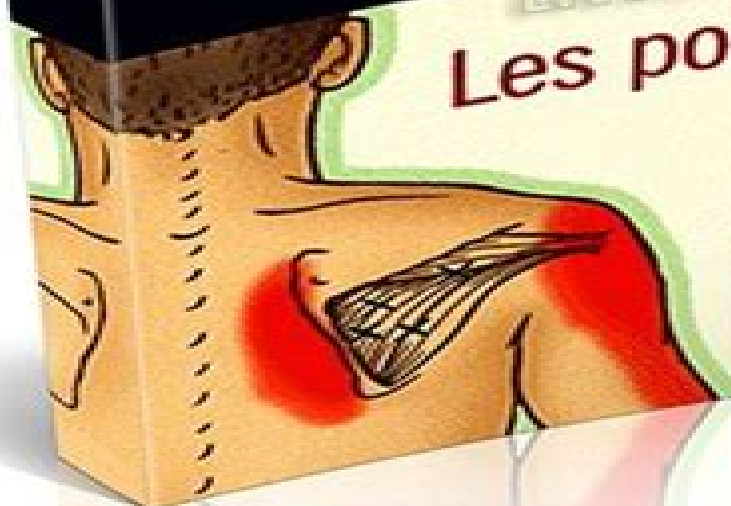


**Douleur musculaire
et étirements
en 32 planches**



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Les points gâchettes



Joseph E. Muscolino

Douleurs Musculaires Et Etirements En 32 Planches

S Ben Porath



Douleurs Musculaires Et Etirements En 32 Planches:

Douleur musculaire et étirements en 32 planches Philippe Paumard, Joseph E. Muscolino, John Scott & Co, 2011-06-17
Avec ses 169 illustrations en couleur ce livre chevet est conçu de manière pédagogique pour permettre au thérapeute non seulement de localiser les points gâchettes et les zones de douleur projetée mais également de visualiser les tirements spécifiques pour chaque muscle concerné. Chaque page comprend ainsi les principales caractéristiques des points gâchettes, des zones de projection de la douleur ainsi que les tirements associés. Ce support cartonné grand format dont la solidité et la reliure spirales rendent l'utilisation très pratique pourra être posé sur le bureau du thérapeute il lui sera tout aussi utile comme outil dans sa pratique quotidienne que pour expliquer ses patients le traitement entrepris de manière claire et visuelle. Un outil pratique et efficace. Des figures simples et en couleur montrent la localisation des points gâchettes pour chaque muscle comme les zones de projection de la douleur. Le tirement spécifique de chaque muscle est présenté de manière pédagogique. Les pages en grand format permettent de visualiser un groupe musculaire dans son ensemble de même que les tirements associés ce qui permet de retrouver facilement une région musculaire spécifique. Livres de France, 2009-10

Le vélo de route pour tous Collectif, 2017-04-27 T00:00:00-04:00 Que vous achetiez votre premier vélo de route ou que vous souhaitiez améliorer votre forme physique en vue d'une preuve cyclosportive cet ouvrage est l'outil essentiel pour vous propulser au niveau supérieur. Rédigé par l'équipe du célèbre magazine international Cycling Plus Le vélo de route pour tous présente les recommandations d'experts concernant tant l'achat que l'entretien et le réglage de votre vélo pour les femmes comme pour les hommes. Il offre également les conseils de professionnels pour vous aider gagner en confiance sur votre vélo, garder une position idéale pendant que vous roulez, affronter les longues montées plus aisément et faire attention aux automobilistes en ville ou la campagne. Avec ses programmes d'entraînement et ses conseils nutritionnels ce livre vous mettra en selle pour profiter pleinement des belles journées d'été sur deux roues. **Manuel de palpation osseuse et musculaire, 3e édition** Joseph E. Muscolino, 2023-09-05 Depuis sa première édition en 2010 le Manuel de Muscolino s'est imposé comme la référence incontournable pour les kinésithérapeutes, les ostéopathes et l'ensemble des praticiens de médecine manuelle et rééducative notamment grâce à la pédagogie des plus de 1000 figures qui le composent et qui superposent dessin anatomique et photo. Indispensable pour poser un diagnostic lors d'une douleur musculaire et osseuse la palpation ne doit pas se réduire à la connaissance des insertions des muscles la façon de positionner les doigts le praticien doit savoir aller au-delà et être certain d'avoir trouvé la bonne localisation le bon muscle cible. Le Manuel de Palpation osseuse et musculaire est la seule méthode fiable pour isoler le muscle cible le mettre en contraction et être certain que les doigts de palpation sont correctement situés. Retrouvez dans cette édition Des questions de révision et de réflexion qui permettent chaque étudiant d'évaluer les concepts et de synthétiser les informations contenues dans le chapitre Des études de cas qui fournissent aux étudiants l'opportunité d'avoir un raisonnement clinique interactif. Des dessins expliquant les tirements pratiqués par le thérapeute montrés sur des patients.

en situation réelle de pratique quotidienne *Anatomie & 100 étirements essentiels* Guillermo Seijas, 2025-01-02 **Points**
gâchettes, comment soulager les douleurs Jacky Gauthier, 2018-05-29 Qu'est-ce qu'un point gâchette ? Il s'agit d'une région
fortement irritée au sein d'un muscle squelettique ou d'un fascia musculaire. Ce point est douloureux à la palpation, il peut entra-
ner des tensions musculaires, des réactions végétatives et des douleurs projetées. Ces points gâchette se forment lorsque le
corps veut vaincre une trop grande tension sur une articulation ou un muscle en réaction à un traumatisme, une activité physique
intensive, un stress négatif ou encore après une période de sédentarité. Le but de cet ouvrage structuré en différentes fiches
musculaires est de cibler efficacement les points, de comprendre leur apparition et de les soulager avec des gestes et des
techniques adaptés. Après un rappel sur les multiples bienfaits des auto-massages, des massages et des étirements, les diffé-
rentes parties du corps sont traitées dans des chapitres dédiés avec de nombreux dessins pédagogiques pour faciliter la compré-
hension des mécanismes de l'œuvre. Des photos complètent les consignes et illustrent les mouvements à reproduire pour détecter
et soulager les points gâchettes. Parce qu'une bonne compréhension est nécessaire à une bonne exécution, voici un manuel qui
fait le lien entre connaissances théoriques et application pratique.

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