

Myofascial Pain Due To Trigger Points - Additional Resources

Self-Help Books

Blatman, H and Ekvall B. *Winners' Guide To Pain Relief*. Cincinnati: Danua Press, LLC, 2006.

Davies C and Davies A, *The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief*. Third Edition. Oakland, CA: Harbinger Publications, 2013.

Starlanyl DJ and Sharkey J. *Healing through Trigger Point Therapy: A Guide to Fibromyalgia, Myofascial Pain and Dysfunction*. Berkley: North Atlantic Books, 2013.

Starlanyl DJ and Copeland ME. *Fibromyalgia & Chronic Myofascial Pain: A Survival Manual*. Oakland (CA): New Harbinger Publications, Inc, 2001.

Travell & Simons' *Trigger Point Flip Charts*. Spiral bound chart book containing 12" x 15" drawings by Barbara D. Cummings with the anatomical locations of trigger points and their corresponding pain patterns. Available from Lippincott Williams & Wilkins. www.lww.com or from www.Amazon.com.

Websites

<http://fmcmpd.org> - Website of Devin J. Starlanyl. Facebook: Fibromyalgia and Myofascial Pain.

www.painpoints.com - Pain and Rehabilitation Medicine. Website of Robert Gerwin, M.D.

www.myofascialtherapy.org - National Association of Myofascial Trigger Point Therapists

www.blatmanpainclinic.com -Website of Hal Blatman, M.D., author of *Winner's Guide To Pain Relief*



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Other Important Medical References

Bennett R, "Myofascial Pain Syndromes and Their Evaluation." *Best Practice & Research Clinical Rheumatology* 2007;21(3):427-445. {See also his article on myofascial pain at: www.myalgia.com}

Ge H-Y, Hongling N, Pascal M, Danneskiold-Samsøe B, Graven-Nielsen T, Arendt-Nielsen L, "Contribution of The Local and Referred Pain from Active Myofascial Trigger Points in Fibromyalgia Syndrome." *Pain* 2009;147(1-3):233-240.

Ge H-Y, Wang Y, Danneskiold-Samsøe B, Graven-Nielsen T, Arendt-Nielsen L, "The Predetermined Sites of Examination for Tender Points in Fibromyalgia Syndrome Are Frequently Associated with Myofascial Trigger Points." *The Journal of Pain* 2010;11(7): 644-651.

Gerwin RD, "Myofascial Trigger Point Pain Syndromes." *Semin Neurol*. 2016 Oct;36(5):469-473.

Gerwin RD, "Diagnosis of Myofascial Pain Syndrome." *Phys Med Rehabil Clin N Am* 2014;25(2):341-355.

Mense S and Simons DG, *Muscle Pain: Understanding Its Nature, Diagnosis, and Treatment*. New York, Lippincott Williams & Wilkins, 2001. [book]

Simons DG, *Myofascial Pain Syndrome Due to Trigger Points*. International Rehabilitation Medicine Association, IRMA Monograph Series Number 1, November 1987. [booklet]

Sikdar S, Shah JP, Gebreab T et al. "Novel Applications of Ultrasound Technology To Visualize and Characterize Myofascial Trigger Points and Surrounding Soft Tissue." *Arch Phys Med Rehab* 2009;90(11): 1829-1838.

Travell J and Rinzler SH, "The Myofascial Genesis of Pain." *Postgraduate Magazine* 1952;11(5).

Travell J, Simons DG, Simons LS, Cummings BD. *Myofascial Pain and Dysfunction: The Trigger Point Manuals*. Baltimore (MD): Lippincott Williams & Wilkins, November 1998. Website: www.lww.com. Available from the publisher and from Amazon.com. [books]