

TRIGGER POINT ANATOMY

TRIGGER POINT ANATOMY IS A CRITICAL ASPECT OF UNDERSTANDING HOW MUSCLE TIGHTNESS AND PAIN CAN AFFECT OVERALL PHYSICAL FUNCTION. THIS ARTICLE DELVES INTO THE INTRICATE DETAILS OF TRIGGER POINTS, INCLUDING THEIR FORMATION, ANATOMICAL LOCATIONS, AND THEIR ROLE IN PAIN SYNDROMES. BY EXPLORING THE UNDERLYING ANATOMY AND PHYSIOLOGY OF TRIGGER POINTS, WE CAN BETTER COMPREHEND THEIR IMPACT ON THE MUSCULOSKELETAL SYSTEM AND THE SIGNIFICANCE OF ADDRESSING THEM IN THERAPEUTIC PRACTICES. THIS THOROUGH EXAMINATION WILL PROVIDE INSIGHTS INTO IDENTIFYING TRIGGER POINTS, THE TECHNIQUES USED FOR TREATMENT, AND PREVENTATIVE MEASURES.

FOLLOWING THE INTRODUCTION, THIS ARTICLE WILL OUTLINE THE FOLLOWING TOPICS:

- UNDERSTANDING TRIGGER POINTS
- COMMON LOCATIONS OF TRIGGER POINTS
- PHYSIOLOGY OF TRIGGER POINTS
- IDENTIFICATION OF TRIGGER POINTS
- TREATMENT TECHNIQUES FOR TRIGGER POINTS
- PREVENTIVE MEASURES AND LIFESTYLE ADJUSTMENTS

UNDERSTANDING TRIGGER POINTS

TRIGGER POINTS ARE HYPERIRRITABLE SPOTS IN SKELETAL MUSCLE THAT ARE COMMONLY ASSOCIATED WITH PALPABLE NODULES IN TAUT BANDS OF MUSCLE FIBERS. THEY CAN CAUSE LOCALIZED TENDERNESS AS WELL AS REFERRED PAIN, WHICH IS PAIN PERCEIVED IN AN AREA DISTANT FROM THE TRIGGER POINT. UNDERSTANDING THEIR ROLE IN THE BODY'S ANATOMY IS ESSENTIAL FOR EFFECTIVE PAIN MANAGEMENT AND REHABILITATION.

DEFINITIONS AND CHARACTERISTICS

TRIGGER POINTS CAN BE CLASSIFIED INTO TWO MAIN TYPES: ACTIVE AND LATENT. ACTIVE TRIGGER POINTS ARE PAINFUL AT REST AND CAN CAUSE SIGNIFICANT DISCOMFORT IN THE AFFECTED AREA. LATENT TRIGGER POINTS DO NOT CAUSE PAIN UNLESS ACTIVATED BY CERTAIN MOVEMENTS OR PRESSURE.

THE CHARACTERISTICS OF TRIGGER POINTS INCLUDE:

- PALPABLE NODULES IN MUSCLES
- LOCALIZED TENDERNESS
- REFERRED PAIN PATTERNS
- MUSCLE STIFFNESS AND WEAKNESS
- INCREASED MUSCLE TENSION

THE ROLE OF TRIGGER POINTS IN PAIN SYNDROMES

TRIGGER POINTS ARE OFTEN IMPLICATED IN VARIOUS PAIN SYNDROMES, INCLUDING MYOFASCIAL PAIN SYNDROME AND TENSION-TYPE HEADACHES. UNDERSTANDING THEIR ANATOMY AND FUNCTION IS CRUCIAL FOR CLINICIANS AND THERAPISTS WORKING WITH PATIENTS EXPERIENCING CHRONIC PAIN.

COMMON LOCATIONS OF TRIGGER POINTS

TRIGGER POINTS CAN DEVELOP IN ALMOST ANY MUSCLE IN THE BODY, BUT CERTAIN AREAS ARE MORE PRONE TO THEIR FORMATION. IDENTIFYING THESE COMMON LOCATIONS CAN AID IN BOTH DIAGNOSIS AND TREATMENT.

