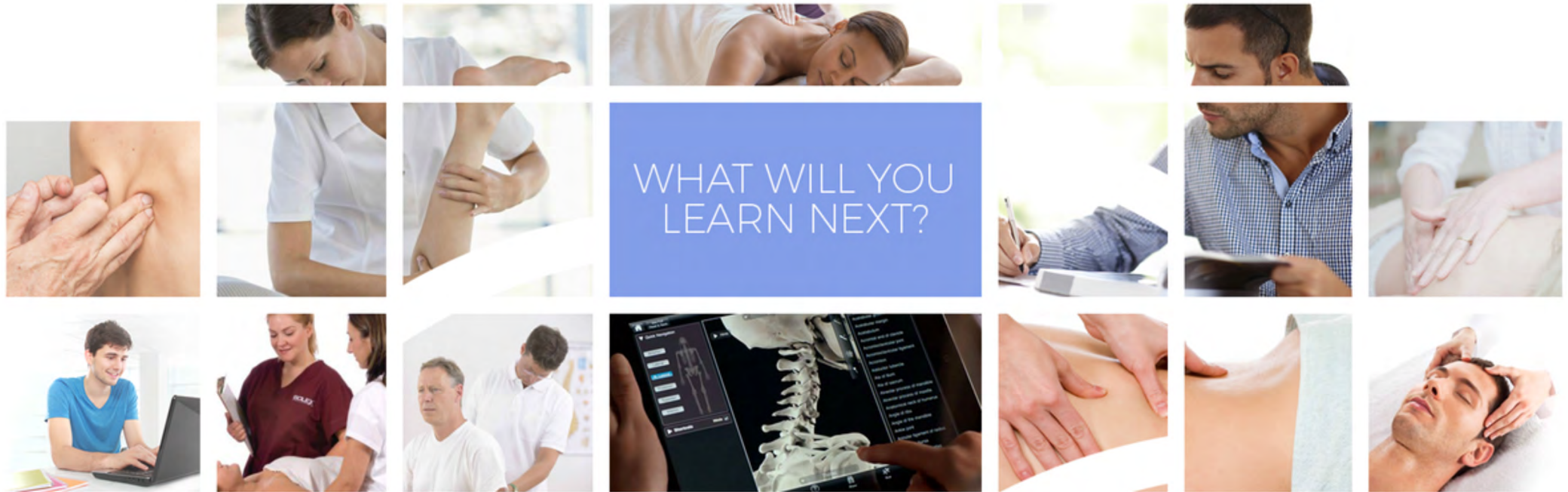


NielAsher.

CONTINUING PROFESSIONAL EDUCATION



Trigger Point Locator

WELCOME TO THE TREAT YOUR TRIGGERS

TRIGGER POINT FINDER

Written by:

Dr Jonathan Kuttner

MBBCh, Dip O&G, FRNZCGP, Dip Sports Med, Dip MSM, FAFMM

Just Click on the Links below to get started finding out where your trigger points are.
(Press ctrl L for full screen)

[Head Pain](#)

[Pelvic and Hip Pain](#)

[Shoulder and Neck Pain](#)

[Thigh Pain](#)

[Buttock Pain](#)

[Knee Pain](#)

[Chest Pain](#)

[Calf Pain](#)

[Upper Arm Pain](#)

[Foot Pain](#)

[Forearm Pain](#)

[Upper Back Pain](#)

[Hand Pain](#)

[Lower Back Pain](#)

[Abdominal Pain](#)

