

# The Concise Book of Neuromuscular Therapy: A Trigger Point Manual 9781905367078

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About this Book This book is designed in quick reference format to offer useful information about the trigger points relating to the main skeletal muscles, which are central to massage, bodywork and physical therapy. The information about each muscle is presented in a uniform style throughout. Chapter 2 will present the most widely accepted hypotheses. However, in order to understand how a trigger point develops, it is important to review the physiological mechanism of muscle contraction. The primary function of skeletal (somatic or voluntary) muscles is to produce movement through the ability to contract and relax in a coordinated manner. They are attached to bone by tendons. Find many great new & used options and get the best deals for The Concise Book of Neuromuscular Therapy: A Trigger Point Manual by John Sharkey (Paperback, 2007) at the best online prices at eBay! Free delivery for many products! Neuromuscular Therapy (NMT) is a physical therapy (or manual therapy) specializing in the treatment of soft tissue pain and injury. This work serves as a learning tool for students involved in any of the medical sciences, physical therapy, physiotherapy, sports medicine, chiropractic, sports massage, and other manual therapies. Product Identifiers. Publisher. This book was written specifically for Neuromuscular Therapists but has a much wider audience. All too often, myofascial trigger points are taught, if at all, as single entities or clusters that occur in sports medicine. Most chronic pain has a myofascial component that often remains undiagnosed. This book is a very detailed book on the anatomy and physiology of neuromuscular therapy. It provides excellent visual representations and great information for people who want to know significantly more about this type of therapy. Read more. 3 people found this helpful. Clair Davies trigger point book remains the best in terms of compassionate helpful techniques for self-healing. Niel-Asher's book is technically superior and has good illustrations but the shoulder section seems deliberately bad because he want to SELL you this information in another format. Yuck. If I buy a book, I expect to see the author's best efforts in the book. Then maybe I'm open to a soft sell. Giving incomplete information as an attempt to lure people into reading/buying more is fine for on-line advertising but I don't expect to see it in a book i PAID goo