



# Treating pain where it originates!

## Manual Trigger Point Therapy

### Recognizing, Understanding and Treating Myofascial Pain and Dysfunction

Roland Gautschi

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Manual trigger point therapy combines mechanical, reflex, biochemical, energetic, functional, cognitive-emotional, and behaviorally effective phenomena. As such, it influences not only peripheral nociceptive pain, but also intervenes in the body's pain-processing and transmission mechanisms.

Here you will learn: a systematic, manual-therapeutic approach to recognize and deactivate the potential of trigger points to cause pain and dysfunction; how to treat the accompanying fascial disorders; and how to prevent recurrences.

#### Key Features

- Clinical background and clinical reasoning of myofascial pain and dysfunction
- Muscles, trigger points, and pain patterns at a glance
- Neuromuscular entrapments shown in detail
- Screening tests and pain guides for all common clinical patterns
- Manual treatment of trigger points and fascias

*Manual Trigger Point Therapy* is your one-stop, comprehensive introduction to this fascinating, proven technique.

Roland Gautschi, MA, PT, is Senior Instructor at the Interest Group for Myofascial Trigger Point Therapy (IMTT), Baden, Switzerland.

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