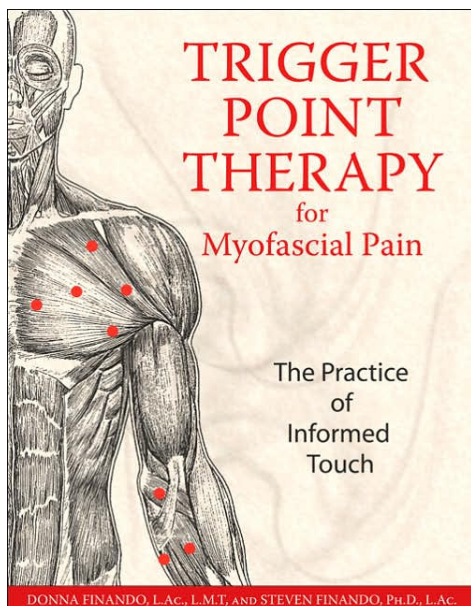


Trigger Point Therapy for Myofascial Pain



The Practice of Informed Touch



Donna Finando, Steven Finando
Inner Traditions International,
 1st Edition, 256pp
 RRP: AU\$32.95

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In this easy-to-use guide to the treatment of muscle pain, medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points and alleviating pain. Detailed information on each muscle, including pain-pattern and trigger-point illustrations with specific palpation instructions, enable clinicians to locate specific areas quickly and accurately.

About the Authors

Donna Finando, L.Ac., L.M.T., is a practitioner of acupuncture and massage, specializing in myofascial meridian therapy and myofascial release techniques for the treatment of chronic and acute pain and dysfunction. She studied extensively with Janet Travell, M.D., a pioneer in the field of pain management. She lives on Long Island, New York, where she has been in continual practice since 1976. She is co-author of Trigger Point Therapy for Myofascial Pain and the author of Trigger Point Self-Care Manual and Acupoint and Trigger Point Therapy for Babies and Children.

Steven Finando, Ph.D., L.Ac., is currently on the advisory board for the New York Chiropractic College School of Acupuncture and Oriental Medicine. He studied extensively with Janet Travell, M.D., a pioneer in the field of pain management. Steven lives on Long Island, New York, where he has been in continual practice for the past 29 years.



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