

The best-selling *The Trigger Point Therapy Workbook* is back in a new, updated edition.

Studies show that 25 percent of all doctor visits are the result of some kind of soft-tissue pain—all of which can be treated with the trigger point therapy method. Trigger point therapy is a proven therapeutic technique—recognized by the American Academy of Pain Management—to relieve all sorts of soft-tissue pain and dysfunction, including pain from repetitive strain injuries, accident trauma, and sports injuries, as well as fibromyalgia and related conditions.

This method, practiced by massage therapists, doctors, and pain treatment specialists, uses a variety of massage techniques to stimulate the flow of oxygen to places in the muscle or its connective tissue where a lack of oxygen causes swelling. Most patients treated with this method experience quick or immediate pain reduction and a rapid return of mobility and function.

The first edition of *The Trigger Point Therapy Workbook* made a huge impact on the use of this dynamic technique. This is the first major revision of the overnight classic—a complete update that includes new information specifically for massage professionals as well as a detailed discussion of progressive muscle relaxation techniques that can reinforce the therapeutic power of trigger point work.

As in its predecessor, this second edition of *The Trigger Point Therapy*

Workbook offers readers step-by-step guidance for using this revolutionary therapy to overcome the pain of:

- Fibromyalgia
- Chronic Myofascial Pain Syndrome
- Low Back Pain
- Carpal Tunnel
- Tennis Elbow
- Neck and Jaw Pain
- Frozen Shoulder
- Arthritis
- Headaches
- Sore Knees and Feet
- Accident Trauma
- Joint Pain and Muscle Aches
- Sports and Repetitive Strain Injuries

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215,x107, lorna@newharbinger.com**

**The Trigger Point Therapy Workbook, Second Edition: Your Self-Treatment Guide for Pain Relief
by Clair Davies, NCTMB, with Amber Davies, NCTMB
ISBN: 1-57224-375-9, \$19.95, 323 pages
Published in August 2004 by New Harbinger Publications,
800-748-6273, www.newharbinger.com**



About the Authors of *The Trigger Point Therapy Workbook*, Second Edition

Clair Davies, N.C.T.M.B. (Nationally Certified in Therapeutic Massage and Bodywork), is a member of the American Massage Therapy Association, and a graduate of the Utah College of Massage Therapy. He specializes in trigger point massage for the self-treatment of pain.

Mr. Davies' interest in massage began when he successfully self-treated a frozen shoulder. Inspired by the experience, he began an intensive private study of trigger points and referred pain. He subsequently retired from a thriving piano service business to become a professional massage therapist. After tuning pianos for nearly forty years, he now "tunes" people.

From his home base in Lexington, Kentucky, Mr. Davies travels extensively with his daughter Amber, leading workshops and seminars on the self-treatment and clinical treatment of pain using trigger point massage.

Amber Davies, N.C.T.M.B., is a massage therapist specializing in teaching self-treatment to her clients, many of whom travel to her from several surrounding states. She also teaches trigger point massage in massage schools in both Louisville and Lexington. Previously, Amber worked in teen pregnancy prevention, cultural diversity, and violence prevention. She has a degree in Theatre Performance, which has been a benefit in her many roles as a public speaker and as a presenter in the workshops with her father.

Amber suffered a debilitating back injury while doing summer theatre as a teenager. The injury wasn't completely resolved until many years later when her father began treating her as part of the development of his method of trigger point therapy. The success of the treatment inspired her to follow her father into a career as a therapist.

Amber and her husband, James Adler, live in Louisville, Kentucky.

Suggested Interview Questions

1. What's new in the second edition of *The Trigger Point Therapy Workbook*?
2. What is a trigger point and what does it have to do with pain?
3. What led you to develop the program you present in your book?
4. Is trigger point therapy a new method of pain relief?
5. If this method has been known by the medical community, why is it new to the lay-public?
6. How does this method work to reduce pain?
7. What kinds of pain does it work on?
8. Is it possible for people to successfully self-treat their pain?
9. How long does it take to relieve pain?
10. Can you give an example of "trigger point therapy success story?"

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Praise for the First Edition of *The Trigger Point Therapy Workbook*

“I have long been a believer and practitioner of trigger point therapy. I certainly recommend this book to the general public and health care practitioners. It is truly an excellent resource and provides the tools that induce self-healing and empowerment.”

