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Got Pain?

Around 75% of pain is caused by trigger points; yet in spite of decades of research, it is one of the *most* under-diagnosed conditions in medicine.

Trigger points are hyperirritable spots in skeletal muscles that feel like “knots” or tight bands.

The *most* important thing to know about trigger points is that they *refer* pain remote to the trigger point. For example, if someone has pain in their temple area, there is a high probability that it may be coming from trigger points in muscles in the back or front of the neck, or on top of the shoulder. Only one muscle actually in the temple area might contain trigger points that are causing pain. A health care provider needs to know this information in order to treat pain; unfortunately many do not.

I have written four books on self-help techniques for treating pain caused by trigger points, and the fifth will be released in 2012. I also write articles for national magazines such as ADVANCE for Physical Therapists, Yoga Magazine, and Massage World, in addition to teaching continuing education classes for health care professionals.

I am available for radio and TV interviews, book signings, and short presentations on trigger points. Please contact me at the phone number or email address above if you are interested in hosting one of these events.

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