MUSCLE LIST

Just Click on the Links below to get started

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Adductor Magnus	66
Anterior Deltoid	28
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Lateral Pterygoid	2
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THESE MUSCLES CAUSE HEAD & NECK PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
102	Buttock
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Muscle	page
Lateral Pterygoid	2
Medial Pterygoid	4
Frontalis	6
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LATERAL PTERYGOID TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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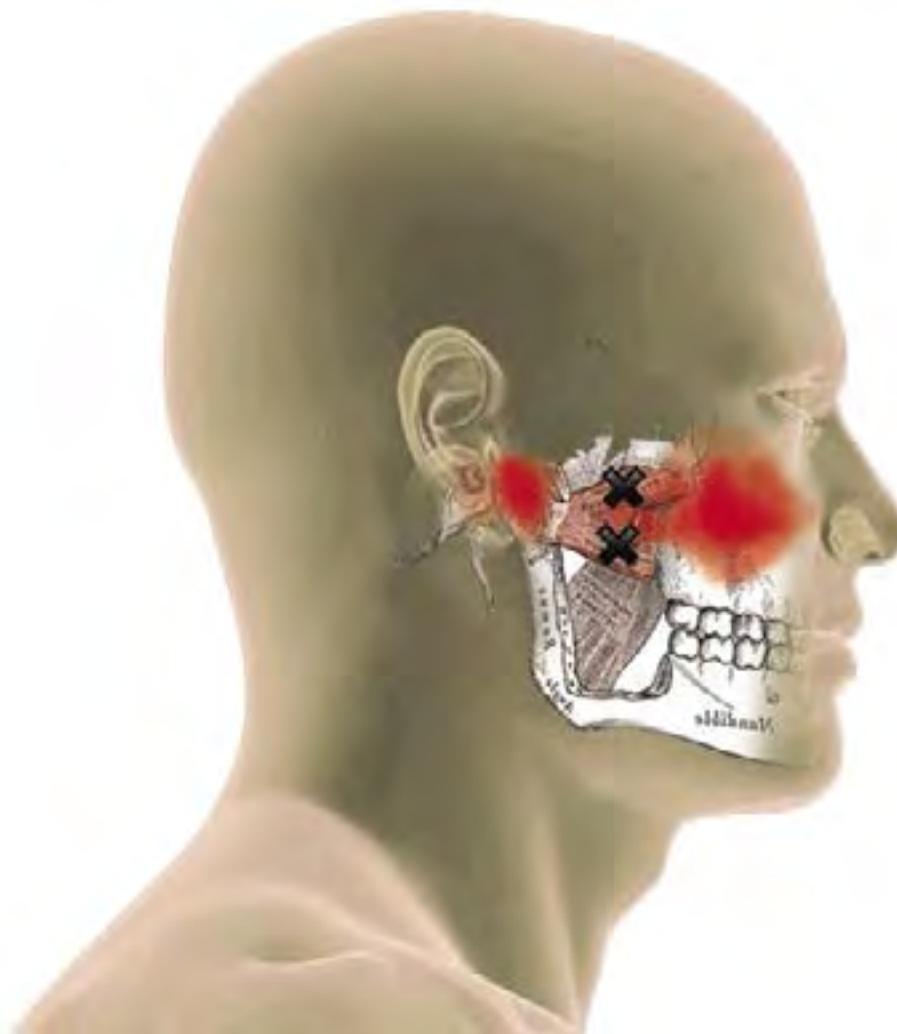
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LATERAL PTERYGOID PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
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MEDIAL PTERYGOID TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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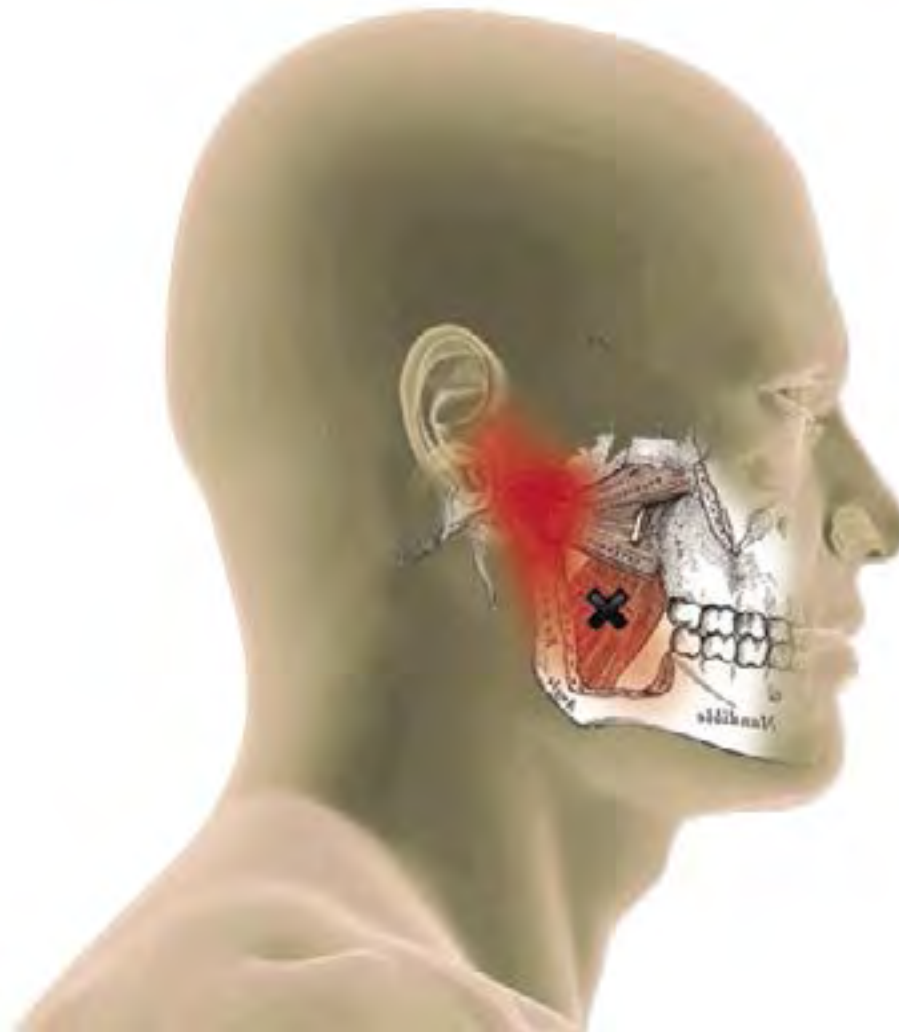
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MEDIAL PTERYGOID PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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FRONTALIS TRIGGER POINTS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
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FRONTALIS PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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MASSETER TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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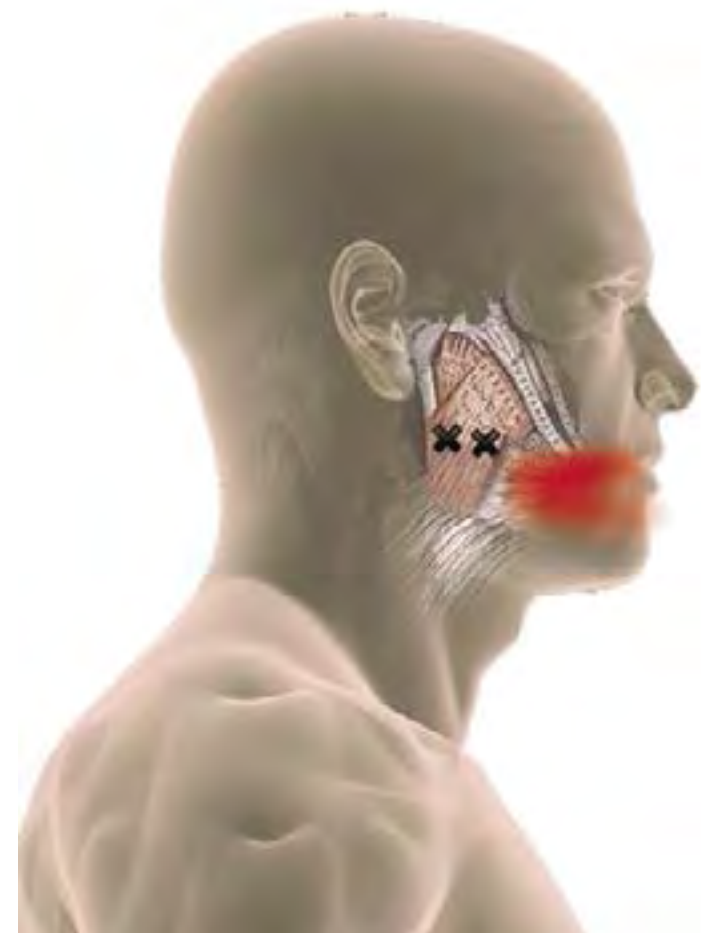
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MASSETER PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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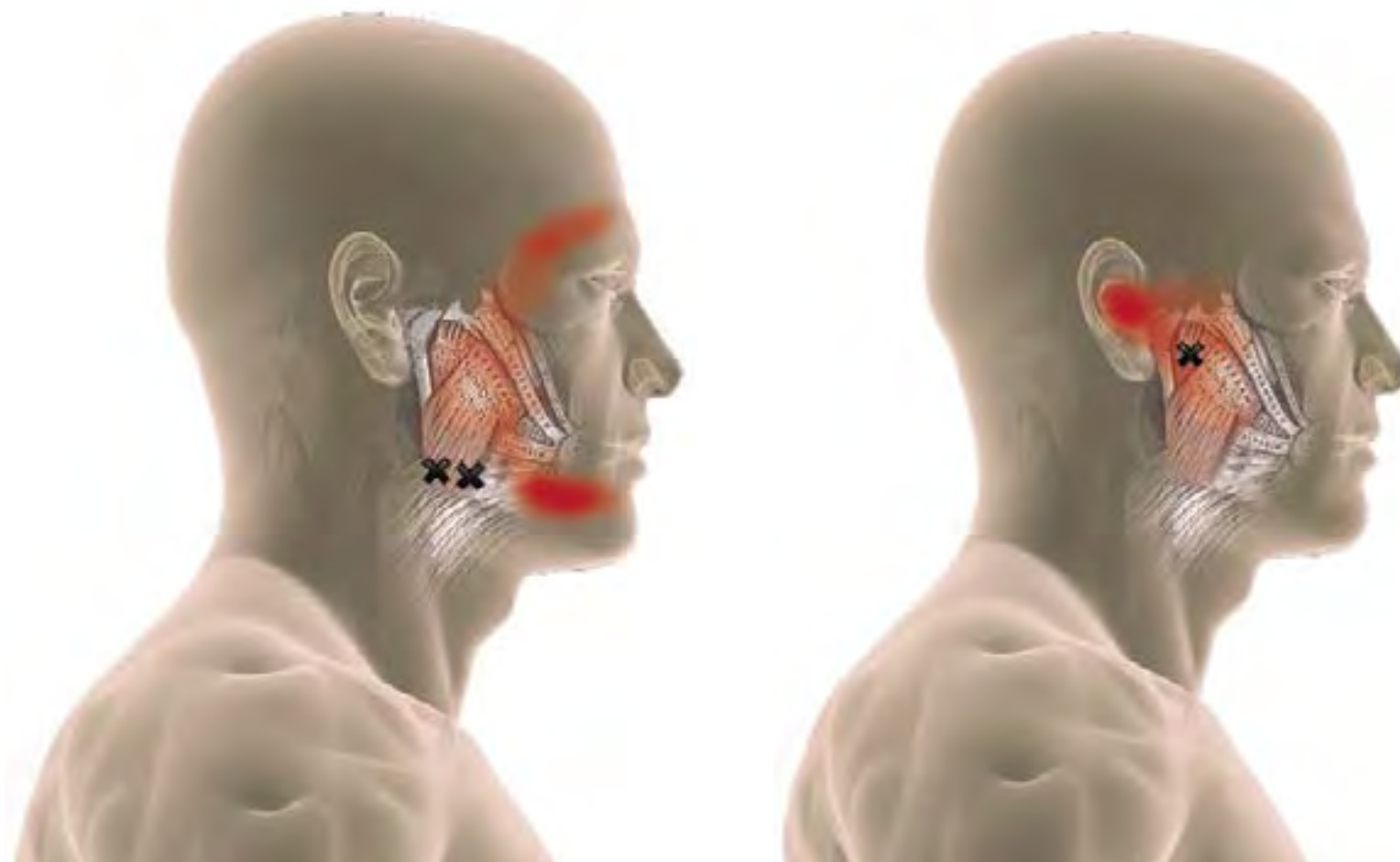
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MASSETER PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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TEMPORALIS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
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TEMPORALIS PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
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59	Pelvis and Hip
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76	Foot
78	Calf
85	Upper Arm
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TEMPORALIS PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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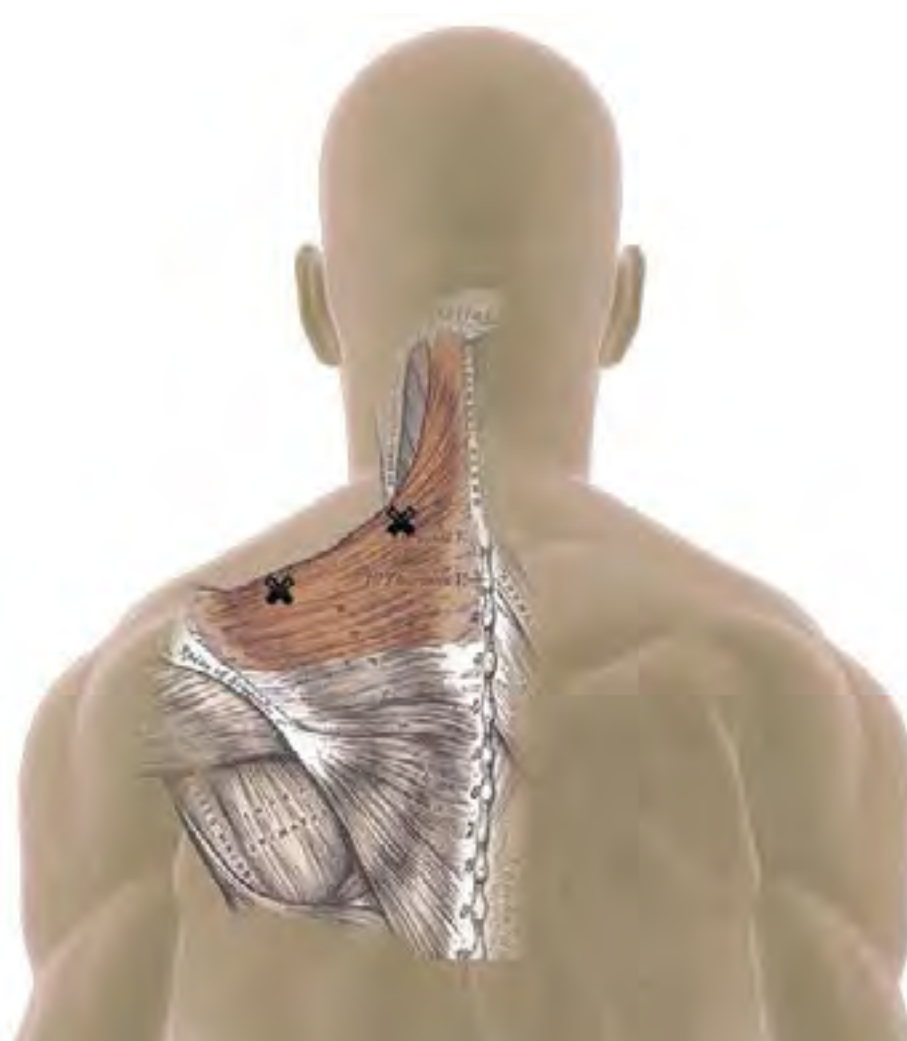
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UPPER TRAPEZIUS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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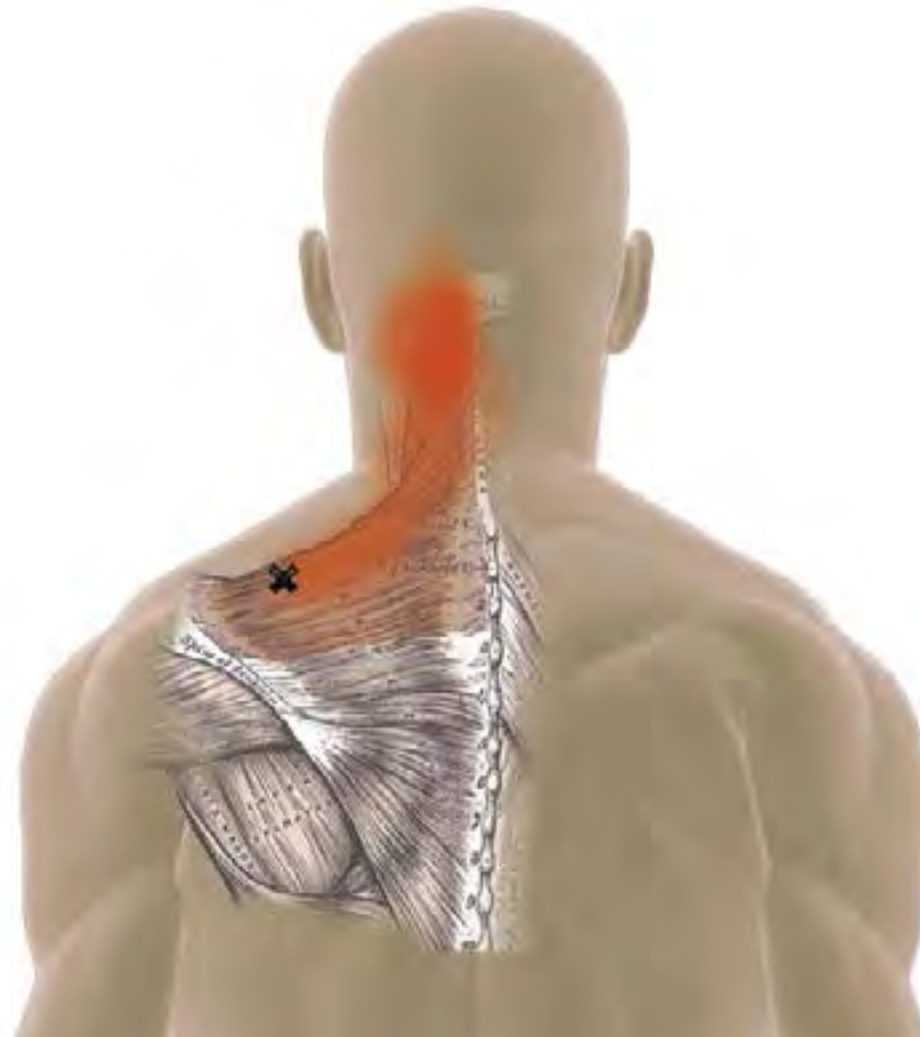
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UPPER TRAPEZIUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



