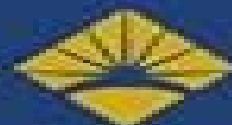

Muscle Pain

Understanding Its Nature,
Diagnosis, and Treatment

Siegfried Mense

David G. Simons

I. Jon Russell



LIPPINCOTT WILLIAMS & WILKINS

Muscle Pain Understanding Its Nature Diagnosis And Treatment

Craig Liebenson



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Muscle Pain Siegfried Mense, David G. Simons, I. Jon Russell, 2001-01-01 For the first time a book that addresses all aspects of muscle pain from basic science to clinical treatment This book answers all possible questions regarding muscle pain from local muscle soreness to the fibromyalgia syndrome The unique concept behind the book is the combination of neuroanatomical and neurophysiological data with the clinical management of all diseases that exhibit muscle pain

Myofascial Trigger Points Jan Dommerholt, Peter Huijbregts, 2010-10-22 Myofascial Trigger Points Pathophysiology and Evidence Informed Diagnosis and Management's emphasis is on the etiology of trigger points with a critical overview of current concepts The contributing authors are the most respected myofascial pain research and practice experts The authors address the etiology of trigger points the epidemiology of myofascial pain clinical management of patients specific treatment issues and the role of trigger points in various pain syndromes This book is an accessible introduction to myofascial trigger points for physicians therapists chiropractors osteopaths acupuncturists and massage therapists Muscle Pain: Diagnosis and Treatment Siegfried Mense, Robert D. Gerwin, 2010-07-17 This edition of the companion volumes Muscle Pain

Understanding the Mechanisms and Muscle Pain Diagnosis and Treatment is essential reading for those interested in clinical approaches to acute and chronic pain conditions involving muscle tissues and in the mechanisms underlying these conditions The volumes cover a very important topic in pain medicine since muscle pain is very common and can often be difficult to diagnose and treat effectively Furthermore chronic pain involving muscle and other components of the musculoskeletal system increases with age such that it is a common complaint of those of us who are middle aged or older Indeed as changing population demographics in westernized countries result in higher proportions of the population living longer and being middle aged and elderly chronic muscle pain will likely become even more of a health problem In the case of acute muscle pain this can often be very intense and in the short term can limit or modify the use of components of the musculoskeletal system associated with the sensitive muscle Chronic muscle pain can also be intense as well as unpleasant and disabling and it is in many cases the overriding symptom of most musculoskeletal disorders that are associated with long term deleterious changes in musculoskeletal function

Rehabilitation of the Spine Craig Liebenson, 2007 The foremost authorities from chiropractics orthopaedics and physical therapy present a practical overview of spinal rehabilitation This clinical resource presents the most current and significant spinal rehab information showing how to apply simple and inexpensive rehabilitation in the office The updated Second Edition includes clinical regional protocols and chapters on diagnostic triage acute care functional assessment recovery care outcomes and biopsychosocial aspects A bonus DVD offers demonstrations of key therapies and procedures **Handboek triggerpoint-therapie** Clair Davies, Amber Davies, 2015-12-22 Met het

Handboek triggerpointtherapie van Amber en Clair Davies leer je pijn te verlichten en pijnklachten te verminderen Hoofd nek schouder en rugpijn zijn voor veel mensen terugkerende ongemakken Maar wat niet iedereen weet is dat deze pijnen kunnen

worden veroorzaakt door triggerpoints hypergevoelige plekken in het spierweefsel Triggerpoints kunnen ontstaan door allerlei redenen van stress verwondingen en overbelasting tot littekens alcohol en drugs Door op een bepaalde manier druk uit te oefenen op de triggerpoints kan de pijn aanzienlijk worden verlicht Triggerpointtherapie zoals deze behandelmethode heet kan zelfs bepaalde functies van verzwakte lichaamsdelen weer verbeteren In het Handboek triggerpointtherapie komt dat allemaal aan bod van mogelijke therapieën en richtlijnen voor triggerpointmassages tot welke triggerpoints bij welke klachten kunnen worden bewerkt Daarmee is het een perfect basisboek voor iedereen die zijn of haar triggerpoints eindelijk eens onder handen wil nemen

Weiner's Pain Management Mark V. Boswell, B. Eliot Cole, 2005-08-31 This seventh edition of a bestseller has been totally revised and updated making this the most comprehensive rewrite in the book's long and distinguished history It includes new chapters new sections and section editors and new contributors Offering an interdisciplinary approach to pain management the book delivers a scholarly presentation for

Greenman's Principles of Manual Medicine Lisa A. DeStefano, 2011 This fully updated practical resource opens up one of the most enduring yet continually evolving areas of health care manual medicine With this informative highly illustrated text you'll learn the basic principles specific techniques and adjunct procedures of the discipline including the use of exercise for prevention and treatment of common lower quarter neuromuscular syndromes

BOOK JACKET

E-Book - Clinical Application of Neuromuscular Techniques, Volume 1 Leon Chaitow, Judith DeLany, 2008-03-06 The book discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body Step by step protocols that address each muscle of a region and a regional approach to treatment are features that make this book unique A structural review of each region including ligaments and functional anatomy adds value for new students and practitioners alike Comprehensive one stop text on care of somatic pain and dysfunction Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions All muscles covered from perspective of assessment treatment of myofascial pain Describes the normal anatomy and physiology as well as the dysfunctions which may arise Gives indications for treatments and guidance on making the appropriate treatment choice for each patient Combines NMT MET PR and much more to give a variety of treatment options for each case Describes the different NMT techniques in relation to the joint anatomy involved Practical step by step technique descriptions Includes not only manual techniques but also acupuncture hydrotherapies and nutritional support as well as guidance for the patient in the use of self help approaches Two color format Up to date evidence based content

Pathophysiology of Pain Perception Stefan Lautenbacher, Roger B. Fillingim, 2004-04-30 Under certain pathological conditions the pain processing system which includes both physiological and psychological components can produce the experience of pain in the absence of any peripheral noxious event Considerable evidence now indicates that alterations in pain perception are characteristic of many clinical pain states Pathophysiology of Pain Perception primarily examines these pathological alterations in the pain signaling

system with contributions from leading researchers in the field focusing on the functioning of the pain processing system under normal and pathological conditions The understanding of pain perception is essential for optimal diagnosis and treatment of acute and chronic pain This book covers the basics of pain perception peripheral and central neurotransmission methods of assessment various pathological chronic pain conditions neurological and psychiatric diseases cardiovascular disease and non pathological alterations of pain perception pregnancy labor as well as the treatments aiming at influencing pain perception such as pharmacological physical and psychological treatments *Evidence-based Therapeutic Massage* Elizabeth A. Holey, Eileen M. Cook, 2012-03-19 Now in its third edition this practical clinical guide for both students and practitioners is further strengthened by the addition of online video clips which demonstrate how to apply a range of massage techniques The text s research base and references are fully updated aiming to provide the reader with the most pertinent evidence to support the use of massage for particular injuries and conditions New improved and expanded chapter on Massage in Sport including section on athletes with disabilities Written by a sports specialist physiotherapist with experience of working with national teams at world and Olympic level Expanded chapters on Relaxation Massage formerly Sedative Massage Reflex Therapies formerly Specialized Techniques Case studies throughout the chapters Evolve Resources use your unique PIN code to access video clips of tutorials and demonstrations of massage techniques as identified in the book

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