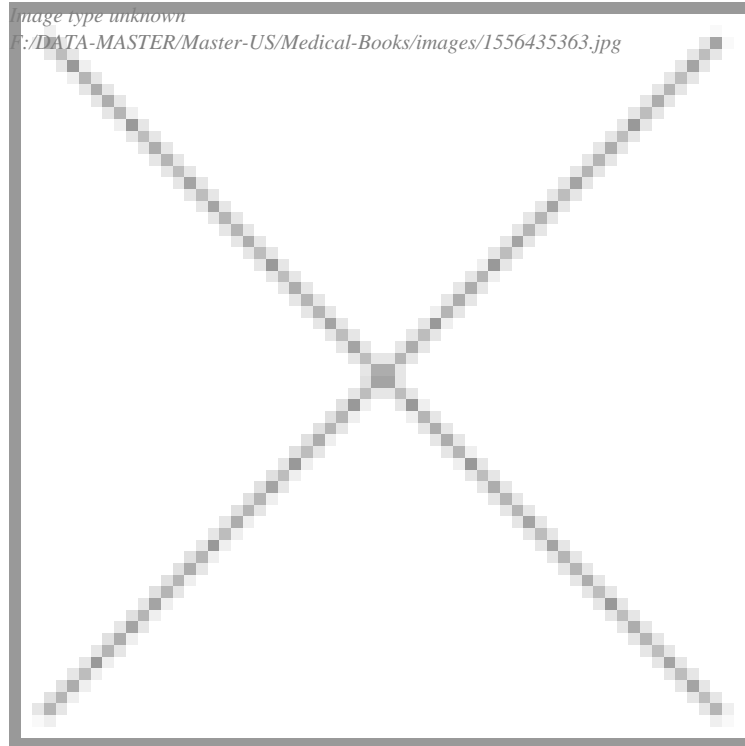


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The Concise Book of Trigger Points

Simeon Niel-Asher

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Simeon Niel-Asher : The Concise Book of Trigger Points before purchasing it in order to gage whether or not it would be worth my time, and all praised The Concise Book of Trigger Points:

2 of 2 people found the following review helpful. Four StarsBy P. WestGreat explanations and drawings, but the earlier editions were clearer and less cluttered with text.0 of 0 people found the following review helpful. Five StarsBy ArthurGreat for locating pressure points.0 of 0 people found the following review helpful. Lovibg the concise trigger points book!By vian yuI love this boom from the time I checked it out! I hAve other books of trigger points, but this explains it very well! I am going to buy more books and build a library of my own

This practical manual explains how to treat chronic pain through trigger pointsmdash;those tender, painful nodules that form in muscle fibers and connective tissues. Organized by muscle groups, the book emphasizes hands-on techniques for bringing immediate relief by stimulating the flow of oxygen to the trigger point. Each two-page spread features detailed color illustrations on one side and straightforward text on the other identifying each muscle's origin, insertion, action, and function. In addition, the author discusses the physiological implications of the trigger points in each muscle, and techniques for treatment.

About the AuthorSimeon Niel-Asher is an osteopath who has been working primarily with trigger point therapy for the past fifteen years, having learned this craft from one the UK's most eminent practitioners. He earned his B.S. in

osteopathy from the British School of Osteopathy in 1992, and a bachelor's in comparative health studies from the University of Exeter in 1995. In 1997 the author developed a breakthrough hands-on therapy for treating frozen shoulder syndrome (adhesive capsulitis), and has been pioneering other shoulder treatments ever since. He promotes his successful method, known as the Niel-Asher technique, on his website at www.frozenshoulder.com. Niel-Asher has been involved in lecturing, writing, researching, and promoting osteopathy worldwide. He has been a clinical tutor at the College of Osteopaths in Hertfordshire, England, and a visiting lecturer at several colleges in the Middle East. He runs two successful private clinics in London, and has designed a training course, and produced books and DVDs on the treatment of frozen shoulder syndrome.