

About the Book

Climbing “Mount Myofascialis”

The reader is invited to use this book as an expedition report and guidebook to explore the “Mount Myofascialis”. Welcome to this journey of discovery!

The subtitle of the book, *Recognizing, Understanding and Treating Myofascial Pain and Dysfunction*, outlines its agenda:

- **Recognizing myofascial problems:** How does the “myofascial landscape” appear? Which indications point us to the myofascial path? What trail markers guide us on our journey? How do we recognize myofascial problems in practice?
- **Understanding myofascial problems:** What do we currently know about myofascial pain and dysfunction? Which hypotheses and conceptual models predominate? The most important scientific studies and concepts of the last 30 years are reviewed and put into context. Through this process, a mosaic-like map of the myofascial terrain emerges.
- **Treating myofascial problems:** Evidence-informed and evidence-based practices in the treatment of myofascial conditions, based on up-to-date scientific research, are presented in detail.

This textbook is directed primarily to the practitioner. Based on a practitioner’s everyday experience, it was developed specifically for use in practice. A busy practitioner seldom has time to read a 700-page book from cover to cover, page-by-page. Therefore, this book is designed in a way that the practitioner can open and read it from any section.

The table of contents provides an overview and thus an initial orientation to appropriate entry points. There are frequent cross references within the text that refer to chapters and passages in the book that provide further details, corresponding points, or more in-depth information, thus acting as a guide to the network within the book. Key points are highlighted in orange boxes, making it possible to scan the material quickly. Summaries marked with a blue background review the essential points at the end of a section. In the theoretical portion of the book, the clinical relevance to everyday clinical practice is presented under the heading “Clinical Tips” with a yellow background in such a manner as to crosslink the practical part of the book with the theoretical fundamentals. Finally, the index enables one to find the desired information directly.

The internal structure of the book is mirrored in the table of contents. There are two main sections: a practical, clinical section and a section dealing with basic principles.

Clinical Section

The practical, clinical part of the book presents the individual muscles and their treatment in the written form (including the anatomy, function, referred pain patterns, symptoms provoked by trigger points, factors leading to trigger point formation, recommendations for patients, and tips for the therapist). In addition, the figures illustrate referred pain patterns, the manual therapy of the trigger points and fascias, as well as stretching methods (Chapter 7). An overview directory of the muscles on the inside front cover and a thumb index offer a quick guide to this extensive chapter. Because taut bands caused by trigger points are capable of exerting pressure on peripheral nerves, thereby causing secondary neural problems, particular attention is given to localization and treatment of commonly occurring neuromuscular entrapments (Chapter 8). Finally, we demonstrate how myofascial pain is differentiated and how myofascial trigger points can be identified in the course of everyday clinical practice (Chapter 9). Screening tests (Chapter 9.1) and pain guides (Chapter 9.2) are presented for common clinical presentations (Chapter 9.3).

Basic Principles Section

Therapeutic treatment should be supported by the best scientific knowledge currently available. The portion of the book dealing with basic principles provides these fundamentals. Chapter 1 introduces the phenomenon of myofascial pain (Chapter 1.1) and the different types of trigger points (Chapter 1.2). It also discusses the incidence (Chapter 1.3) and importance of myofascial trigger points (Chapter 1.4), gives a short historical review of the roots of trigger point science (Chapter 1.5), and places trigger point therapy in its proper scientific context (Chapter 1.6).

Chapter 2 deals with the questions of how myofascial trigger points manifest themselves clinically (Chapter 2.1), which pathophysiological changes underlie myofascial pain and dysfunction, and which explanatory models for myofascial pain are currently under discussion (Chapter 2.2), as is the question of

how and by what means trigger points develop (Chapter 2.3). The disturbances caused or perpetuated by trigger point activity are diverse (Chapter 3). Myofascial trigger points can generate locomotor-system problems both directly (Chapter 3.1) and indirectly (Chapter 3.2). The diagnostic workup of myofascial pain (Chapter 4) is part of the clinical reasoning process of neuromusculoskeletal medicine (Chapter 4.1). The principles of examination (Chapter 4.2) and differential diagnostic clues are presented (Chapter 4.3). Myofascial pain therapy (Chapter 5) includes both the treatment of myofascial

trigger points and fascias in the narrower sense (Chapter 5.1), as well as the management of myofascial pain in which other therapeutic approaches are commonly combined as part of an integrated, multimodal therapy program (Chapter 5.3). Specific attention is given to the mechanical, biochemical, reflexive, cognitive-behavior-centered, energetic, and holistic aspects of the various levels of manual trigger point therapy's impact (Chapter 5.2). An explanation of the indications (Chapter 6.1) and contraindications (Chapter 6.2) for trigger point therapy round out the theoretical part of the book and lead into the practical sections.