

Book Review

Pain Relief with Trigger Point Self-help by *Valerie DeLaune*

Chichester: Lotus Publishing; 2011. ISBN 978-1-905367-25-2, 336 pages, £20

This is a very well laid out book full of information and pictures. It has full detailed information of Trigger Points, what they are, what causes them, Trigger Point pressure and stretch techniques. There is a detailed introduction with very down to earth discussion around pain, the continuum of pain and the importance of seeking medical help if it is severe. The first chapter has gone into great detail of anatomy and physiology which is very informative and interesting. Studies such as Shah *et al.* (2008) and Steen (1996) are quoted along with other detailed medical information. There is a wealth of information on biomechanics, nutrition, food, and beverages. This I feel makes the book informative while still not too high brow.

In the main body of the book, there are detailed pictures of the pained areas, their trigger points, and how exactly to treat each area. This self-help book teaches those interested where to find these painful nodules that form in the muscle fibres and connective tissues and how to treat them with the appropriate

pressure and which stretches. It has also interesting information around simple lifestyle changes which can be adapted to achieve proper body mechanics. This book is full of pictures which cater for the more kinaesthetic learner, placed alongside detailed information, to ensure that all learning styles are provided for. There are suggested symptoms, and general diagnoses with detailed solutions.

Valerie DeLaune is a licensed acupuncturist and certified therapist who has created a fabulous book with information which is easily understood and followed. This book has interested me as a sports therapist and is an invaluable tool for sufferers and health professionals. The author is clearly enthusiastic, highly skilled, and informed on the subject of massage and trigger points. I feel that the information available to the reader is clear and informative without being too complicated for every level of reader. I totally enjoyed this book and would find it an invaluable tool when evaluating my sports massage clients to advise them on some self-massage techniques and would have no problem recommending it to others.

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