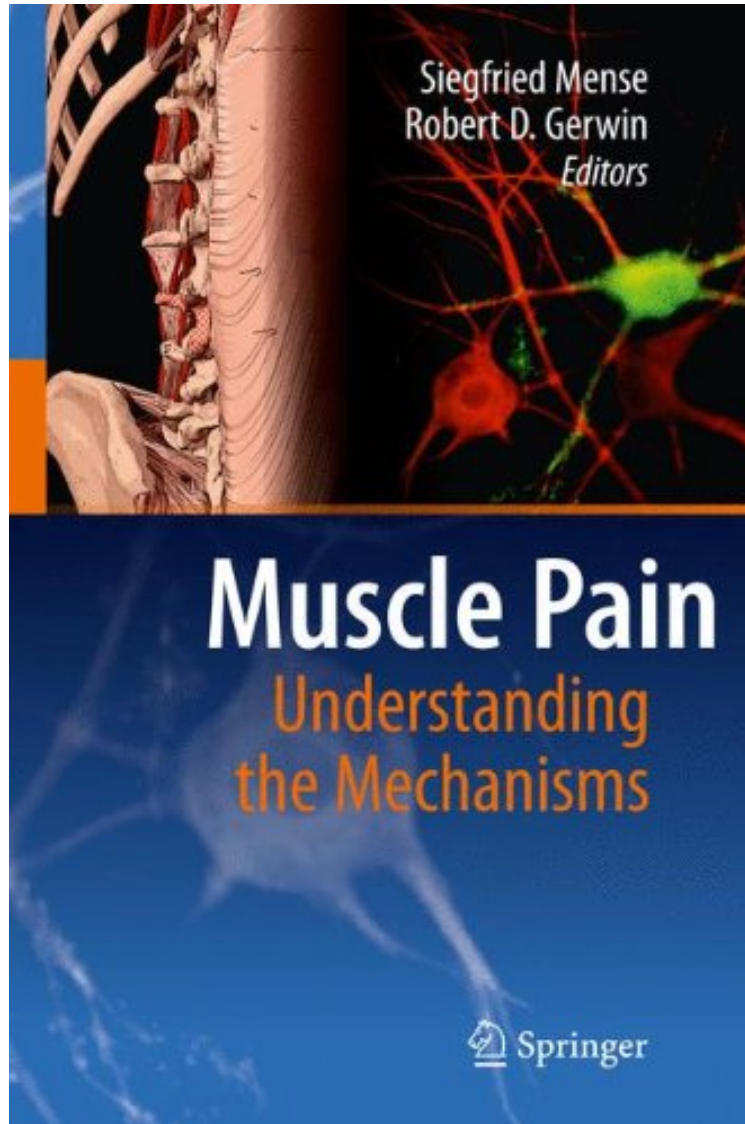


## Muscle Pain: Understanding the Mechanisms

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**From Mense Siegfried Gerwin Robert D : Muscle Pain: Understanding the Mechanisms** before purchasing it in order to gage whether or not it would be worth my time, and all praised Muscle Pain: Understanding the Mechanisms:

2 of 2 people found the following review helpful. Outstanding Reference By ColeNight This book is loaded with up-to-date information from world authorities on the subject of Muscle Pain. The sections are clearly and concisely written, well referenced, and supported by great illustrations. It is simply the best!

This edition of the companion volumes *Muscle Pain: Understanding the Mechanisms* and *Muscle Pain: Diagnosis and Treatment* is essential reading for those interested in clinical approaches to acute and chronic pain conditions involving muscle tissues and in the mechanisms underlying these conditions. The volumes cover a very important topic in pain medicine, since muscle pain is very common and can often be difficult to diagnose and treat effectively. Furthermore, chronic pain involving muscle and other components of the musculoskeletal system increases with age, such that it is a common complaint of those of us who are middle-aged or older. Indeed, as changing population demographics in westernized countries result in higher proportions of the population living longer and being middle-aged and elderly, chronic muscle pain will likely become even more of a health problem. In the case of acute muscle pain, this can often be very intense, and in the short term can limit or modify the use of components of the musculoskeletal system associated with the sensitive muscle. Chronic muscle pain can also be intense, as well as unpleasant and disabling, and it is in many cases the over-riding symptom of most musculoskeletal disorders that are associated with long-term deleterious changes in musculoskeletal function.

From the Back Cover As one half of a comprehensive two-volume publication that covers every angle of muscle pain and is edited by two of the leading figures in the field, this volume details the basic mechanisms of chronic muscle pain syndromes. It provides the practitioner with a deeper understanding of the physical processes involved in these often misunderstood conditions, and in clarifying the nature of muscle pain enables health care professionals to provide more effective treatment.