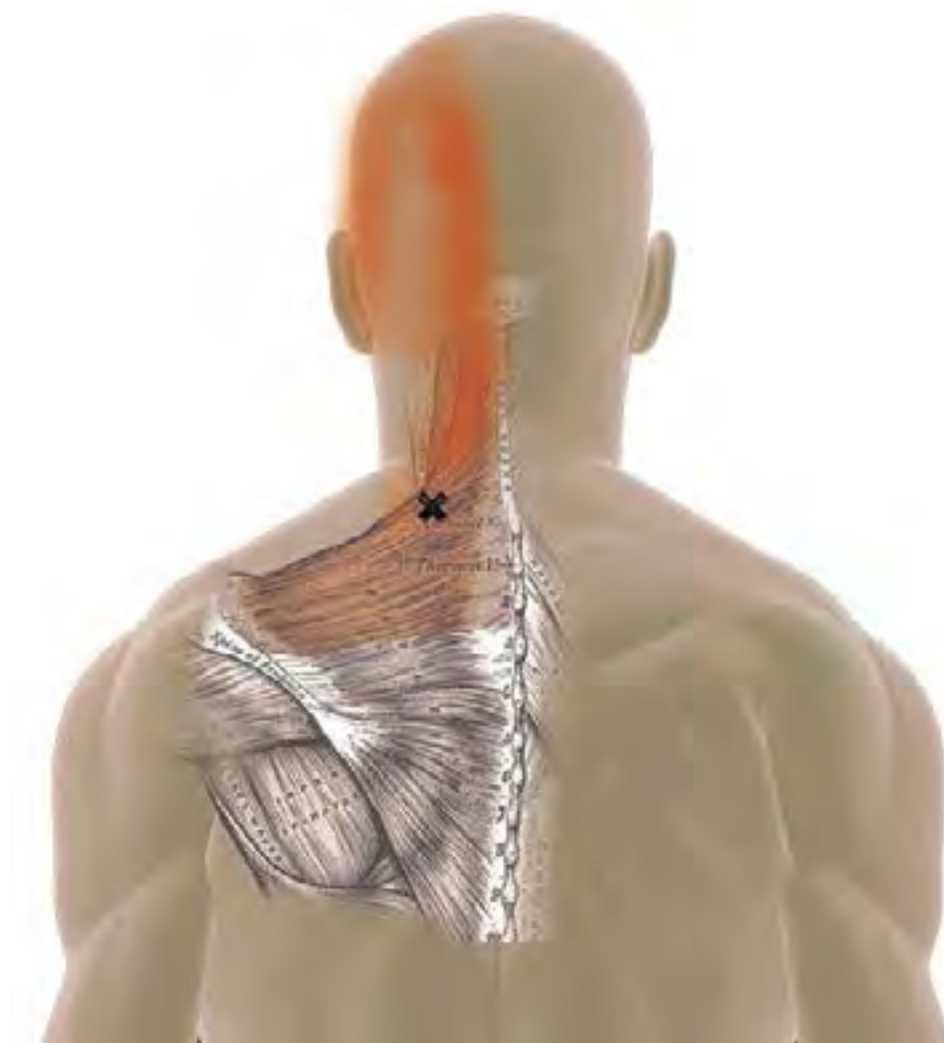
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UPPER TRAPEZIUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



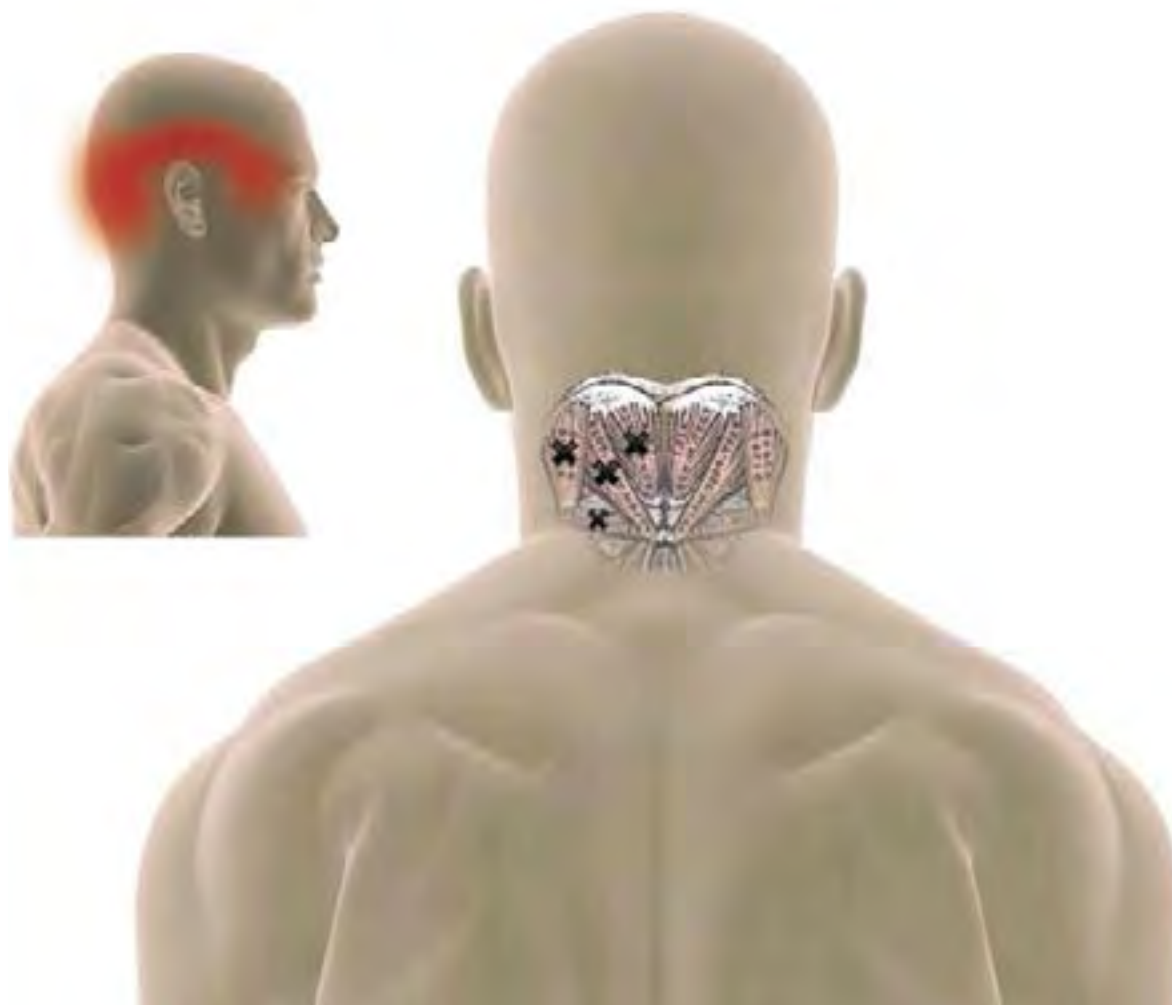
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SUBOCCIPITALIS TRIGGER POINTS & PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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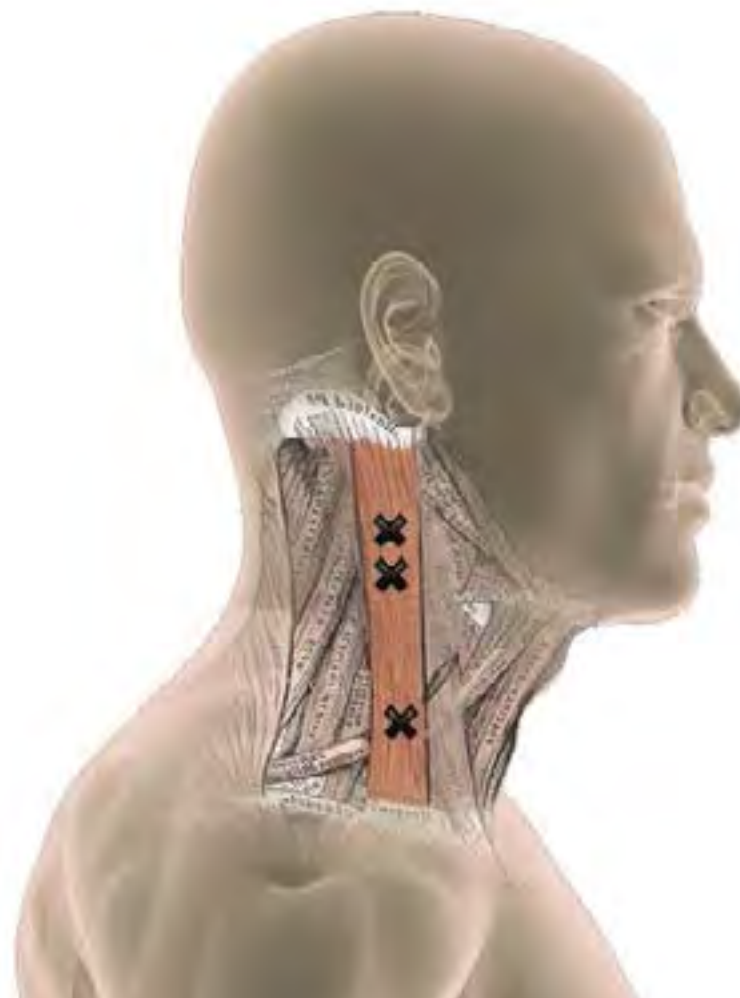
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STERNOCLEIDOMASTOID CLAVICULAR TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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STERNOCLEIDOMASTOID CLAVICULAR PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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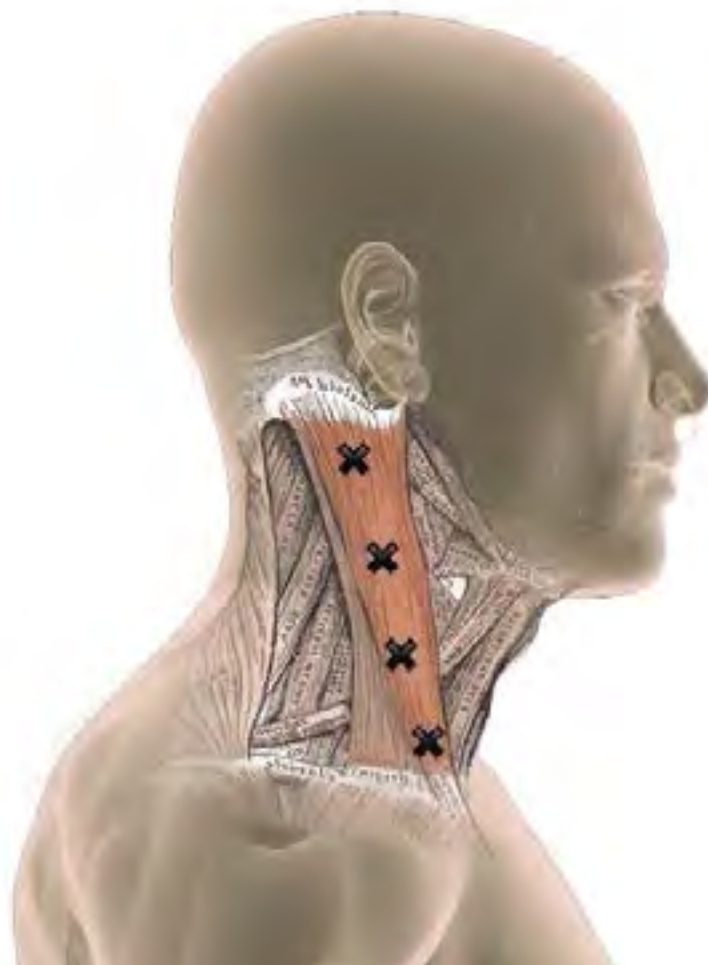
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STERNOCLEIDOMASTOID STERNAL TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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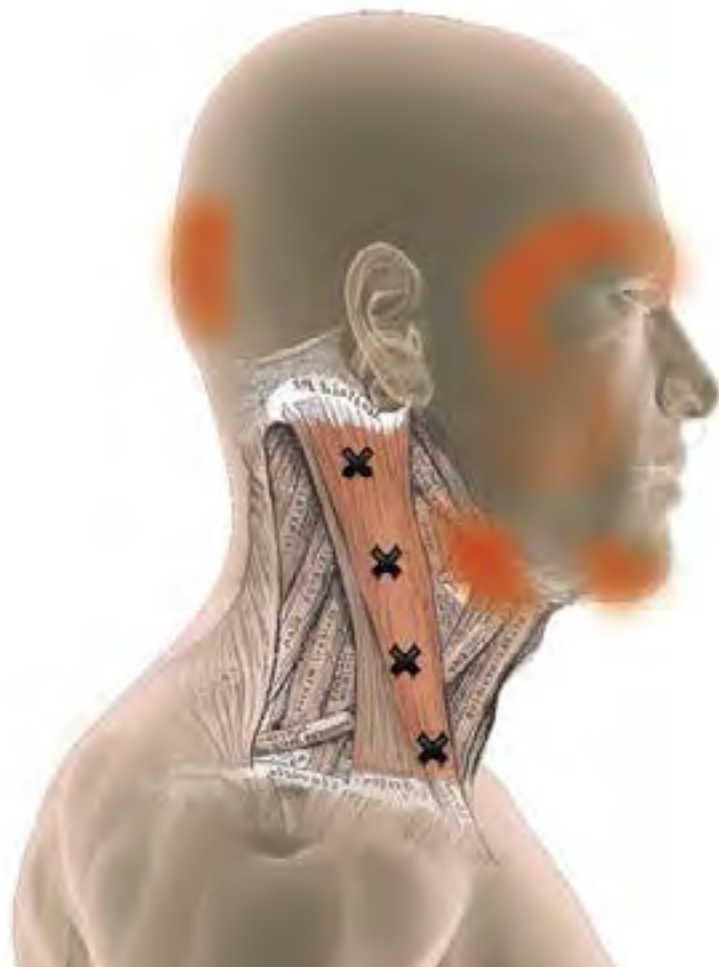
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STERNOCLEIDOMASTOID STERNAL PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE SHOULDER & NECK PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Scalenes	23
Infraspinatus	25
Anterior Deltoid	28
Posterior Deltoid	30
Supraspinatus	32
Pectoralis Major	34
Pectoralis Minor	38
Biceps	40
Latissimus Dorsi	42
Levator Scapulae	45
Triceps	86

