The Concise Book of Trigger Points

By Simeon Niel-Asher

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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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Editorial Review

About the Author
Simeon Niel-Asher is an osteopath who has been working primarily with trigger point therapy for the past fifteen years, having learned this craft from one the UK's most eminent practitioners. He earned his B.S. in osteopathy from the British School of Osteopathy in 1992, and a bachelor's in comparative health studies from the University of Exeter in 1995. In 1997 the author developed a breakthrough hands-on therapy for treating frozen shoulder syndrome (adhesive capsulitis), and has been pioneering other shoulder treatments ever since. He promotes his successful method, known as the Niel-Asher technique, on his website at www.frozenshoulder.com.

Niel-Asher has been involved in lecturing, writing, researching, and promoting osteopathy worldwide. He has been a clinical tutor at the College of Osteopaths in Hertfordshire, England, and a visiting lecturer at several colleges in the Middle East. He runs two successful private clinics in London, and has designed a training course, and produced books and DVDs on the treatment of frozen shoulder syndrome.

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