



# Basics Muskuläre Triggerpunkte (German Edition)

*Joseph E. Muscolino*

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Myofasziale Schmerzen werden in vielen Fällen durch Triggerpunkte verursacht. Die Schmerzausstrahlung folgt dabei bestimmten Mustern. Dabei können sich die Schmerzen fern von den Triggerpunkten und den entsprechenden Muskeln in verschiedenen Körperregionen manifestieren, was die Diagnose schwierig macht. Das Buch gibt Ihnen einen Überblick über die wichtigsten Muskeln und ihre Triggerpunkte und die dadurch ausgelösten Schmerzmuster.

- 83 Muskeln in 11 Regionen von Kopf bis Fuß - anschaulich in Wort und Bild
- Effiziente Palpation
- Beschreibung der Schmerzausstrahlung
- Muskeldehnung als Therapie

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