



# The Concise Book of Trigger Points

*Simeon Niel-Asher*

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## **The Concise Book of Trigger Points** Simeon Niel-Asher

This practical manual explains how to treat chronic pain through trigger points—those tender, painful nodules that form in muscle fibers and connective tissues. Organized by muscle groups, the book emphasizes hands-on techniques for bringing immediate relief by stimulating the flow of oxygen to the trigger point. Each two-page spread features detailed color illustrations on one side and straightforward text on the other identifying each muscle's origin, insertion, action, and function. In addition, the author discusses the physiological implications of the trigger points in each muscle, and techniques for treatment.

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