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SCALENE TRIGGER POINTS

Pages	Areas of Pain
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47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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SCALENE PAIN PATTERN

Pages	Areas of Pain
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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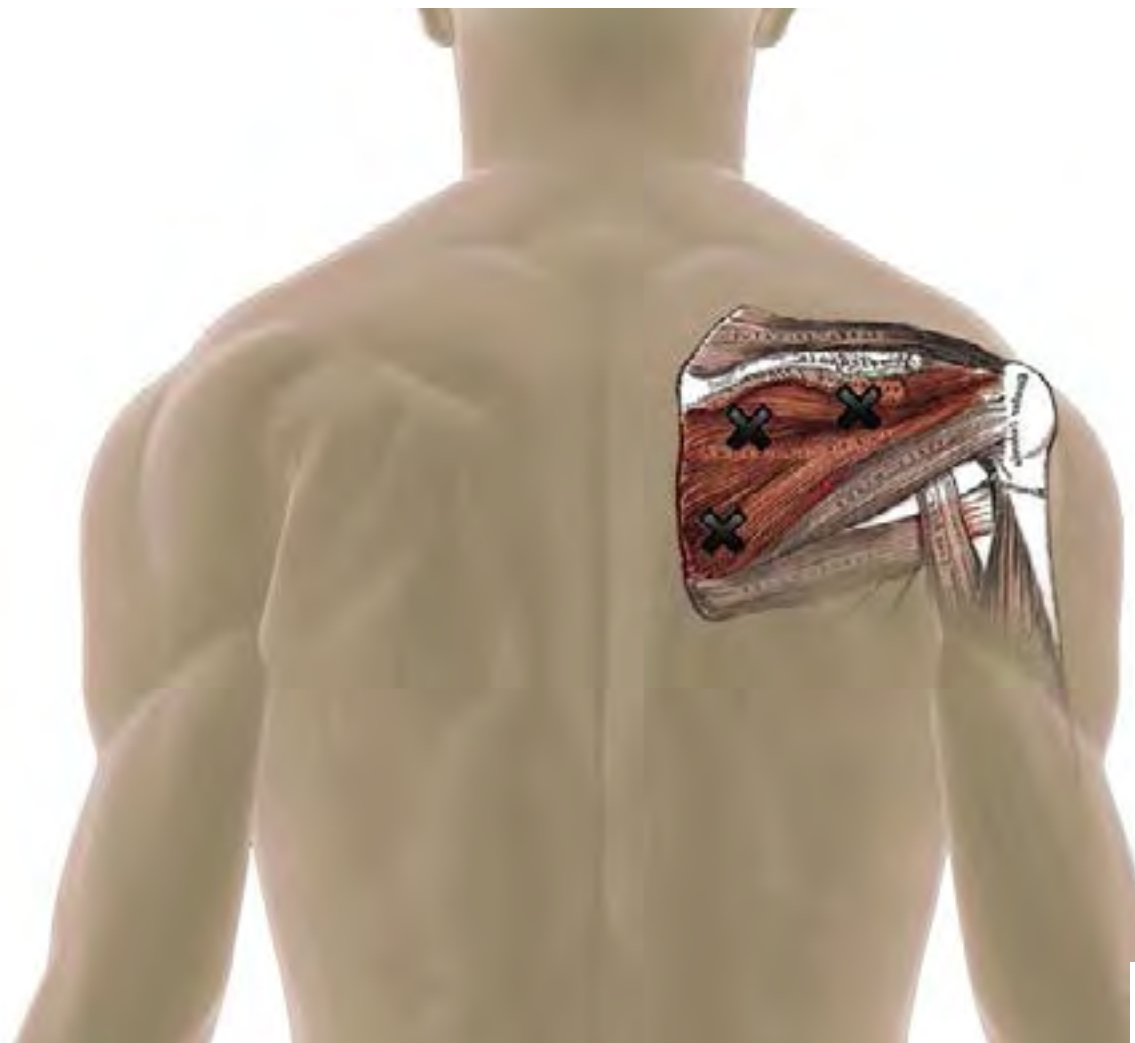
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INFRASPINATUS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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INFRASPINATUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
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INFRASPINATUS PAIN PATTERNS

Pages	Areas of Pain
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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ANTERIOR DELTOID TRIGGER POINTS

Pages	Areas of Pain
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
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ANTERIOR DELTOID PAIN PATTERNS

Pages	Areas of Pain
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47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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POSTERIOR DELTOID TRIGGER POINTS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
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POSTERIOR DELTOID PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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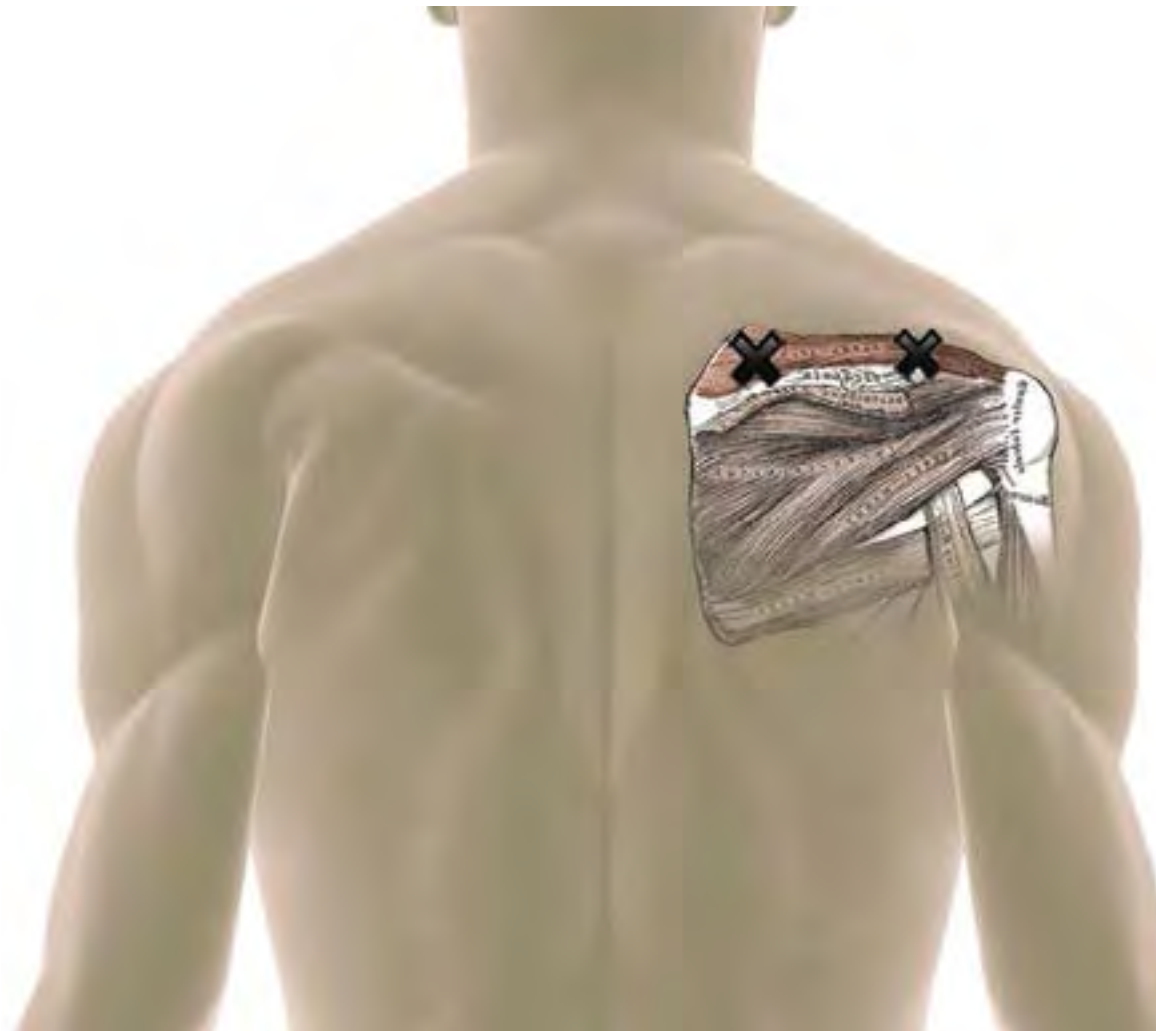
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SUPRASPINATUS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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SUPRASPINATUS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



