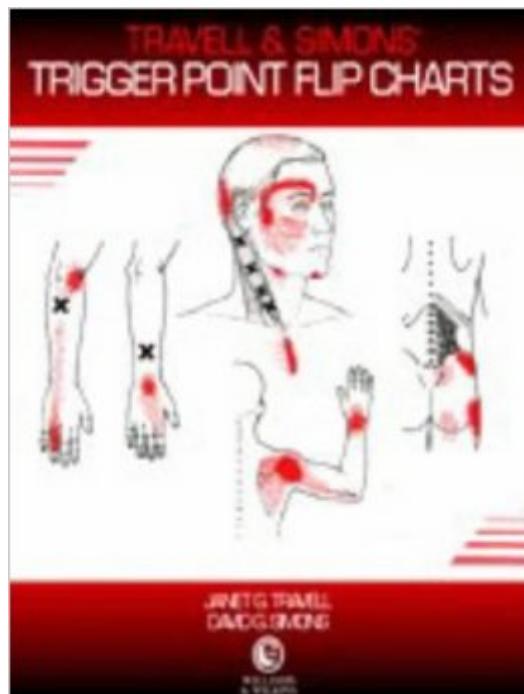


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# Travell And Simons' Trigger Point Flip Charts



## **Synopsis**

Volumes 1 and 2 of Drs. Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education.

## **Book Information**

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Average Customer Review: 4.4 out of 5 starsÂ  Â See all reviewsÂ  (34 customer reviews)

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## **Customer Reviews**

The trigger point spiral bound charts have the same diagrams of trigger points and referred pain patterns as the Travell & Simons 2 volume set, Myofascial Pain and Dysfunction: The Trigger Point Manual -- Volumes 1 and 2. They are grouped by major body sections for quick review and have references to the more detailed information in the manuals for ease in looking up additional information. They can be set up in an examination/treatment room to use for explanations to a client or for quick reference by the practitioner. No need to fumble through pages of the manuals to find trigger points or referred pain locations, just turn to the chart page for the specific section of the body that the pain is located in and there is the necessary information. Because of their portability these are a great reference for therapists who travel off sight or instructors teaching in assorted locations. An excellent compliment to the 2 volume set.

On the upside: good visual tool! It has enlightened me on the location of certain trigger points of the lower extremities. On the downside- I have to carry it around and that chart is just to bulky for travel.

It would be just as good if it were an 8x11. I usually like visuals but this chart lacks condensed info on what you're looking at. The same directions on how to read the chart appear on each page over and over. I would have liked to see some clues and tips instead. All in all, had I known better, I would have saved my money to put toward the books because the chart is rather expensive for just the drawings.

Travell and Simons' Trigger Point Flip Charts While the books by Travell and Simmons are great information, in everyday practice the flip-charts are a must.

This flip chart is very easy to use for a quick reference when time is a factor. I keep it where it can be accessed during the day for treatment in the out-patient therapy office.

This is a wonderful resource that can be used by anyone in the massage profession. It is valuable not only for the therapist but also for the client. Wonderful references and great layout.

Despite the unwieldy size, these diagrams are smaller than in the original book by Travell and Simons. Furthermore, very important diagrams are omitted. For example many diagrams showing the bones are omitted. But the bones provide an important "roadmap" to locating the trigger points. Mistakes will result without the bone diagrams. This could be serious and result in pressing veins or arteries instead of muscles. Such places might feel tender like muscle trigger points. But it would be harmful to press them. The format of the book would be greatly improved if it were bound on the side, like conventional books. If that were done it would be much easier to turn pages. But with binding at the top it is very awkward to turn pages.

The charts are extremely well done. They have a collapsible tripod base for easy reference as you work your trigger points. Although the price seemed a little steep, it was worth every penny. The charts are somewhat waterproofed, seemingly covered with a thin plastic coating-able to withstand splashes and be wiped clean...not able to withstand being soaked in water. I highly recommend them. They should not, however, be used as an alternative to a professional massage therapist or chiropractor.

I use this in my work everyday. Travell was an incredible Doctor and her work lives on through this chart. It is empowering for people to know where their pain is coming from. This is the perfect size

chart to help teach folks and also for traveling. I own 2 of them.

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