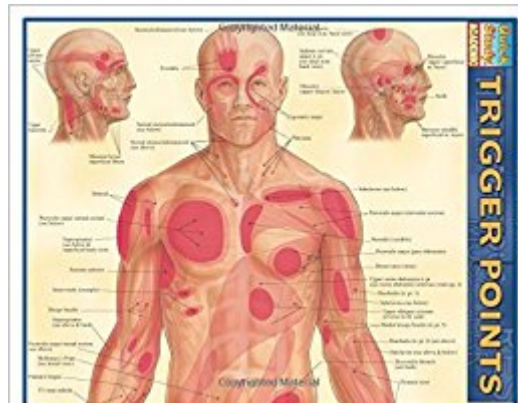




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Trigger Points (Quickstudy: Academic)



Synopsis

Loaded with beautifully illustrated diagrams clearly and concisely labeled for easy identification.
Illustrations by award-winning medical illustrator Vince Perez.

Book Information

Series: Quickstudy: Academic

Pamphlet: 6 pages

Publisher: QuickStudy; 1 Lam Crds edition (December 14, 2007)

Language: English

ISBN-10: 142320316X

ISBN-13: 978-1423203162

Product Dimensions: 8.5 x 11 x 0.1 inches

Shipping Weight: 2.1 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 344 customer reviews

Best Sellers Rank: #5,368 in Books (See Top 100 in Books) #2 in [Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure](#) #23 in [Books > Medical Books > Basic Sciences > Anatomy](#)

Customer Reviews

This is a full-color laminated chart that unfolds to approximately 2 feet in length. On one side is the diagram of the head, the full body, and the legs with trigger-points clearly marked and on the other side the back of the body with similar profiles in full-color with the trigger-points likewise clearly marked. I believe this chart is an excellent and durable product which will prove to be very useful in my study of trigger point therapy.

Easy to review and colorful in design. I would recommend this working tool for anyone that does trigger point work at any level.

I already know the pain referral patterns pretty well but it was still a little confusing showing people with all the overlapping which points had which patterns. It would have been so easy to make each pattern a different color or even just put a different color around the pattern shape and match it to the text. And because it's laminated I can't color it myself. I also find the patterns a little skimpy. In my own experience and in a few of the books, I've found more areas for some of the points than the chart indicates but since patterns differ from person to person anyway it would be impossible to

create a truly accurate map. This is still good to use for showing a client how the points work and where to hunt if you have pain in a certain area but I don't think I would have wasted the money if I had seen it first. I will probably give it away and go back to showing people out of the trigger point work book. (Either *The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief*, Second Edition or *Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch* or even *The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching*, 1e if you want to go more in depth.)

Helped me along with the fibro trigger point book.

Great chart and it's laminated so it was easy to wipe off after other stuff spilled in shipping. I love chart and use it daily.

Great chart that give you locations of trigger point and their referred pains, easy to cross reference. To precisely pin point the trigger point and its solution/treatment, I suggest to buy Clair Davies' "The Trigger Point Therapy Workbook" to work side by side with the chart! For a total cost of less than \$20, I ended my 19-month horrible ordeal in pains plus wasting more than \$4000 for therapy.

Finding the right trigger point is vital to relieving pain this Chart shows just how to find them. Massaging the right spot is fantastic.

Chart is tri fold and larger than I thought, self explanatory.

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Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback)) Trigger Points (Quickstudy: Academic) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Trigger Finger Cure: A Comprehensive Guide and Toolkit for

Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge The Concise Book of Trigger Points, Third Edition: A Professional and Self-Help Manual The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 2e The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 1e Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e Trigger Points of Pain: Wall Charts (Set of 2) Trigger Points: Understanding Myofascial Pain and Discomfort Trail Guide to the Body's Quick Reference to Trigger Points Acupuncture Points Handbook: A Patient's Guide to the Locations and Functions of over 400 Acupuncture Points 100 Weight Loss Recipes - Smart Points Edition: Weight Loss Points Cookbook: The Newest, Easiest, and Most Fun Way to Lose Weight. (Includes Slow Cooker and Instant Pot Recipes) Instant Pot Cookbook: 60 Delicious Smart Points Recipes That Shape Your Body (instant pot recipes,pressure cooker cookbook,smart points recipes,weight loss cookbook) RCI Points User Guide: Tips, Tricks and Secrets - A practical guide to understanding and using RCI Points Acupressure (Quickstudy: Academic)

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