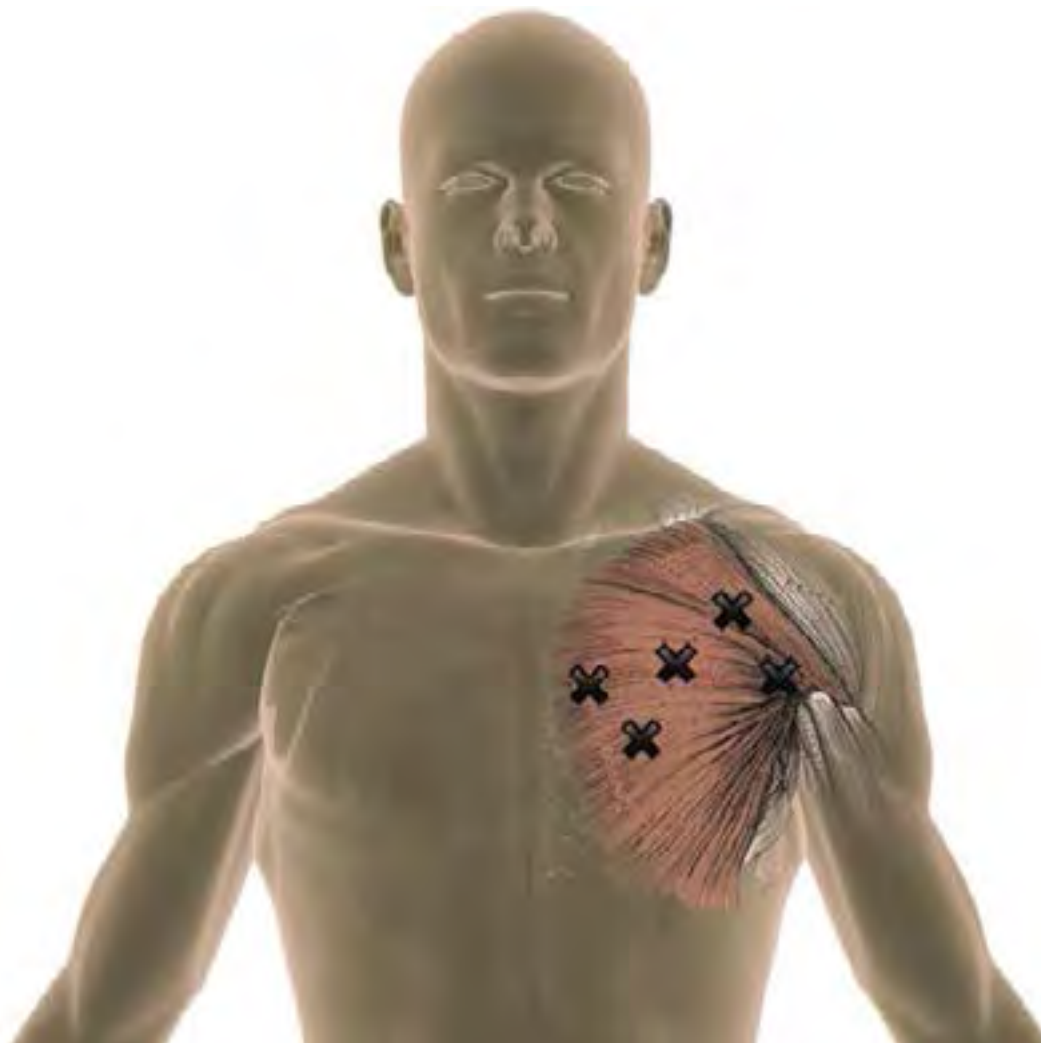
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PECTORALIS MAJOR TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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PECTORALIS MAJOR PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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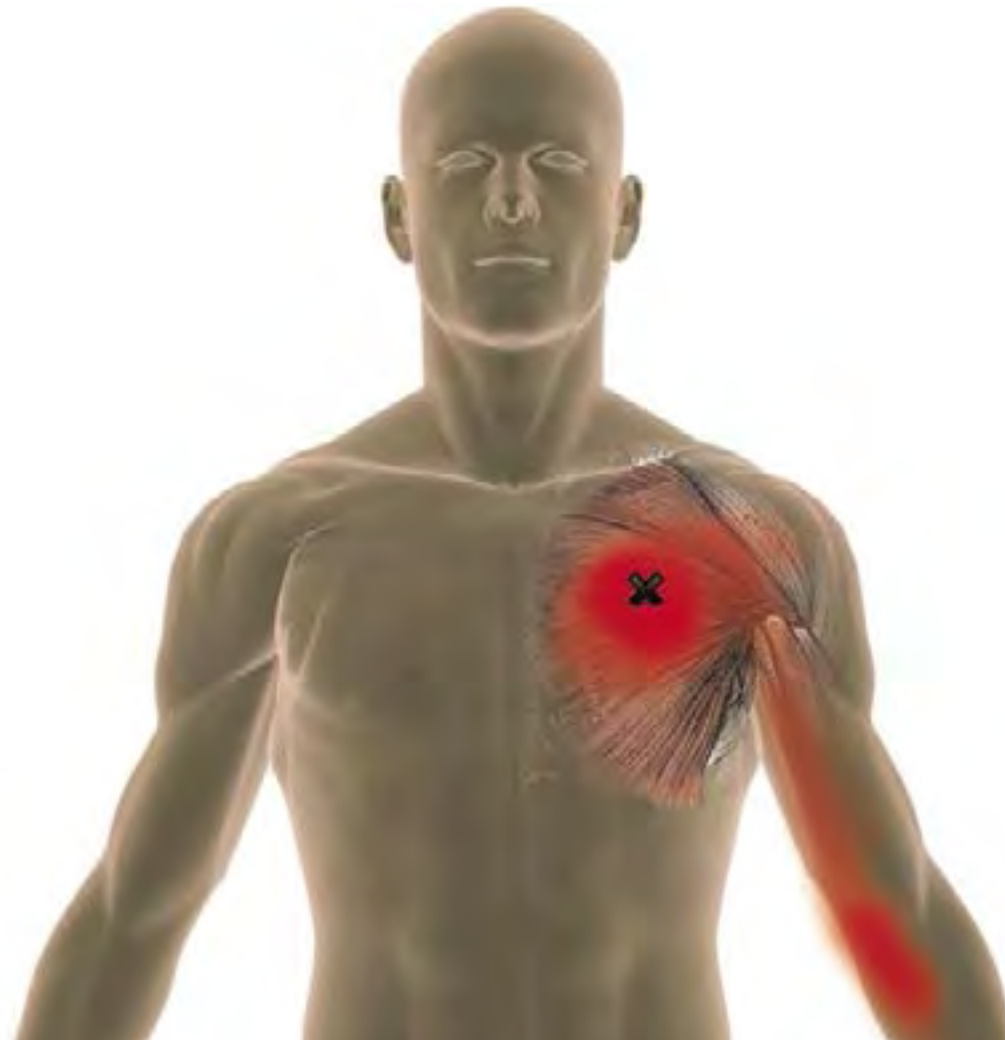
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PECTORALIS MAJOR PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



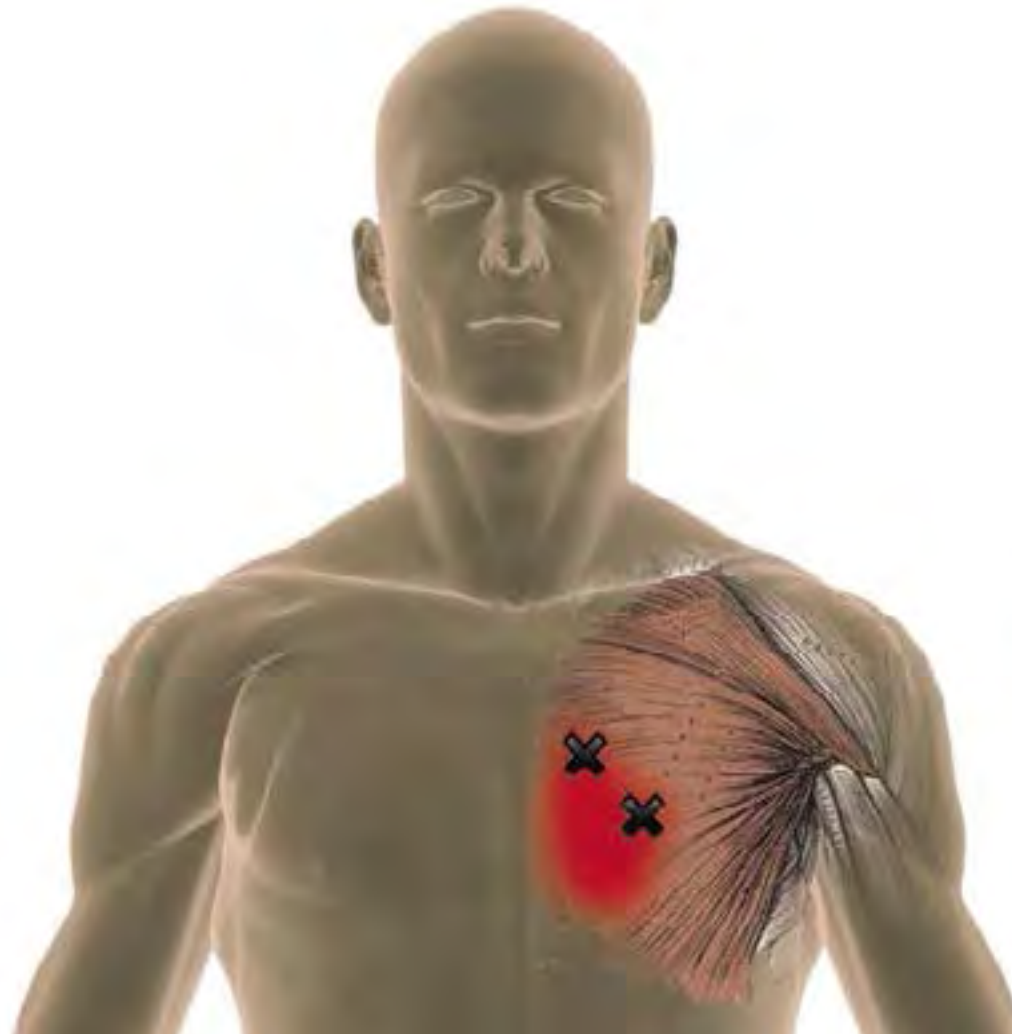
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PECTORALIS MAJOR PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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PECTORALIS MINOR TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
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Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
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78	Calf
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132	Upper Back
142	Lower Back



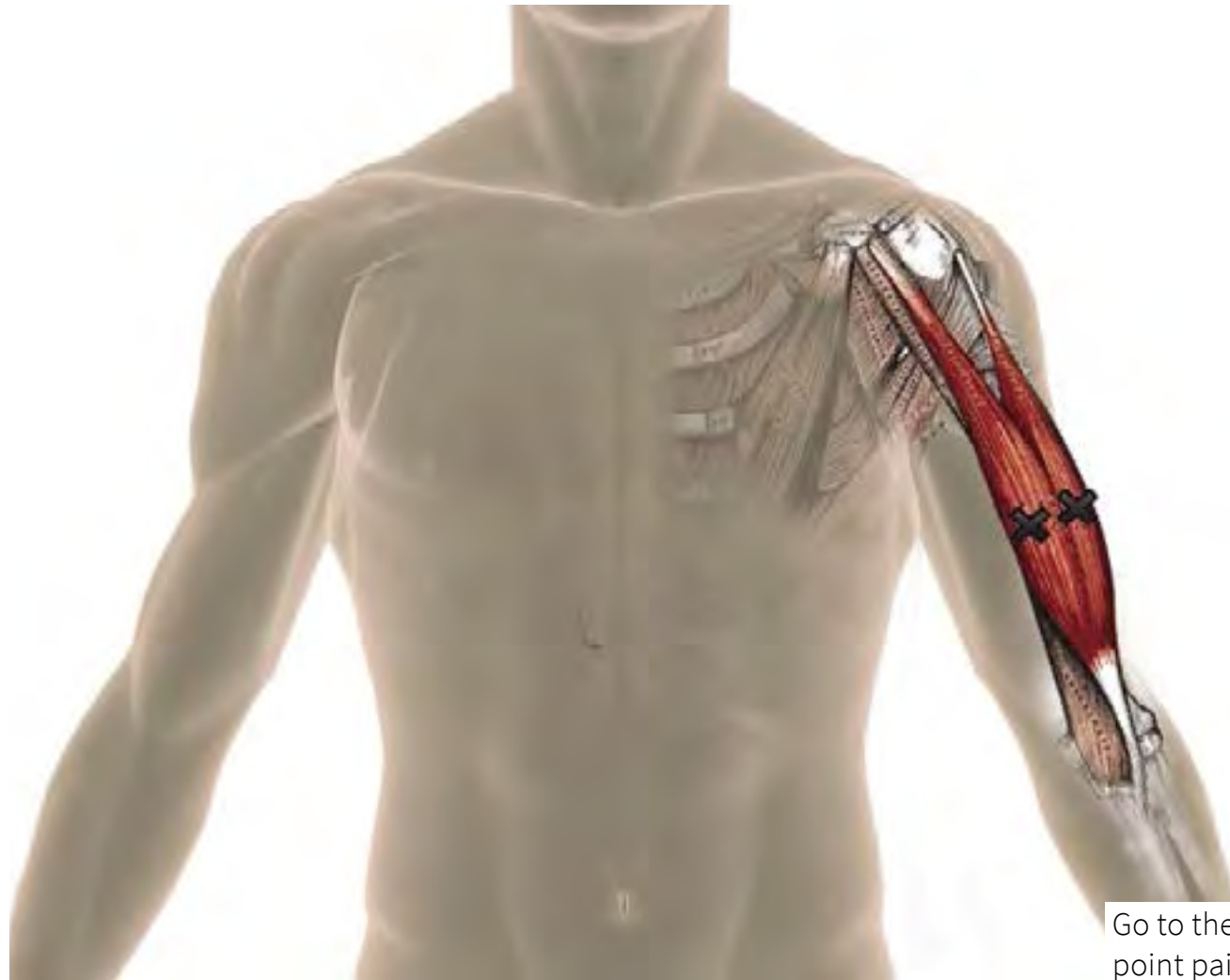
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BICEPS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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BICEPS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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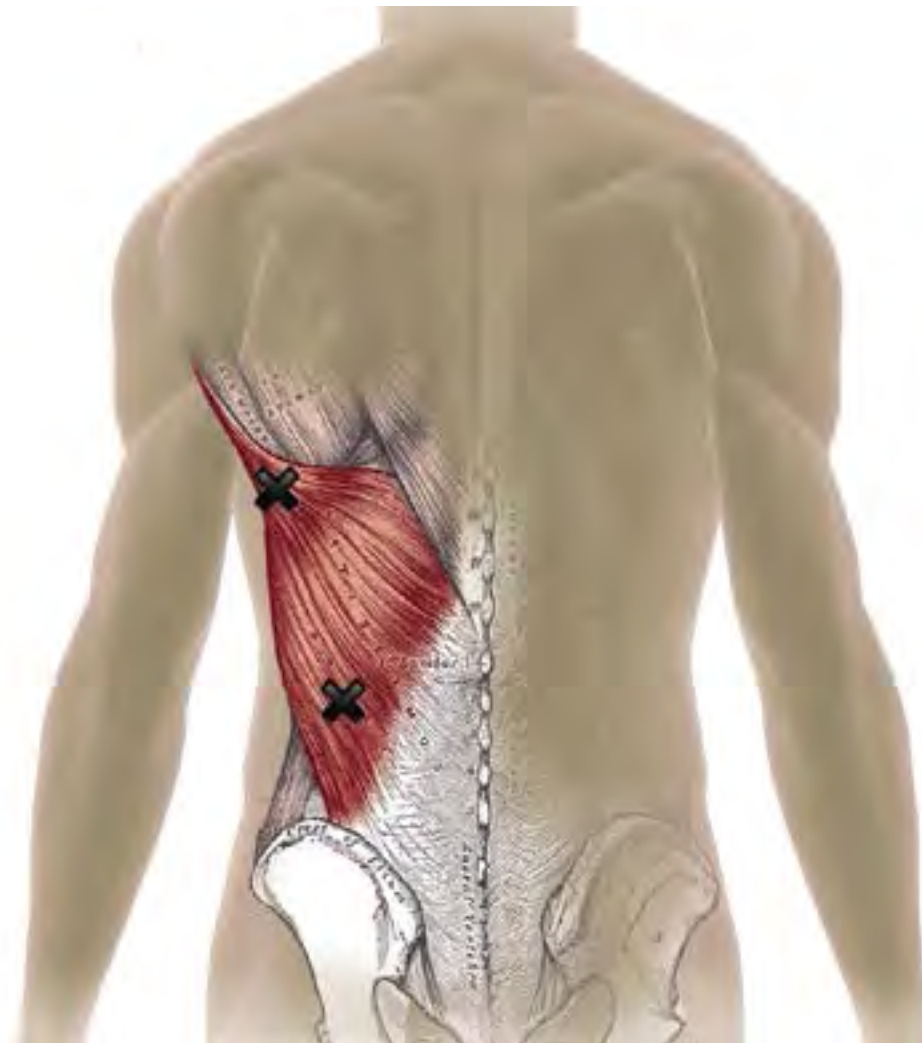
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LATISSIMUS DORSI TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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LATISSIMUS DORSI PAIN PATTERN

