

TRIGGER POINT THERAPY FOR FOOT, ANKLE, KNEE AND LEG PAIN

A Self-Treatment Workbook

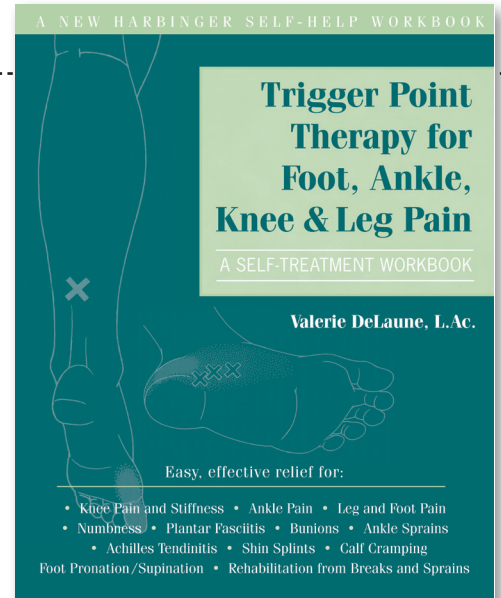
VALERIE DELAUNE, L.AC.

Featuring

- A definition of trigger points and how they form
- A short course on anatomy and physiology of pain, and what can cause it in the foot, ankle and lower leg
- An overview of how trigger points develop and the perpetuating factors
- Complete treatment protocols for specific muscles and muscle groups
- Guidance for establishing a pain referral chart to locate and track the areas of pain in the body and determine specific muscles that may need treatment
- Instructions on how to locate and treat trigger points in muscles
- Postural and medical indications to look for to inactivate trigger points
- Stretches to help condition the muscle and break the cycle of pain

The average person walks the equivalent of three times around the earth in a lifetime. That's a lot of pressure on the twenty-six bones, thirty-three joints, and more than one hundred tendons, ligaments and muscles that make up the foot. Licensed acupuncturist, certified massage therapist, and trigger point specialist Valerie DeLaune presents the first book to offer trigger point therapy techniques specifically for foot, ankle, knee and leg pain featuring step-by-step home treatment plans for an array of musculoskeletal conditions, including bunions, hammertoes, ankle pain, Achilles tendonitis, restless leg syndrome, and more.

Foot, ankle, knee, and leg pain is extremely common, and recurring discomfort in these areas can affect mobility and become seriously detrimental to sufferers' health and quality of life. For the 18 percent of adults who reported having knee pain in the past thirty days (National Health Interview Survey, 2006), Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain offers treatment protocols readers can use at home to relieve pain in each of the fifteen muscle groups in this area and to prevent the pain from coming back.



**FOR MORE INFORMATION, CONTACT
Jessica Dore**

jessica.dore@newharbinger.com
510-594-6124

TRIGGER POINT THERAPY FOR FOOT, ANKLE, KNEE & LEG PAIN
A SELF TREATMENT WORKBOOK

Valerie DeLaune, L.Ac.

November 2010 / 978-1-57224-842-7 / \$19.95 / 8 x 10 / 176 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com

TRIGGER POINT THERAPY FOR FOOT, ANKLE, KNEE AND LEG PAIN

A Self-Treatment Workbook

VALERIE DELAUNE, L.AC.

About the Author



Valerie DeLaune, L.Ac., is a licensed acupuncturist and certified neuromuscular therapist with a master's degree in acupuncture from the Northwest Institute of Acupuncture and Oriental Medicine and a B.S. in Forestry from the University of Washington, and certificates from Heartwood Institute and Brenneke School of Massage. She has been in practice for more than twenty years and has written three books; *Pain Relief with Trigger Point Self Help*; *Trigger Point Therapy for Headaches and Migraines: Your Self-Treatment Workbook for Pain Relief*; and *Trigger Point Therapy for Foot, Ankle, Knee, and Leg Pain*. Her articles have been published in *Advance for Physical Therapists*, *PT Assistants* and *Advance for Rehabilitation Specialists*, and *The Juneau Empire*. She has developed a trigger point certification series approved by the National Certification Commission for Acupuncture and Oriental Medicine for continuing education credits for acupuncturists. She has also worked with the Alaska legislature on health care and environmental legislation.

Praise

"There are few self help health books one can routinely recommend because most of them either dumb it down, or demand too much a priori knowledge. This book is a sterling exception. After using trigger points routinely for well over 30 years and there was new material that rocked my boat, and at the same time the uninitiated with a strong interest and normal intelligence can benefit. Ms. DeLaune has synthesized a wonderful book that works as a stand alone breakdown of trigger point therapy of the lower extremity or as part of her series."

— Steven Lavitan, DC, L.Ac, Book reviews Editor for *Acupuncture Today* and *Dynamic Chiropractic*, and licensed acupuncturist, and nutritionist

"Ms. DeLaune clearly explains, in simple non clinical terms what every person should know about the prevention and conservative self treatment of their lower extremity pain. Although the author points out that trigger point therapy is often classified as alternative medicine, these proven techniques are supported by current research and based on many years of effective clinical experience. The beauty of trigger point therapy is that the average person can quickly learn the self care techniques and incorporate them to into a daily routine, measuring their own success by their steady (sometimes drastic!) reduction of pain and return to normal activities. If myofascial trigger points are the source of your lower extremity pain, then you will find this basic book to be a critical tool in your journey to self healing."

— Renee Gladieux Principe, Vice President of Sales, *The Pressure Positive Company* and certified massage therapist

**FOR MORE INFORMATION, CONTACT
Jessica Dore**

jessica.dore@newharbinger.com
510-594-6124

TRIGGER POINT THERAPY FOR FOOT, ANKLE, KNEE & LEG PAIN
A SELF TREATMENT WORKBOOK

Valerie DeLaune, L.Ac.

November 2010 / 978-1-57224-842-7 / \$19.95 / 8 x 10 / 176 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com