



# Myofascial Pain and Fibromyalgia: Trigger Point Management

*Edward S. Rachlin MD FACS, Isabel Rachlin PT, Isabel Rachlin*

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**Myofascial Pain and Fibromyalgia: Trigger Point Management** Edward S. Rachlin MD FACS, Isabel Rachlin PT, Isabel Rachlin

This concise, but thorough text covers both the theory and current practice of fibromyalgia and myofascial pain management. It provides practical, step-by-step descriptions of both traditional and state-of-the-art approaches to trigger point injections and nerve blocks, accompanied by clear diagrams that illustrate pain patterns, muscle anatomy, patient positioning, and more. An interdisciplinary approach draws on the knowledge and expertise of authorities in the fields of rheumatology, physiatry, orthopedic surgery, psychology, endocrinology, physical therapy, dentistry, ergonomic engineering, and anesthesiology.

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