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



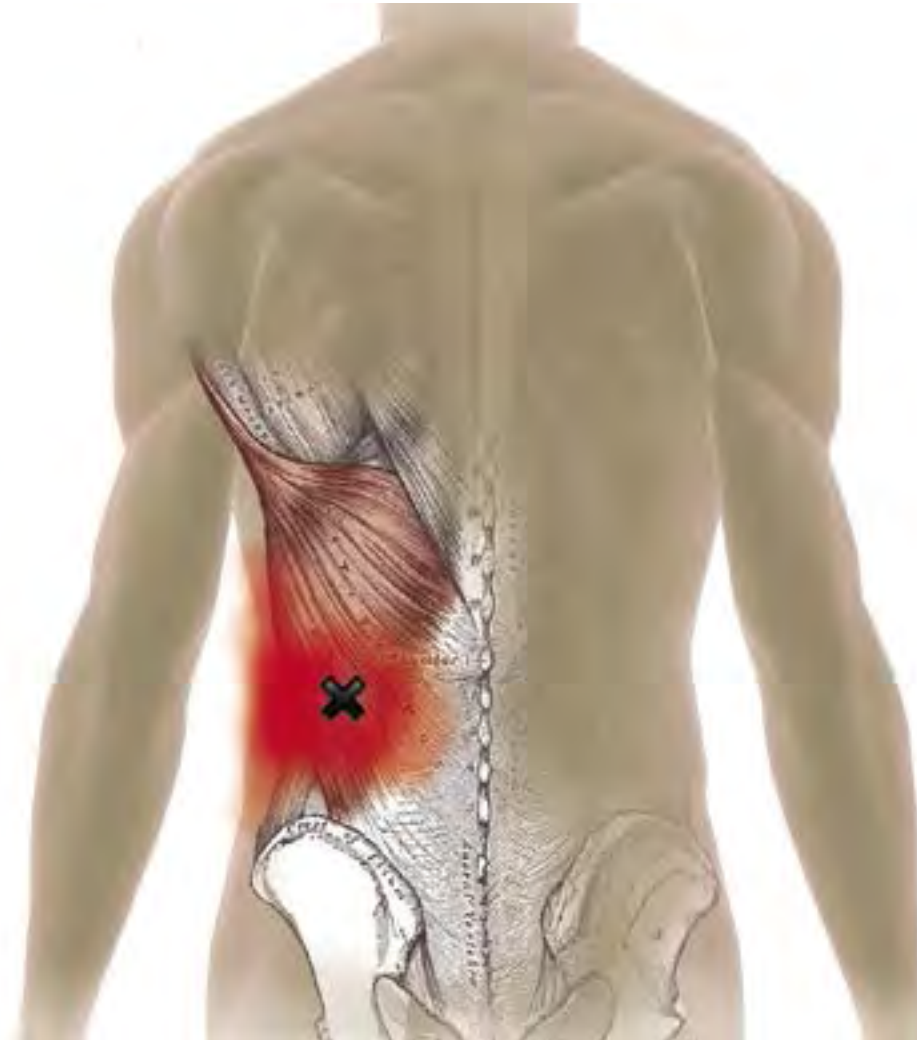
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LATISSIMUS DORSI PAIN PATTERN

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



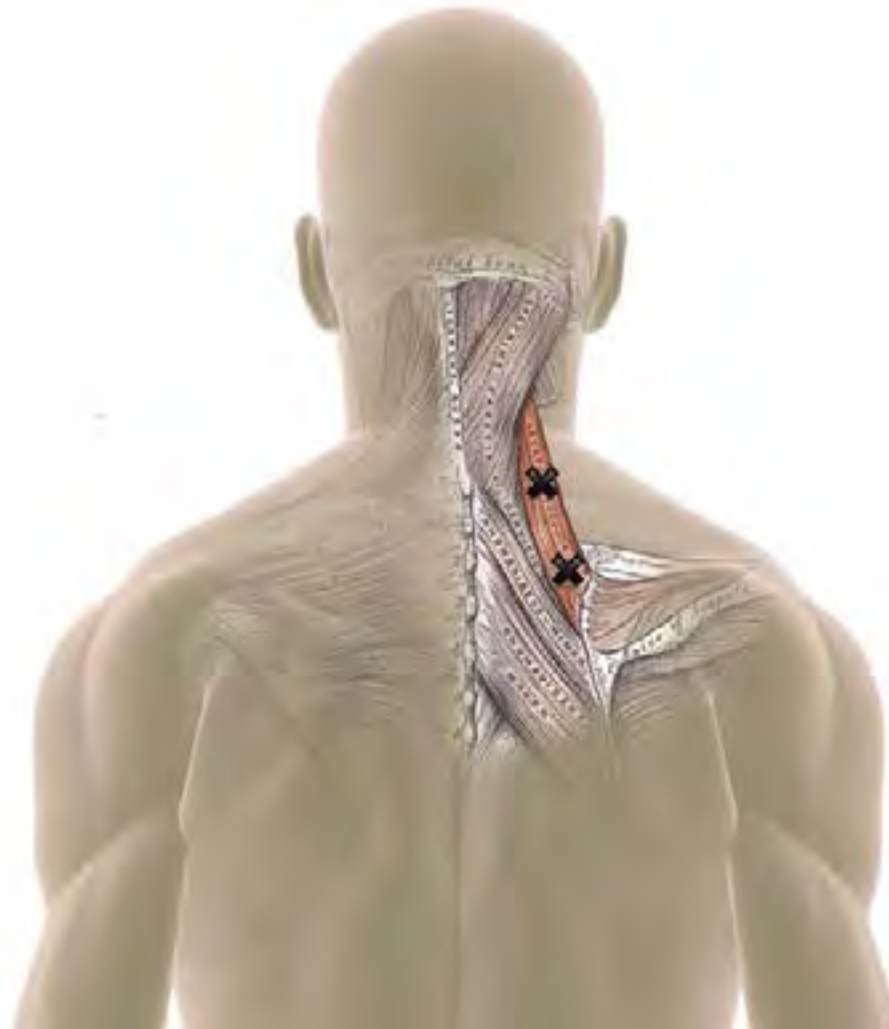
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LEVATOR SCAPULAE TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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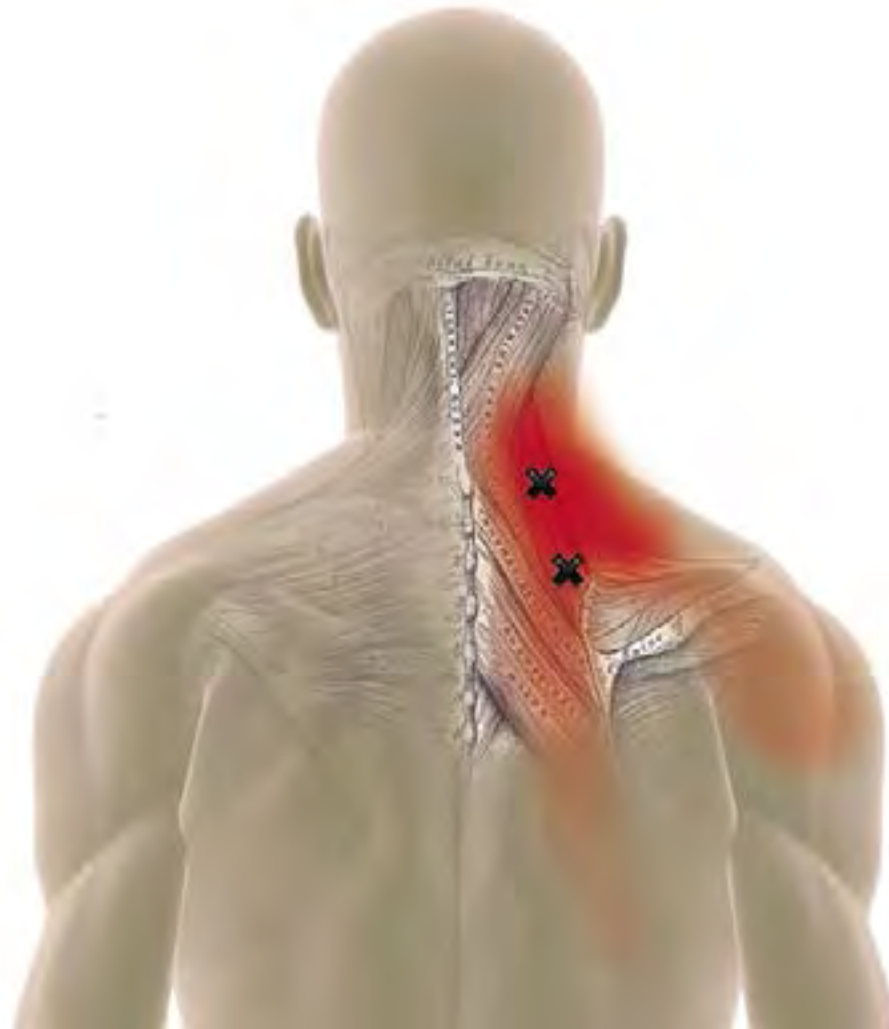
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LEVATOR SCAPULAE PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE CHEST PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Scalenes	23
Pectoralis Major	34
Pectoralis Minor	38
Intercostals	48
Rectus Abdominus	50

