



Contents lists available at ScienceDirect

Manual Therapy

journal homepage: www.elsevier.com/math

Book review

Myofascial trigger points: pathophysiology and evidence-informed diagnosis and management, Jan Dommerholt, Peter Huijbrets, Jones and Bartlett (2011). p. 294, paperback, \$49.95, ISBN: 987-0-7637-7974-0

This book is written as part of a series entitled *Contemporary Issues in Physical Therapy and Rehabilitation Medicine*. Although intended for physical therapists, the content is useful to all manual therapists who manage patients with myofascial pain. This book aims to provide a current best evidence synthesis on the etiology, pathophysiology, diagnosis, and management of myofascial trigger points (MTrPs). Each chapter is written by different authors considered experts in myofascial pain.

The book's 10 chapters are organized into 4 sections; Pathophysiology, Diagnosis, Clinical Management, and Future Research Directions. The first section describes current theories and research on pathophysiology and etiology of MTrPs, with emphasis on the integrated TP hypothesis. The section on diagnosis begins with a well executed and well described systematic review on the reliability of MTrP palpation. The final chapter in this section explores the relation of MTrPs to chronic tension type headache. The management section includes a quality systematic review of non-invasive interventions for the management of MTrPs. This book places particular emphasis on dry needling. An entire chapter is focused on the discussion of research concerning the proposed mechanism of action and effectiveness of this technique for the treatment of MTrPs. The case presentation concluding this final section provides a discussion on diagnosis and management of MTrPs as they relate to the complex presentation of a patient experiencing chronic headache. The detail provided regarding the patient's management was useful, especially with respect to the dry needling technique. It also serves as an excellent review of

headache differential diagnosis and management, boasting over 150 references.

This book is well written and content rich. The contribution by different authors offers a broad range of perspectives; however at times material was repetitive and transitions between chapters lacked fluidity. Tables within the systematic reviews nicely outline the scoring systems applied and summarize key methodology of included studies. Each chapter is followed by an impressive and comprehensive list of references, which will undoubtedly be invaluable to the inquisitive reader.

The authors of this book exceed expectations in providing a current best evidence synthesis on MTrPs. This is an excellent example of the proper use of current evidence to inform clinical decision making and formulate new research directions, a process central to modern evidence-informed manual therapy practice. As the editors point out in the introduction, this book is not a review of everything myofascial. This book does not deliver a recreation of trigger point maps or outline manual therapy techniques, nor does it serve as a review of the role of MTrPs in various musculoskeletal conditions. I highly recommend this book to all manual therapists as a valuable synthesis of current evidence in the field of MTrPs. It also serves as a great stimulus for further hypothesis generation for those interested in advancing the field through research.

Danielle Southerst*
 Canadian Memorial Chiropractic College,
 Graduate Studies, 6100 Leslie Street,
 Toronto, ON, Canada M2H 3J1
 * Tel.: +1 416 482 2340.
 E-mail address: dsoutherst@cmcc.ca

22 November 2010