Self-Help Books


Websites


www.painpoints.com - Pain and Rehabilitation Medicine. Website of Robert Gerwin, M.D.

www.myofascialtherapy.org - National Association of Myofascial Trigger Point Therapists

www.blatmanpainclinic.com - Website of Hal Blatman, M.D., author of *Winner’s Guide To Pain Relief*

Other Important Medical References


Simons DG, *Myofascial Pain Syndrome Due to Trigger Points*. International Rehabilitation Medicine Association, IRMA Monograph Series Number 1, November 1987. [booklet]

