

Table of Contents

Table of Contents	5
Introduction	7
1 Trigger points – the source of the pain	9
2 How to do it (basic autotherapy rules).....	13
3 Aids	17
4 Headaches	19
5 Cervical pain	23
6 Chest pain	25
6.1 Pain in the thoracic spine region and between scapulae	27
6.2 Anterior chest pain	29
6.3 Pain to the side of the chest.....	30
7 Shoulder and arm pain.....	33
7.1 Anterior shoulder pain	34
7.2 Posterior shoulder pain.....	37
8 Elbow and forearm pain.....	41
8.1 Pain to the outer side of the elbow and forearm	42
8.2 Pain to the inner side of the elbow and forearm	44
8.3 Pain to the posterior side of the elbow.....	46
8.4 Pain in the elbow pit	46
9 Pain in the wrist, hand and fingers.....	49
9.1 Palm, wrist and finger pain	50
9.2 Dorsum of the hand, wrist and finger pain.....	52
10 Lumbar pain.....	55
11 Gluteal and coccygeal pain	61

12	Abdominal pain.....	65
13	Pain in the hip and outer and posterior thigh.....	69
14	Pain in the groin and inner and anterior thigh.....	73
	14.1 Pain in the groin region.....	74
	14.2 Pain in the inner thigh.....	76
	14.3 Pain to the anterior thigh.....	77
15	Knee pain.....	79
	15.1 Pain to the anterior knee.....	80
	15.2 Pain to the inner side of the knee.....	81
	15.3 Posterior knee pain.....	82
	15.4 Outer knee pain.....	83
16	Shank and ankle pain.....	85
	16.1 Shin and anterior ankle pain.....	86
	16.2 Outer shank and ankle pain.....	86
	16.3 Calf and posterior ankle pain.....	88
17	Foot and heel pain.....	91
	17.1 Foot arch and heel spurs.....	91
	17.2 Heel pain.....	93
	17.3 Pain to the sole.....	94
	17.4 Pain in the dorsum of the foot.....	95
	17.5 Pain in the toes.....	96
18	Ergonomics.....	97
	Summary.....	103
	Appendix (not only) for physiotherapists.....	105
	References.....	117