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Trigger Point Manual; Vol. 1. The Upper  
Half Of Body**

**By David G. Simons;Lois S. Simons**

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Introduction. Myofascial pain syndrome (MPS) is a common  
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Simons and Janet G. Travell (1998, Hardcover, Revised)

**Myofascial Pain Syndrome: Uncovering the Root -**

Myofascial pain is now estimated to affect approximately 44  
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Myofascial Pain and Dysfunction Guide. For anyone who missed our last foray into the subject of trigger point massage therapy, Myofascial Trigger Points are hyper

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David G. Simons, MD Author information Travell and Simons Myofascial Pain and Dysfunction: The Trigger Point Manual. Volume 1 Upper Half of Body. 2nd ed

**Myofascial pain syndrome - Mayo Clinic -**

Treatment options for myofascial pain syndrome include physical therapy and trigger point injections. Pain medications and relaxation techniques also can help.

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