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Myofascial Pain Syndrome

The Trigger Point Therapy Workbook: Your Self-Treatment Guide For Pain Relief, 3rd Ed., 3. Travell JG, Simons DG, Simons LS. Travell & Simon's Myofascial Pain And Dysfunction: The Trigger Point Manual\ Ward, AOA Et A: Foundations For Osteopathic Medicine, 2nd Ed., \ Davies C, Simons DG, Davies A. 15th, 2021

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Normal. In Other Cases, The Scars Remain, Looking And Feeling Different From The Surrounding Tissues. Bigger Scars Are Multi-layered — What You See And Feel On The Surface Of Your Skin Is The Tip Of The Fascial Iceberg. Unseen, Under The Surface Of The Skin, It Is Very Common For These Scars To Expand, Growing 19th, 2021

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A Hypothesis; That Trigger Points And Acupuncture Points For Pain, Though Discovered Independently And Labeled Differently, Represent The Same Phenomenon (6). Melzack Noted A 71% Correspondence Between Acupuncture Points And Travell And Simons' MTrPs In Terms Of Spatial Location And Referral Patterns (6). For Example, The Referral Pattern Of A Common MTrP In The Latissimus Dorsi Muscle ... 22th, 2021

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Trigger Points Are Defined By Pressure Pain, Not Distinct Location • Acupuncture Points For Pain Are Proximate To Trigger Points In 16% Of Cases. Examination • Palpation Of Nodule In Muscle • Pressure Causes Local And Referred Pain Pattern (at Least 2 Kg Less Than Other Side Pressure-pain Threshold) • Pressure Perpendicular To The Line Of Taut Muscle Elicits A Muscle Contraction ... 22th, 2021

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