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# Trigger Points Of Pain: Wall Charts (Set Of 2)



## Synopsis

Trigger Point Pain Patterns Wall Charts

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (20 customer reviews)

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## Customer Reviews

These charts have the original trigger point drawings by Barbara Cummings from Travell and Simon's Myofascial Pain and Dysfunction. Most of the muscles from the original 2 volume set are included. The other popular full color trigger point charts, most often seen in massage offices, are widely advertised as listing "every trigger point in human anatomy". Not true! They don't even list all of the TrP's on the Travell charts much less the original texts!! I use these charts everyday in my massage therapy practice. It is so helpful to be able to look up and compare pain patterns, be reminded of the number of muscles referring to an area, or simply to confirm the location of a specific TrP. No one can remember all of these pain patterns and locations. Currently this is the cheapest price I've seen for these charts anywhere. Buy them! Your clients and patients will thank you. Amber Davies, LMT, NCTMBC  
Contributing Author  
Trigger Point Therapy Workbook

I couldn't tell from the picture of the product what it was going to look like. The charts are much larger/different than expected. The size is 38" wide by 32 high.

Have found these charts an immediate source of information without having to leave my clients side. Excellent reference material!

Fantastic tool to have clients identify areas/patterns of chronic pain or tension and identify the specific areas (trigger points) needing attention. There are too many therapeutic approaches available to detail here and how you structure your therapeutic sessions is, of course, up to you. But eventually many client issues will come down to trigger points with referred patterns of pain or sensation in remote areas of the body ... not the areas (or surrounding areas) clients want you to address directly. Trigger point therapy for stubborn chronic pain, either as an early or later tool, has never failed me. This chart makes explaining the theory and intention of the modality quick and easy. It can also involve clients in changing the habits that create their trigger points once the real muscle causing the problem is identified. The illustrations are quite adequate, and, yes, with the rising standards of illustration that bombard us daily in media, they seem dated. But their simplicity and accuracy just about always elicit the surprised response: "OMG, that's EXACTLY how it hurts!"

As usual with Travell works, this is a clear and extremely helpful way to see exactly where to go to alleviate your clients' pain. You can do this right at the client's side. Even the most experienced neuro-muscular therapist can benefit from this visual assistance.

I'd truly like to give this product a 4.5 star rating, as the one I received seemed to have cheap laminate that was a bit bent up during shipping. As for the chart itself, it gives a quick reference to trigger points and referral patterns at a glance, so whatever is not yet committed to memory can be accessed easily in the moment of a bodywork session. Best accompanied by the Myofascial Pain and Dysfunction Trigger Point Manual, Volume 1 and 2 by Travell and Simons

These charts make it much easier to locate trigger points without having to flip through Travell's book. It is a great time saver

I love these charts! They're huge and easy to see from across the room.. I'm a massage therapist within a clinic and the doc is always teasing me about stealing them

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