UPPER BODY TRIGGER POINTS

IN THE UPPER BODY, TRIGGER POINTS FREQUENTLY OCCUR IN THE FOLLOWING AREAS:

- NECK MUSCLES (E.G., STERNOCLEIDOMASTOID)
- SHOULDER MUSCLES (E.G., TRAPEZIUS, DELTOID)
- UPPER BACK MUSCLES (E.G., RHOMBOIDS)
- JAW MUSCLES (E.G., MASSETER)

THESE TRIGGER POINTS CAN LEAD TO ISSUES SUCH AS TENSION HEADACHES, SHOULDER PAIN, AND JAW DISCOMFORT.

LOWER BODY TRIGGER POINTS

IN THE LOWER BODY, COMMON TRIGGER POINT LOCATIONS INCLUDE:

- HAMSTRINGS
- QUADRICEPS
- CALVES (E.G., GASTROCNEMIUS)
- GLUTEAL MUSCLES

THESE TRIGGER POINTS CAN RESULT IN HIP PAIN, KNEE PAIN, AND LOWER BACK DISCOMFORT.

PHYSIOLOGY OF TRIGGER POINTS

UNDERSTANDING THE PHYSIOLOGICAL BASIS OF TRIGGER POINTS PROVIDES INSIGHT INTO THEIR FORMATION AND PERSISTENCE.

MUSCLE FIBER CHANGES

TRIGGER POINTS ARE ASSOCIATED WITH DYSFUNCTION IN MUSCLE FIBERS, PARTICULARLY IN THE SARCOMERES, WHICH ARE THE CONTRACTILE UNITS OF MUSCLE. WHEN MUSCLE FIBERS ARE SUBJECTED TO REPETITIVE STRAIN OR INJURY, THEY CAN BECOME SHORTENED AND DEVELOP AREAS OF HYPERIRRITABILITY.

NERVOUS SYSTEM INVOLVEMENT

THE NERVOUS SYSTEM ALSO PLAYS A SIGNIFICANT ROLE IN TRIGGER POINT DEVELOPMENT. OVERACTIVE NERVE PATHWAYS CAN LEAD TO SUSTAINED MUSCLE CONTRACTIONS, RESULTING IN THE FORMATION OF TRIGGER POINTS. ADDITIONALLY, PSYCHOLOGICAL FACTORS SUCH AS STRESS CAN EXACERBATE MUSCLE TENSION AND THE LIKELIHOOD OF TRIGGER POINTS.

IDENTIFICATION OF TRIGGER POINTS

IDENTIFYING TRIGGER POINTS IS CRUCIAL FOR EFFECTIVE TREATMENT.

PALPATION TECHNIQUES

HEALTHCARE PROFESSIONALS OFTEN USE PALPATION TECHNIQUES TO LOCATE TRIGGER POINTS. THIS INVOLVES APPLYING PRESSURE TO SPECIFIC MUSCLE AREAS WHILE ASSESSING FOR TENDERNESS AND REFERRED PAIN.

PATIENT HISTORY AND SYMPTOMS

GATHERING A THOROUGH PATIENT HISTORY AND UNDERSTANDING THE SYMPTOMS EXPERIENCED BY THE INDIVIDUAL CAN ALSO AID IN IDENTIFYING TRIGGER POINTS. KEY QUESTIONS MAY INCLUDE:

- WHERE IS THE PAIN LOCATED?
- WHAT ACTIVITIES EXACERBATE THE PAIN?
- ARE THERE ANY ASSOCIATED SYMPTOMS (E.G., HEADACHES, STIFFNESS)?

TREATMENT TECHNIQUES FOR TRIGGER POINTS

EFFECTIVE TREATMENT OF TRIGGER POINTS INVOLVES A COMBINATION OF TECHNIQUES AIMED AT ALLEVIATING PAIN AND RESTORING MUSCLE FUNCTION.

MANUAL THERAPY

MANUAL THERAPY TECHNIQUES SUCH AS MASSAGE, MYOFASCIAL RELEASE, AND TRIGGER POINT THERAPY CAN HELP RELEASE TENSION IN AFFECTED MUSCLES.

DRY NEEDLING

DRY NEEDLING IS A TECHNIQUE THAT INVOLVES INSERTING THIN NEEDLES INTO TRIGGER POINTS TO RELIEVE PAIN AND IMPROVE MUSCLE FUNCTION. THIS TECHNIQUE HAS GAINED POPULARITY AMONG PHYSICAL THERAPISTS AND PAIN MANAGEMENT SPECIALISTS.

