



## Trigger Points and Muscle Chains in Osteopathy

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### Description

**FOUR STARS from Doody's Star Ratings™**

This unique guide takes an in-depth look at trigger point therapy. Split into two sections, it combines detailed theory with practical techniques. You will find comprehensive information on a broad spectrum of topics such as myofascial chains, the craniosacral model, and the classification, diagnosis, and therapy of trigger points.

#### Highlights:

- ▶ Different models of muscle chains
- ▶ Detailed explanations of trigger points and their treatment
- ▶ Over 260 instructive illustrations and high-quality photographs

Featuring input from various different specialties, this outstanding book is an essential tool for osteopaths, physiotherapists, chiropractors using trigger point therapy, and all others working in pain therapy. A clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills. The result: accurate and effective pain therapy!