



The Concise Book of Neuromuscular Therapy: A Trigger Point Manual

John Sharkey

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Neuromuscular Therapy (NMT) is an innovative healing approach that combines the best soft tissue manipulation techniques of osteopathy, chiropractic, naturopathy, trigger point therapy, and other fields. NMT uses massage techniques and flexibility stretching to balance the musculoskeletal and nervous systems, and eliminate the causes of neuromuscular pain. The therapy consists of using the fingers, knuckles, or elbow to apply alternating levels of pressure, which relax the affected muscles and increase circulation. This treatment enhances muscle and joint function, and can be combined with other modalities as part of a comprehensive program.

With 240 color and black-and-white illustrations, *The Concise Book of Neuromuscular Therapy* is an ideal learning tool for students involved in any of the medical sciences, as well as practicing physical therapists, doctors, or clinicians wishing to integrate NMT into osteopathy, physiotherapy, sport science, sports medicine, physical therapy, chiropractic, sports massage, and other manual therapies.

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