

This two-hour long DVD presents a concise, comprehensive, and practical guide to the latest theories and interventions of myofascial trigger points. Watch and learn as the authors discuss theory and then present a detailed demonstration of the therapist's treatment techniques on a live model. Each of the main muscle systems in the body will be addressed, as the viewer will see an anatomical picture of the muscle in question, in addition to the referred pain pattern. This is followed by an actual demonstration of the treatment techniques utilized, with verbal reinforcement pertaining to hand placements. Home exercises are also shown. An excellent compliment to the textbook, The Manual of Trigger Point and Myofascial Therapy, this DVD is perfect for academic or clinical use.

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