

Contents

1 Introduction	2
Physiology of Pain Development	2
Therapeutic Possibilities	3
Methods for Application of Local Anesthetics	3
Effects of Local Anesthetics	6
Injection Techniques	6
Side Effects and Contraindications of Treatments with Local Anesthetics	9
2 Head	12
Complex Pain	12
Temporal/Parietal Headache	12
Occipitoparietal Headache	14
Parietal Lock	16
Occipital Headache	18
Pain in the Region of the Ear	20
Treatment through Muscles, Tendons, and Ligaments	22
Temporalis	22
Masseter and Mandibular Joint	24
Treatment through Nerves	26
Supraorbital Nerve	26
Infraorbital Nerve	28
Treatment through the Skin	30
" Crown of Thorns "	30
3 Cervical Spine	32
Complex Pain	32
Nonspecific Neck Pain	32
Interspinous Neoarthrosis/Irritation of the Interspinales	34
Treatment through Muscles, Tendons, and Ligaments	36
Levator Scapulae	36
Sternocleidomastoid	38
Trapezius	40
Rectus Capitis Posterior Major and Minor	42
Treatment through Nerves	44
Greater and Lesser Occipital Nerve	44
Treatment through Joints	46
Cervical Vertebral Joints of the C4–C6 Segments	46
4 Upper Extremities	48
Complex Pain	48
Anterior Shoulder and Subacromial Pain	48
Pain in the Area of the Coracoid Process	50
Lateral Epicondylitis (Tennis Elbow)	52
Medial Epicondylitis (Golfer's Elbow)	54
Therapy through Muscles, Tendons, and Ligaments	56
Deltoid	56
Rhomboid	58
Supraspinatus	60
Infraspinatus	62
Biceps Brachii	64
Triceps Brachii	66
Supinator	68
Trigger Finger	70
Pain in the Area of the Radial Styloid Process	72
Pain in the Area of the Ulnar Styloid Process	74

Tenosynovitis Stenosans 76

Therapy through Nerves 78

 Suprascapular Nerve 78

 Median Nerve 80

Intra-articular Therapy 82

 Shoulder Joint (Glenohumeral Joint) .. 82

Elbow Joint (Humeroradial/
Humeroulnar Joint) 84

Wrist (Radiocarpal Joint) 86

Rhizarthrosis and Pain Syndromes
of the Thumb Saddle Joint 88

5 Thorax and Abdomen 90

Complex Pain 90

 Xiphoid–Sternum–Clavicle Triangle .. 90

 Interscapular Pain 92

Therapy through Muscles, Tendons,
and Ligaments 94

 Pectoralis Major 94

 Sternocostalis 96

 Rectus Abdominis 98

 Transversus Abdominis 100

Therapy through the Skin 102

 Disorders of the Stomach
 and the Duodenum 102

 Pancreatic Pain Syndrome 104

 Kidneys and Urinary Tract 106

 Ovaries and Fallopian Tubes 108

 Dysmenorrhea 110

 Liver and Gallbladder Pain 112

6 Lumbar Spine and Pelvis 114

Complex Pain 114

 Lumbago 114

 Piriformis Syndrome 116

 Periarthritis Coxae 118

Therapy through Muscles, Tendons,
and Ligaments 120

 Adductors 120

Painful Long Back Extensors
(Longissimus, Iliocostalis) 122

Therapy through Nerves 124

 Obturator Nerve 124

 Lateral Femoral Cutaneous Nerve ... 126

Therapy through Joints 128

 Lumbar Vertebral Joints 128

7 Lower Extremities 130

Complex Pain 130

 Patellofemoral Pain Syndrome
 (Runner's Knee) 130

 Gracilis and Pes Anserinus Pain
 Syndromes 132

Therapy through Muscles, Tendons,
and Ligaments 134

 Biceps Femoris 134

 Quadriceps Femoris 136

 Triceps Surae 138

 Peronei 140

 Medial Collateral Ligament 142

 Lateral Collateral Ligament 144

Therapy through Nerves 146

Infrapatellar Nerve 146

Tarsal Tunnel and Tibialis Posterior
Compartment 148

Interdigital Nerve (Morton Neuroma) 150

Calcaneus Pain 152

Therapy through the Skin 154

 Knee Circle 154

 Medial Meniscus Pain 156

 Lateral Meniscus Pain 158

 Pain along the Tibia 160

Therapy and Joint Injection 162

 Hip Joint 162

 Knee Joint 164

Upper Ankle Joint (Talocrural Articulation)	166	Metatarsal Phalangeal Joint	168
8 Myofascial Pain Syndromes	170		
Frontoparietal Dysfunction Syndromes .	170	Occipitofrontal Dysfunction Syndromes	172
Further Reading	174		
Index	176		