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He is certified in trigger point dry needling, a manual therapy technique using small, fine needles that are inserted into dysfunctional tissues. Dry needling targets the direct source of pain.

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They include manual therapy, injury prevention ... N.Y. He is certified in trigger point dry needling and is pursuing certification in the McKenzie Method of mechanical diagnosis and therapy.

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Shane Koppenhaver PT, PhD, OCS,
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illustrations demonstrating trigger point locations and associated pain referral patterns · Easy-to-follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques · Dedicated section on the acupuncture treatment of tendinopathy · Vital information on palpation and correct

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pain. The book will be an essential aid for osteopaths, physiotherapists, sports rehabilitators, chiropractors, massage therapists, as well as traditional acupuncturists wishing to understand a Western approach on acupuncture. Other health professionals incorporating, or looking to incorporate dry needling into

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A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John

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Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and

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subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for

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Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage

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A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey—an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and

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neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to

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course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that

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ensure safe, effective, and appropriate application. Physical therapists including osteopaths, chiropractors, neuromuscular therapists, soft tissue therapists, physiotherapists, and sports massage therapists will find this guide indispensable. Because Sharkey explains why so many people have unresolved chronic pain and

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provides clear explanations of how pain is propagated, the book is also an invaluable source of information for patients with chronic pain and their care providers.

Advanced Tendon

This exciting new publication is the first authoritative resource on the market with an exclusive focus on Trigger Point ((TrP) dry

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needling. It provides a detailed and up-to-date scientific perspective against which TrP dry needling can be best understood. The first section of the book covers important topics such as the current understanding and neurophysiology of the TrP phenomena, safety and hygiene, the effect of needling on fascia and connective tissue,

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and an account on professional issues surrounding TrP dry needling. The second section includes a detailed and well-illustrated review of deep dry needling techniques of the most common muscles throughout the body. The third section of the book describes several other needling approaches, such as superficial dry needling,

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dry needling from a Western Acupuncture perspective, intramuscular stimulation, and Fu's subcutaneous needling. Trigger Point Dry Needling brings together authors who are internationally recognized specialists in the field of myofascial pain and dry needling. First book of its kind to include different needling approaches (in the

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context of evidence) for the management of neuromuscular pain conditions Highlights both current scientific evidence and clinicians' expertise and experience Multi-contributed by a team of top international experts Over 200 illustrations supporting the detailed description of needling techniques

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First as a student and later as an assistant instructor dry needling I noticed that there is a certain need amongst students and colleagues for a few clinical and practical examples or cases concerning practicing dry needling (DN). This is the reason why I wanted to write this practical quick guide which hopefully can contribute to develop

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confidence in effective needling. Dry needling is an innovative clinical successful and reasonable evidence based tool for the elimination of myofascial trigger points and thereby diminishing myofascial pain and movement restriction. It is important that musculoskeletal therapists apply it properly because it can give fast and lasting relief. On

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the other hand if dry needling and myofascial pain is not thoroughly understood there is obviously not a fast and lasting relief which could lead to frustrations for therapists and patients and could give dry needling a negative appearance. At the same time this practical quick guide wants to be an advocate for using dry needles not

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only as a myofascial pain syndrome tool but also primarily as a mobilizing tool. Dry needling has a well-known and documented mobilizing quality but this is in general not emphasized as a primary objective in dry needling myofascial pain. Dry needles can be used primarily as a tool to relax muscle fibres in the absence of an obvious

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myofascial pain pattern. The goal with this is to improve and restore normal mobility in a region and thereby diminishing strain in the whole kinetic chain. When dry needles in the first place are used as a mobilizing tool they fit very well in a manual therapist toolbox where improving of mobility is a main goal. This practical quick guide wants

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to stimulate musculoskeletal therapists to combine neuro-musculoskeletal therapeutic approaches including dry needling instead of choosing (un)consciously for one approach. For instance the approaches such as the myofascial pain syndrome (Travell, Simons), neuropathy (Gunn), segmental (embryology) neurophysiology and

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biomechanical (manual therapy). The goal of musculoskeletal dry needling therapy is bringing a swift, lasting, clearly decrease of complaints confirmed by the patient thereby reducing the number of required treatments. This practical quick guide is for musculoskeletal therapists who have successfully finished the basic practical

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courses for dry needling myofascial trigger points and the myofascial pain syndrome. At this point one should know how to dry needle hygienic and safe. The anatomic knowledge must be excellent. This quick guide is a practical guide and it does not elaborate on psychology, pain physiologic, anatomy or the theoretical aspects of the

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working hypotheses of dry needling. There are books, course syllabi and articles which explain the neurophysiologic mechanics of myofascial pain and dry needling. This guide is certainly not a substitute for the mandatory practice courses dry needling. The content of this quick guide is based on clinical experience and best evidence. It is

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not meant to be conclusive, it must be
critical reviewed and it hopes to be an aid in
stimulating clinical reasoned self-
exploration with musculoskeletal dry
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highly illustrated guide to the diagnosis and treatment of musculoskeletal disorders. It demonstrates how to safely and effectively use selected minimally invasive therapies in practice. In addition to more well-established techniques such as acupuncture or dry needling, this ground-breaking resource also covers techniques including

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intratissue percutaneous electrolysis, mesotherapy, percutaneous needle tenotomy, and high volume image guided injections. Other featured chapters include those on specific musculoskeletal ultrasound such as sonoanatomy and ultrasound-guided procedures. Each chapter describes the principles, indications and

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contraindications, mechanisms of action and detailed outlines of techniques with an emphasis throughout on accessible practical information. Additionally, methodologies, research results and summaries of studies for particular minimally invasive therapies are presented. The book is also supported by a companion website -

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Physical therapy involves non-pharmacological interventions in the management of various clinical conditions. It is important to highlight the physical therapy procedures that are suitable, effective and, in general, do not have side effects or complications when properly

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performed. Physical therapy can be valuable in different situations along of the various steps of human development and in various clinical disorders. Indeed, topics on different approaches have been included in this book, which makes this book useful for readers to improve their professional performance.

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This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body. It includes 107 new drawings, a number of

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