STRETCHING AND STRENGTHENING EXERCISES

INCORPORATING STRETCHING AND STRENGTHENING EXERCISES INTO A REHABILITATION PROGRAM CAN ALSO HELP PREVENT THE FORMATION OF NEW TRIGGER POINTS AND IMPROVE OVERALL MUSCLE FUNCTION.

PREVENTIVE MEASURES AND LIFESTYLE ADJUSTMENTS

PREVENTING TRIGGER POINTS FROM DEVELOPING IS CRUCIAL FOR MAINTAINING MUSCULOSKELETAL HEALTH.

ERGONOMICS AND POSTURE

ADOPTING PROPER ERGONOMICS AND MAINTAINING GOOD POSTURE DURING DAILY ACTIVITIES CAN SIGNIFICANTLY REDUCE MUSCLE STRAIN AND THE RISK OF TRIGGER POINT FORMATION.

REGULAR PHYSICAL ACTIVITY

ENGAGING IN REGULAR PHYSICAL ACTIVITY HELPS TO KEEP MUSCLES FLEXIBLE AND STRONG, REDUCING THE LIKELIHOOD OF DEVELOPING TRIGGER POINTS. ACTIVITIES SUCH AS YOGA, STRETCHING, AND STRENGTH TRAINING ARE PARTICULARLY BENEFICIAL.

STRESS MANAGEMENT TECHNIQUES

IMPLEMENTING STRESS MANAGEMENT TECHNIQUES SUCH AS MINDFULNESS, MEDITATION, AND DEEP BREATHING CAN HELP ALLEVIATE MUSCLE TENSION AND PREVENT THE DEVELOPMENT OF TRIGGER POINTS.

BY UNDERSTANDING THE COMPLEX WORLD OF TRIGGER POINT ANATOMY, WE CAN APPRECIATE THE IMPORTANCE OF ADDRESSING THESE HYPERIRRITABLE SPOTS IN THE MUSCLE. THROUGH IDENTIFICATION, TREATMENT, AND PREVENTION STRATEGIES, INDIVIDUALS CAN MANAGE PAIN AND ENHANCE THEIR OVERALL WELL-BEING.

Q: WHAT ARE TRIGGER POINTS?

A: TRIGGER POINTS ARE HYPERIRRITABLE SPOTS IN SKELETAL MUSCLE THAT CAN CAUSE LOCALIZED TENDERNESS AND REFERRED PAIN. THEY CAN BE CLASSIFIED AS ACTIVE OR LATENT, WITH ACTIVE TRIGGER POINTS CAUSING PAIN AT REST AND LATENT TRIGGER POINTS BECOMING PAINFUL UPON ACTIVATION.

Q: HOW DO TRIGGER POINTS DEVELOP?

A: TRIGGER POINTS DEVELOP DUE TO MUSCLE STRAIN, INJURY, REPETITIVE MOVEMENTS, OR POOR POSTURE. THEY CAN ALSO BE INFLUENCED BY PSYCHOLOGICAL FACTORS SUCH AS STRESS.

Q: WHAT ARE COMMON SYMPTOMS ASSOCIATED WITH TRIGGER POINTS?

A: COMMON SYMPTOMS INCLUDE LOCALIZED PAIN, MUSCLE STIFFNESS, WEAKNESS, AND REFERRED PAIN TO OTHER AREAS OF THE BODY, SUCH AS HEADACHES OR JOINT PAIN.

Q: HOW CAN TRIGGER POINTS BE TREATED?

A: TREATMENT OPTIONS FOR TRIGGER POINTS INCLUDE MANUAL THERAPY, DRY NEEDLING, STRETCHING, STRENGTHENING EXERCISES, AND OTHER PHYSICAL THERAPIES AIMED AT RELIEVING MUSCLE TENSION AND PAIN.

Q: ARE THERE SPECIFIC MUSCLES THAT ARE MORE PRONE TO TRIGGER POINTS?