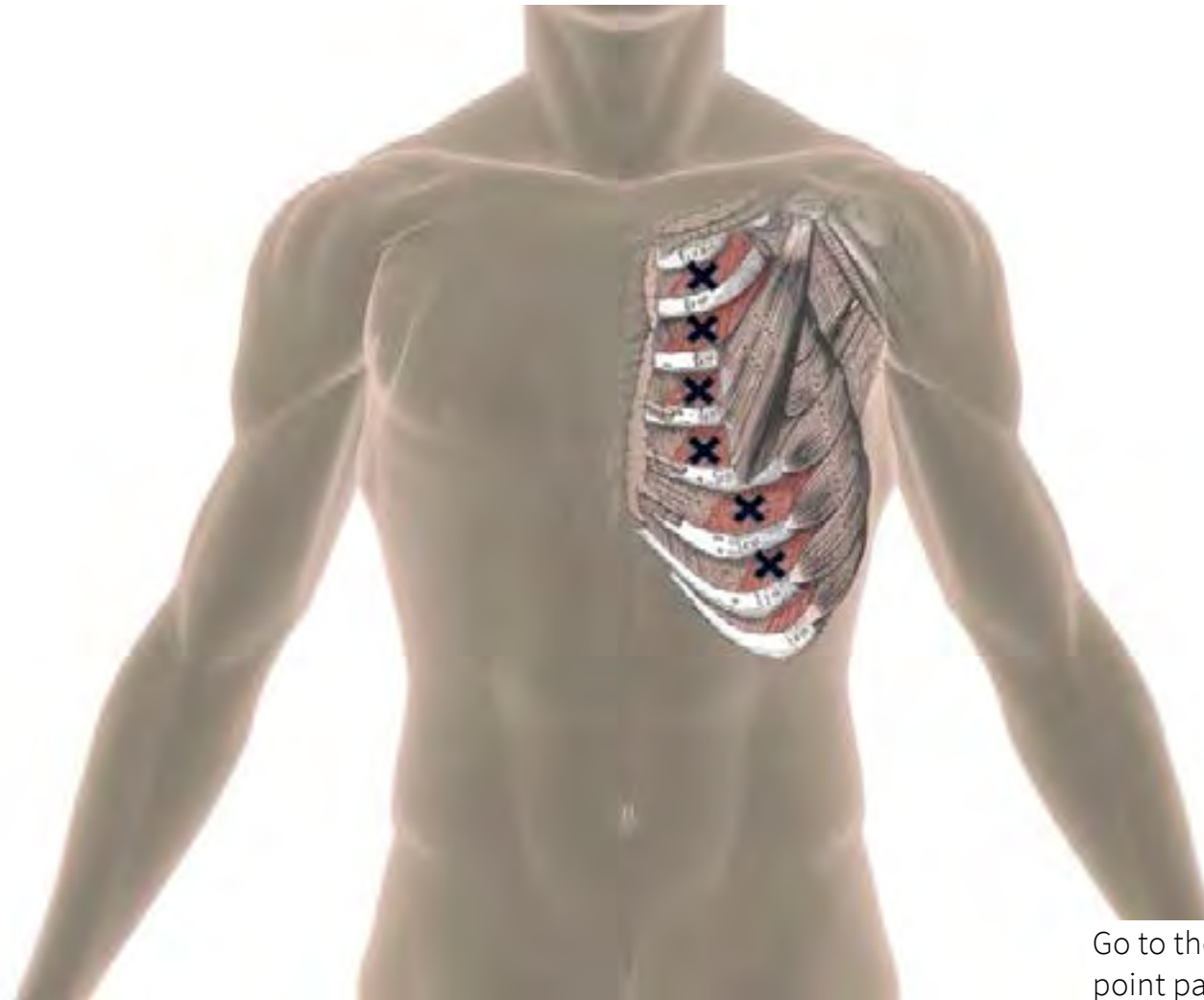
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INTERCOSTAL TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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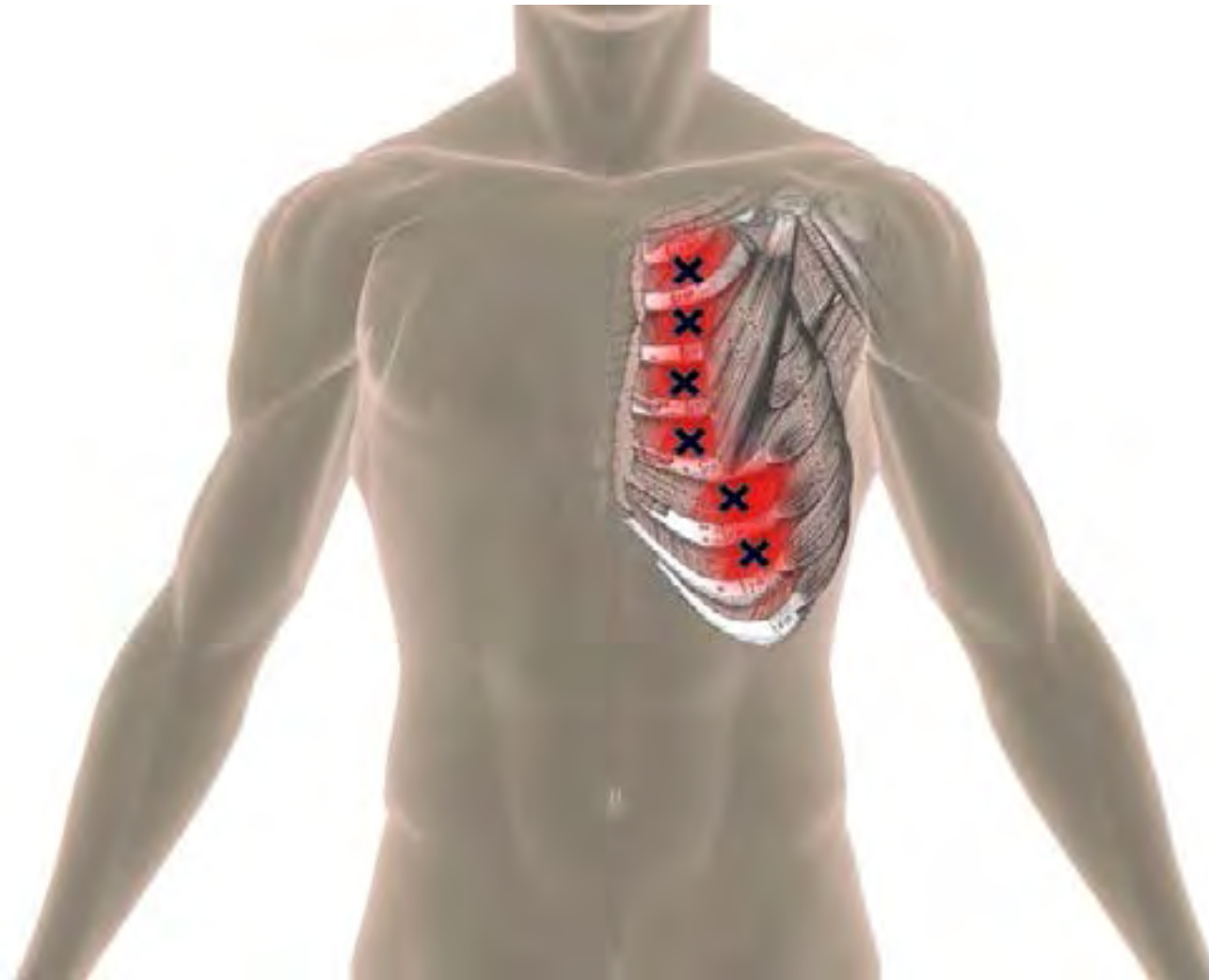
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INTERCOSTAL PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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RECTUS ABDOMINUS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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RECTUS ABDOMINUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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RECTUS ABDOMINUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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RECTUS ABDOMINUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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RECTUS ABDOMINUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE ABDOMINAL PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Rectus Abdominus	50
Obliques	56
Psoas	60

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OBLIQUES TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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OBLIQUES PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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OBLIQUES PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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THESE MUSCLES CAUSE PELVIC AND HIP PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Obliques	56
Psoas	60
Adductor Longus	64
Adductor Magnus	66
Vastus Lateralis	68