—Bernie S. Siegel, M.D., author of *Love, Medicine & Miracles* and *Prescriptions for Living*, and former student of Janet Travell, M.D., coauthor, *Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual*

“*The Trigger Point Therapy Workbook* is . . . a well-organized, easy-to-use handbook that will indeed help sufferers of myofascial pain learn to treat themselves with effective self-massage techniques. The detail and clarity of the book's format will also make it invaluable to pain physicians who want to be able to teach their patients useful, simple strategies to manage soft tissue pain problems.”

—Joseph F. Audette, M.D., instructor, Harvard Medical School; Director of Outpatient Pain Services, Spaulding Rehabilitation Hospital, Medford, Massachusetts

“There has been a great need for a comprehensive and easy-to-use resource to help patients identify individual myofascial trigger points and treat themselves. Clair Davies' *Trigger Point Therapy Workbook* fills that need. I believe this book will help end a great deal of needless suffering and prevent a great deal of unnecessary surgery.”

—Devin Starlanyl, coauthor, *Fibromyalgia & Chronic Myofascial Pain*

“This is a useful book for anyone in chronic pain. There are few resources like this one, which empowers the reader to understand the problem and offers the tools to manage it. The approach to managing pain described in this book will help many take control of a significant part of their health and will become a valuable lifelong reference.”

—Scott M. Fishman, M.D., Chief of the Division of Pain Medicine, Department of Anesthesiology and Pain Medicine, University of California, Davis; author, *The War on Pain*

“As a medical doctor who has been challenged by patients experiencing chronic pain, including those suffering from long-standing cases of fibromyalgia, I appreciate a safe solution for their problem. I believe this book, revealing that trigger point therapy may safely relieve chronic pain, should be in the hands of every doctor.”

—Terry Shepherd Friedmann, M.D., author of *Freedom Through Health*

“ . . . trigger point massage therapy may be the most effective treatment known for a wide variety of pain problems, including fibromyalgia and myofascial pain syndrome.”

—C. Norman Shealy, M.D., Ph.D., Founding President, American Holistic Medical Association and coauthor, *The Illustrated Encyclopedia of Healing Remedies*

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“Literally millions of people will be helped—and billions of dollars saved in unnecessary treatments and medications—as people and professionals finally begin to understand the role of muscles, referred pain, and trigger points in eliminating pain. Clair Davies has provided an important bridge between the many helping professions that deal with people in pain.”

—Dr. Robert Uppgaard, D.D.S, author, *Taking Control of TMJ*

“This is a splendid self-help book for people with persistent musculoskeletal pain. It tells you how to identify the problem and carefully guides you through the process of self-treatment. The principles of treating myofascial pain and myofascial trigger points developed by Drs. Janet Travell and David Simons form the basis of this book, and are well presented for use by individuals with pain.”

—Robert D. Gerwin, M.D., neurologist, author, *Myofascial Pain: An Integrated Approach Diagnosis and Treatment* (video series)

“*The Trigger Point Therapy Workbook* is a welcome and timely addition to the worlds of personal wellness, pain relief, and self-care. The author creates a highly effective form of pain therapy that anyone can learn. This book is a valuable contribution to the field of self-applied therapeutic bodywork.”

—Robert K. King, Founder and President, Chicago School of Massage Therapy

“Properly used, the information in Mr. Davies’ book should enable many persons with myofascial trigger point disorders to participate effectively in treating their conditions. The book should be especially useful to those who do not have ready access to a practitioner familiar with the diagnosis and treatment of these common muscular problems.”

—Michael D. Reynolds, M.D., rheumatologist

“I have personally benefited from the therapeutic effects of trigger point massage and I believe it deserves official recognition in the medical world. I hope physicians will study these self-treatment techniques and recommend them to their patients.”

—Rose Marie Hackett, D.O., osteopathic physician and radiologist

“Professional body workers can use this book to sharpen their skills and to help improve the treatment of their clients. This self-treatment method will enable any motivated person to take personal responsibility for his or her own health to a whole new level.”

—Stephen Yates, N.C.T.M.B. (Nationally Certified in Therapeutic Massage and Bodywork)

“This well-written book makes it easy to locate muscles and trigger points. Massage therapists and physical therapists will appreciate the ingenious techniques the author has devised to prevent injury and discomfort to the hands while treating the source of pain.”

—Ann Luray Bailey, neuromuscular therapist

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