A: YES, COMMON AREAS INCLUDE THE NECK, SHOULDERS, UPPER BACK, AND LOWER BACK MUSCLES. SPECIFIC MUSCLES LIKE THE TRAPEZIUS, GLUTEALS, AND HAMSTRINGS ARE PARTICULARLY SUSCEPTIBLE TO TRIGGER POINT FORMATION.

Q: CAN LIFESTYLE CHANGES HELP PREVENT TRIGGER POINTS?

A: YES, ADOPTING GOOD ERGONOMICS, MAINTAINING PROPER POSTURE, ENGAGING IN REGULAR EXERCISE, AND MANAGING STRESS CAN SIGNIFICANTLY REDUCE THE RISK OF DEVELOPING TRIGGER POINTS.

Q: IS TRIGGER POINT THERAPY EFFECTIVE?

A: YES, TRIGGER POINT THERAPY HAS BEEN SHOWN TO BE EFFECTIVE IN ALLEVIATING PAIN AND IMPROVING MUSCLE FUNCTION BY TARGETING THE SPECIFIC AREAS OF TIGHTNESS AND TENSION.

Q: HOW LONG DOES IT TAKE TO TREAT TRIGGER POINTS?

A: THE DURATION OF TREATMENT FOR TRIGGER POINTS VARIES DEPENDING ON THE INDIVIDUAL AND THE SEVERITY OF THE CONDITION. SOME MAY EXPERIENCE RELIEF AFTER A FEW SESSIONS, WHILE OTHERS MAY REQUIRE ONGOING TREATMENT.

Q: CAN TRIGGER POINTS CAUSE CHRONIC PAIN CONDITIONS?

A: YES, TRIGGER POINTS ARE OFTEN IMPLICATED IN CHRONIC PAIN CONDITIONS SUCH AS MYOFASCIAL PAIN SYNDROME, WHERE PERSISTENT MUSCLE TENSION LEADS TO ONGOING DISCOMFORT AND FUNCTIONAL LIMITATIONS.

Q: WHAT ROLE DOES HYDRATION PLAY IN TRIGGER POINT MANAGEMENT?

A: PROPER HYDRATION IS ESSENTIAL FOR MUSCLE FUNCTION AND RECOVERY. DEHYDRATION CAN CONTRIBUTE TO MUSCLE CRAMPING AND TENSION, POTENTIALLY LEADING TO THE DEVELOPMENT OF TRIGGER POINTS.

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trigger point anatomy: The Pocket Atlas of Trigger Points Simeon Niel-Asher, 2023-09-19
A simple, go-to guide to treating chronic pain with trigger point therapy for physical therapists, bodyworkers, and patients From the bestselling author of The Concise Book of Trigger Points This pocket-sized guide covers practical information about the trigger points—the painful knots that can form in tissues like muscles and fascia—that are central to addressing chronic pain with massage, bodywork, and physical therapy. Full-color illustrations and charts help practitioners, students, and patients identify trigger points and address referred pain patterns with ease. The first chapter introduces relevant information on fascia and myofascial meridians and provides an overview of trigger point symptoms, classification, and formation. Subsequent chapters are organized by muscle group and feature concise—yet comprehensive—sections on each of the main skeletal muscles and their trigger points. Conditions that commonly occur in the general population, such as headaches and back pain, are explored for all of the muscle groups, including the muscles of the: Face, head, and neck Trunk and spine Shoulder and arm Forearm and hand Hip and thigh Leg and foot Written in clear, accessible language, this go-to guide offers a wealth of knowledge to the lay reader, the student, or the practitioner.

trigger point anatomy: Trigger Point - Extremities and Torso Anatomical Chart Company, Anatomical Chart Company Staff, 2007-05-17 This beautiful trigger point educational tool includes two charts: Trigger Points: Torso and Trigger Points: Extremities. Each chart illustrates and labels the muscles affected by trigger points, and shows trigger point locations with primary and secondary pain sensitive zones. Each chart includes a legend that explains how to identify particular trigger points and their pain zones. This edition has updated images and improved content organization to maximize visual impact. The torso chart shows trigger points of the upper torso and shoulder, posterior deep and anterior-posterior pain referral guide. The extremities chart shows upper extremity, lower extremity, and head and neck trigger points. Made in USA Available in the following versions: 20 x 26 heavy weight paper laminated with grommets at top corners / set of 2 charts ISBN 9780781773072 20 x 26 heavy weight paper / set of 2 charts ISBN 9780781773065

trigger point anatomy: The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book Joseph E Muscolino, DC, 2013-05-29 Muscolino's comprehensive and visually engaging coverage takes an in-depth look at palpation of muscle and bone along with trigger points and their pain referral patterns, stretching, specific muscle treatment, and more. Amazing four-color artwork shows palpation of the muscle with illustrations drawn over full-color photos. New additions such as review questions, Deeper Thoughts, case studies and an Interactive Muscle Program help you develop integrative clinical-reasoning skills and successfully apply palpation techniques in massage therapy. Step-by-step muscle palpation coverage with clear reasoning provided for each step presents content in a way that is easily understood and remembered rather than just memorized. Amazing four-color artwork shows palpation of the muscle with muscle and bone illustrations drawn over full-color photos offering you a better sense of exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated. UNIQUE! Stretching coverage provides more information on this effective treatment technique and helps you understand the role of stretching in treatment. Trigger Points and Referral Patterns illustrations show where trigger points lie on the muscle and where pain radiates when an injury is felt so you can effectively identify trigger points and referral patterns in a clinical setting. UNIQUE! Palpation photos help students and practitioners learn to identify muscles when the body is positioned the way they will encounter it in the massage setting. Specific massage-related assessment and treatment strokes are shown through illustrations and in the Palpation Notes, moving you from theory and assessment to practical application. Bone Palpation coverage teaches you to identify and palpate bones and bony landmarks. Chapter overviews and outlines introduce each chapter so you can preview the content and direction of the chapter at the major concept level. Measurable chapter objectives at the start of each chapter identify key goals as well as information that should be mastered. NEW! Interactive Muscle Program available on Evolve allows you to see muscle attachments and the relationship among the muscles of the region, easing the process and aiding in retention of material. NEW! Drawings of therapist-assisted stretches added to the third section of the text supplies you with a comprehensive look at stretching, with both the existing self-stretches and the assisted stretches presented side-by-side. NEW! Case studies keep your interest level high with the opportunity for integrative, clinical reasoning. NEW! Reformatted Bone Palpation and Ligaments section offers content in a narrative format consistent with the rest of the text for easier navigation. NEW! Deeper Thoughts questions actively engage and challenge your reasoning skills. NEW! Review questions allow you to discuss concepts and synthesize important chapter information.

trigger point anatomy: The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book Joseph E. Muscolino, 2022-03-25 Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation! The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns, and Stretching, 3rd Edition provides an in-depth guide to the art and science of palpation, along with clear instructions for massage assessment and treatment techniques. It describes how to palpate, how to stretch, and how to utilize trigger points, preparing you for practice with coverage of ligaments, all major massage strokes and draping

methods, and a thorough chapter on body mechanics. Written by noted lecturer and educator Joseph Muscolino, this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations. - Step-by-step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques. - UNIQUE! Coverage of stretching describes the role of stretching as part of effective treatment, with drawings of self-care stretches presented alongside therapist-assisted stretches. - General muscle information includes attachments, actions, and a drawing of the individual muscle. - Full-color photos and illustrations show palpation of muscles, exactly how the muscles look, and where the muscle is located underneath the skin as it is being palpated. - Illustrations of trigger points and referral patterns make it easier to identify locations, showing where trigger points lie on the muscle and where pain radiates when an injury is felt. - Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks. - Assessment and massage treatment strokes are shown in illustrations and in the Palpation Notes, moving you from theory and assessment to practical application. - Case studies in each chapter emphasize critical thinking and clinical reasoning, allowing you to apply your knowledge to the practice setting. - Deeper Thoughts questions challenge your reasoning skills. - Measurable objectives at the start of each chapter identify key goals and are accompanied by a chapter overview, outline, and key terms. - NEW and UNIQUE! Chapter on orthopedic assessment is added to this edition. - NEW video lessons on the Evolve website feature Dr. Joe demonstrating bone and muscle palpation protocols.

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trigger point anatomy: *Trigger Point Chart Set* Anatomical Chart Company, 1999-01-01 This set of 2 charts (*Trigger Points: Torso* and *Trigger Points: Extremities*) clearly labels the specific muscles that are affected by trigger points. Colorfully illustrated are the exact trigger point locations, primary and secondary pain sensitive zones, as well as, origins and insertions on the skeleton for many of the impacted muscles.

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Andrew Biel, 2019-07-17 Your quick and easy guide to the common trigger point locations and pain patterns of 100 muscles. Trigger points are hyperirritable spots in skeletal muscle. These sensitive points of tissue are often associated with palpable nodules in taut muscle fibers and, when compressed, elicit referred pain, local tenderness or a twitch response. This full-color guide helps you quickly find and treat trigger points in your clients

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trigger point anatomy: The Concise Book of Trigger Points, Third Edition Simeon Niel-Asher, 2014-09-16 Most muscular aches and pains are caused or affected by untreated "trigger points," localized tender spots in muscles. Understanding and treating these points can lead to rapid and lasting pain relief. Trigger point therapy is a powerful tool in the management of both acute and chronic pain, including such common problems as headaches, TMJ syndrome, and back pain. The Concise Book of Trigger Points has set the gold standard for providing a clear understanding of the treatment of trigger points. Designed for the student and practitioner of massage/bodywork, physical therapy, physiotherapy, osteopathy, sports therapy, and any other health-related field, it functions both as an entry-level textbook and an authoritative reference for even the most

experienced therapist. This updated third edition includes new self-help and practitioner treatment guidelines for each muscle discussed, covering cutting-edge trigger point theory and practice. The opening chapters describe the basics of trigger points and include detailed therapeutic protocols. Chapters seven through twelve are organized by muscle groups, with detailed color illustrations of each major skeletal muscle. In addition, respected osteopath Simeon Niel-Asher discusses the physiological implications of the trigger points in each muscle—and techniques for treatment—and addresses the most common pain complaints, including headache, neck pain, shoulder pain, lower back pain, and TMJ syndrome. This is a must-have manual for students, professional hands-on therapists, and those who wish to gain a greater knowledge of trigger point therapy. “This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles. The text is clear, with detailed information about the presentation of syndromes in each body region, and the illustrations show the referred pain patterns clearly. Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms.” --Dr. Bob Gerwin, MD, FAAN Medical Director and President, Johns Hopkins University School of Medicine, Baltimore, Maryland “Simeon Niel-Asher has improved on an already wonderfully descriptive book on myofascial pain, trigger points, and syndromes. The text is clear, the diagrams excellent and the overall result is an excellent resource.” --Dr. Simon Vulfsons, MD, Board Certified in Internal Medicine and Pain Management Director, the Institute for Pain Medicine, Rambam Health Care Campus, Haifa, Israel “This book is a must-have for manual therapists serious about their craft, as well as for serious self-treaters who want to take their level of understanding and treatment independence to a higher level. The book is extremely well organized, well written, and concise. The illustrations are beautiful and accurate.” --Jonathan Reynolds, Director, TOLA systems.

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trigger point anatomy: Neck and Arm Pain Syndromes E-Book Cesar Fernandez de las Penas, Joshua Cleland, Peter A. Huijbregts, 2011-04-12 The first of its kind, Neck and Arm Pain Syndromes is a comprehensive evidence- and clinical-based book, covering research-based diagnosis, prognosis and management of neuromusculoskeletal pathologies and dysfunctions of the upper quadrant, including joint, muscle, myofascial and neural tissue approaches. It uniquely addresses the expanding role of the various health care professions which require increased knowledge and skills in screening for contra-indications and recognizing the need for medical-surgical referral. Neck and Arm Pain Syndromes also stresses the integration of experiential knowledge and a pathophysiologic rationale with current best evidence. - the only one-stop guide for examination and treatment of the upper quadrant supported by accurate scientific and clinical-based data - acknowledges the expanding direct access role of the various health professions both at the entry-level and postgraduate level - addresses concerns among clinicians that research is overemphasized at the expense of experiential knowledge and pathophysiologic rationale - multiple-contributed by expert clinicians and researchers with an international outlook - covers diagnosis, prognosis and conservative treatment of the most commonly seen pain syndromes in clinical practice - over 800 illustrations demonstrating examination procedures and techniques

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