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PSOAS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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PSOAS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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PSOAS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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PSOAS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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ADDUCTOR LONGUS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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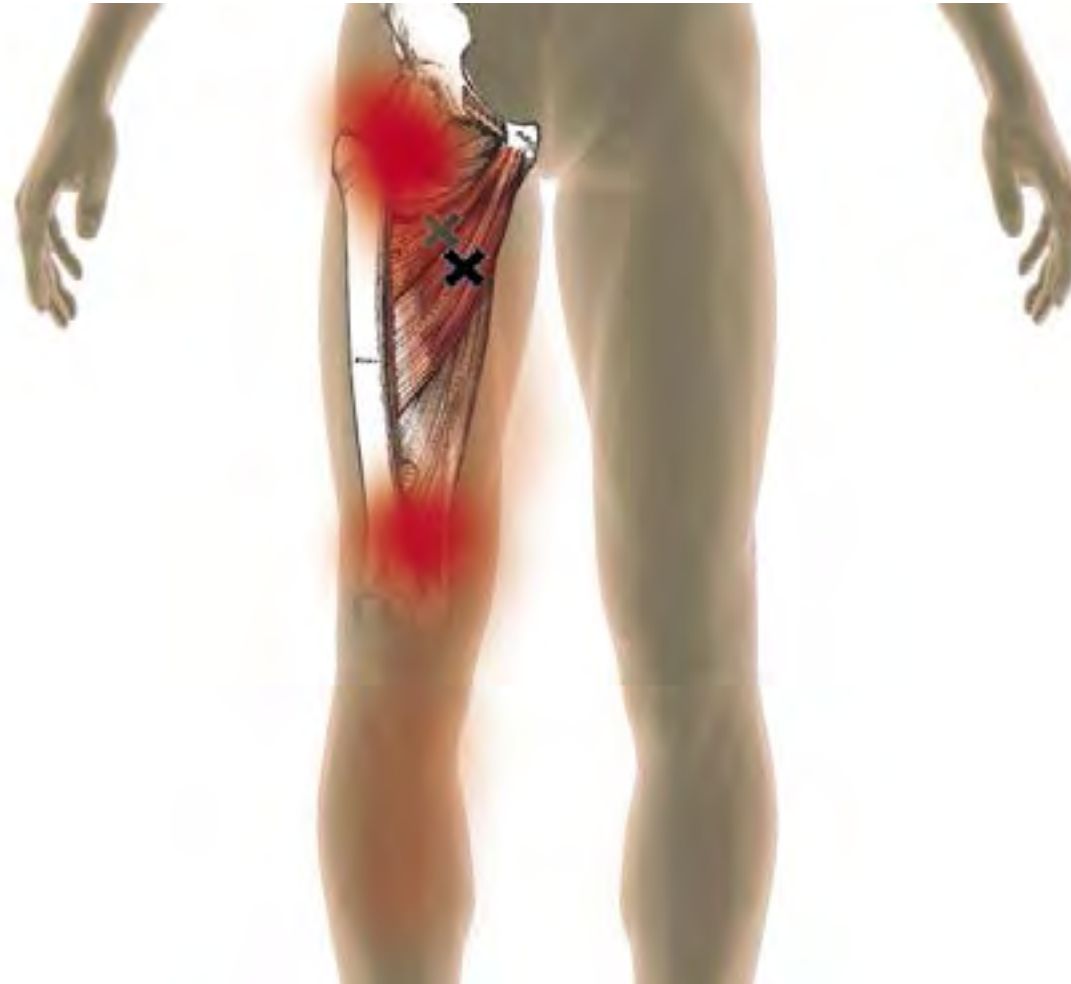
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ADDUCTOR LONGUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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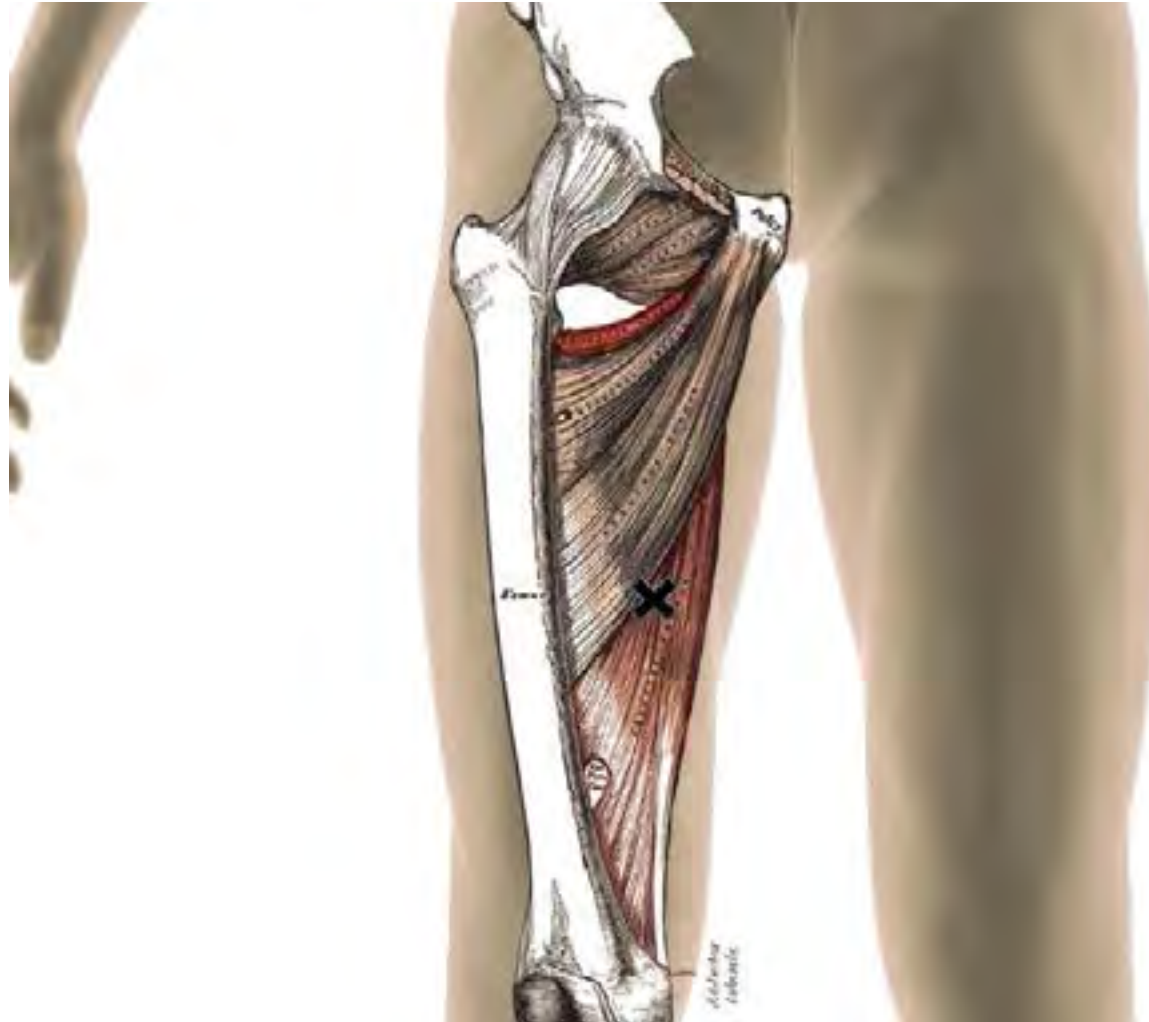
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ADDUCTOR MAGNUS TRIGGER POINTS

Pages Areas of Pain

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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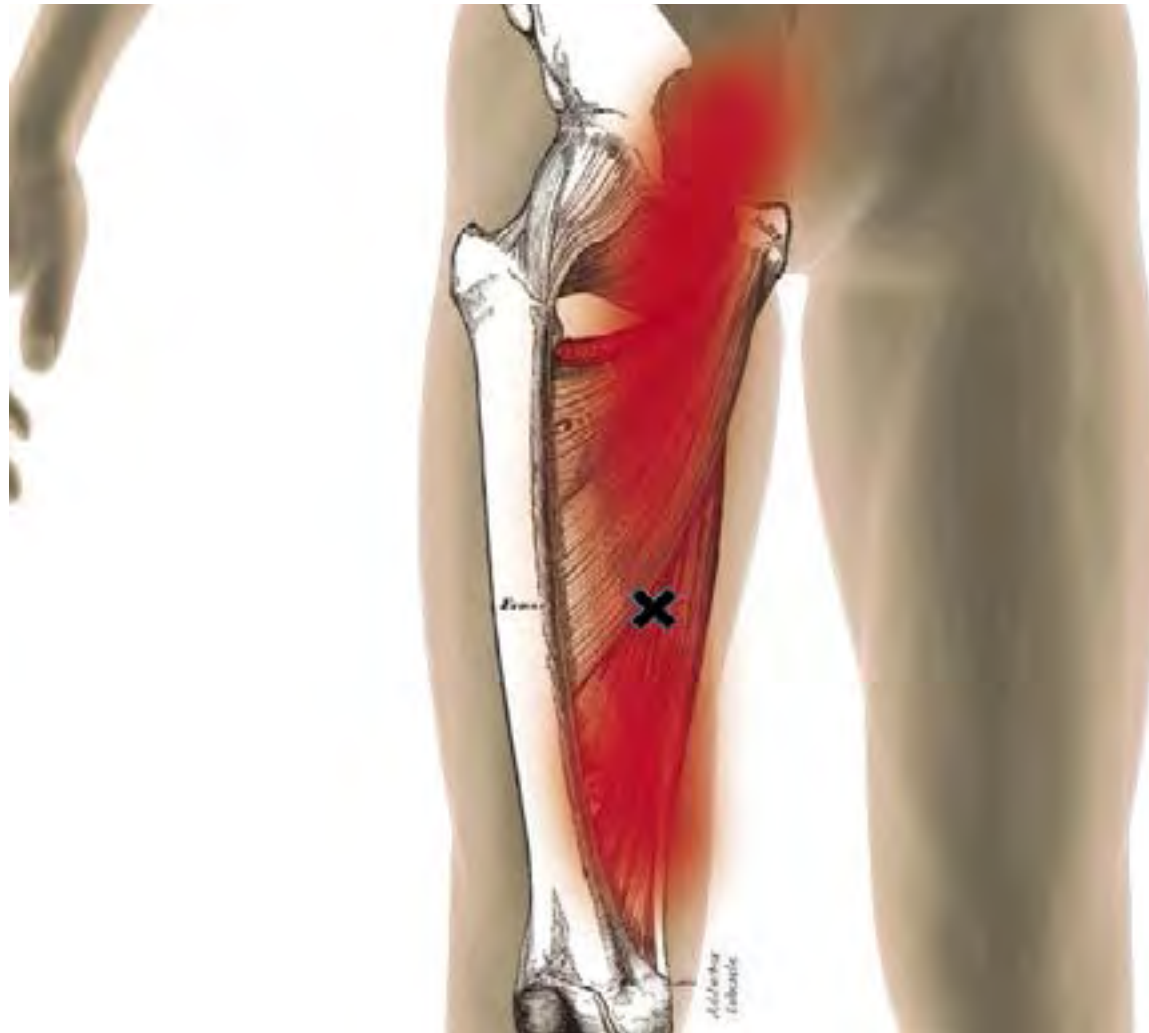
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ADDUCTOR MAGNUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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VASTUS LATERALIS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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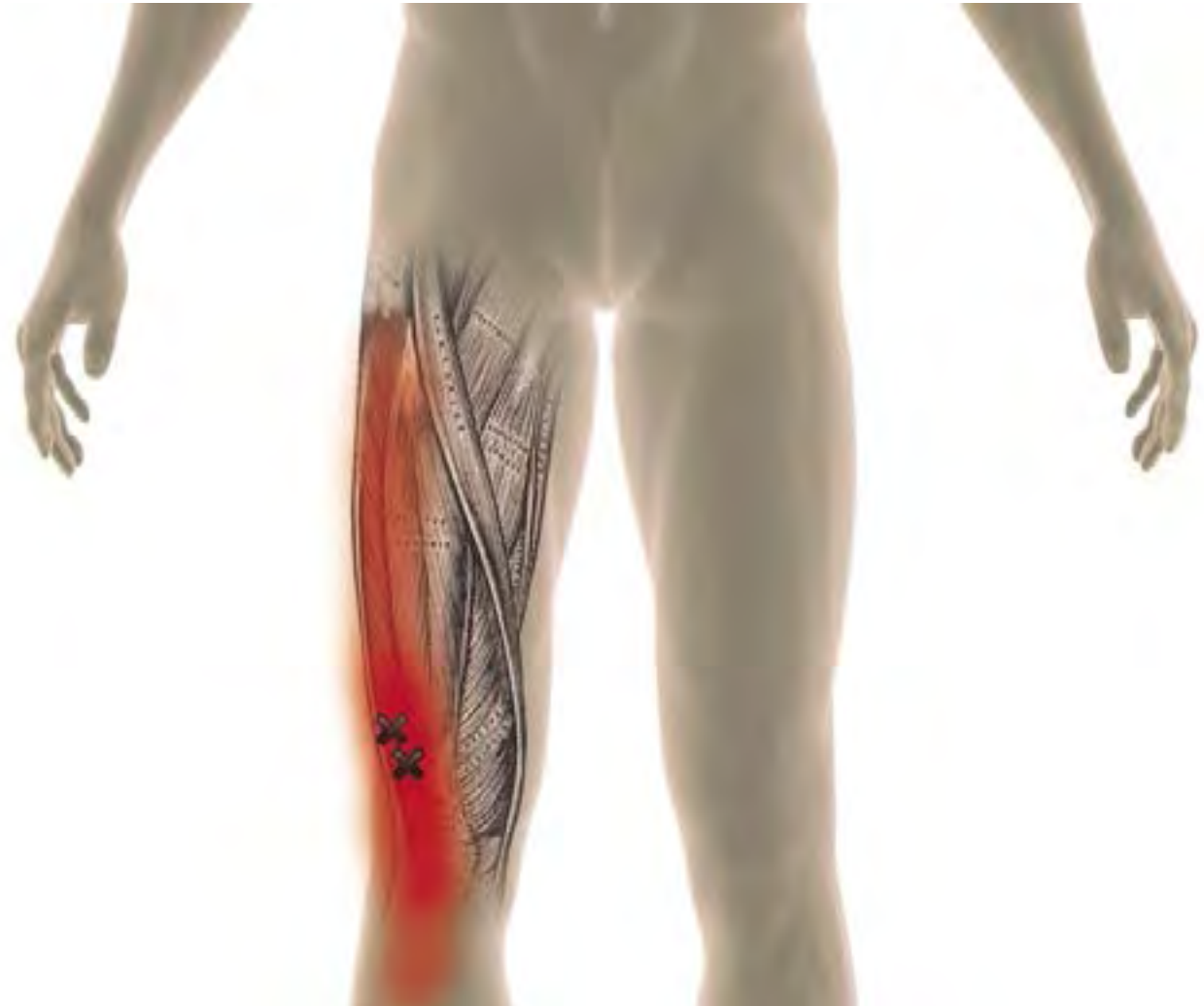
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VASTUS LATERALIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



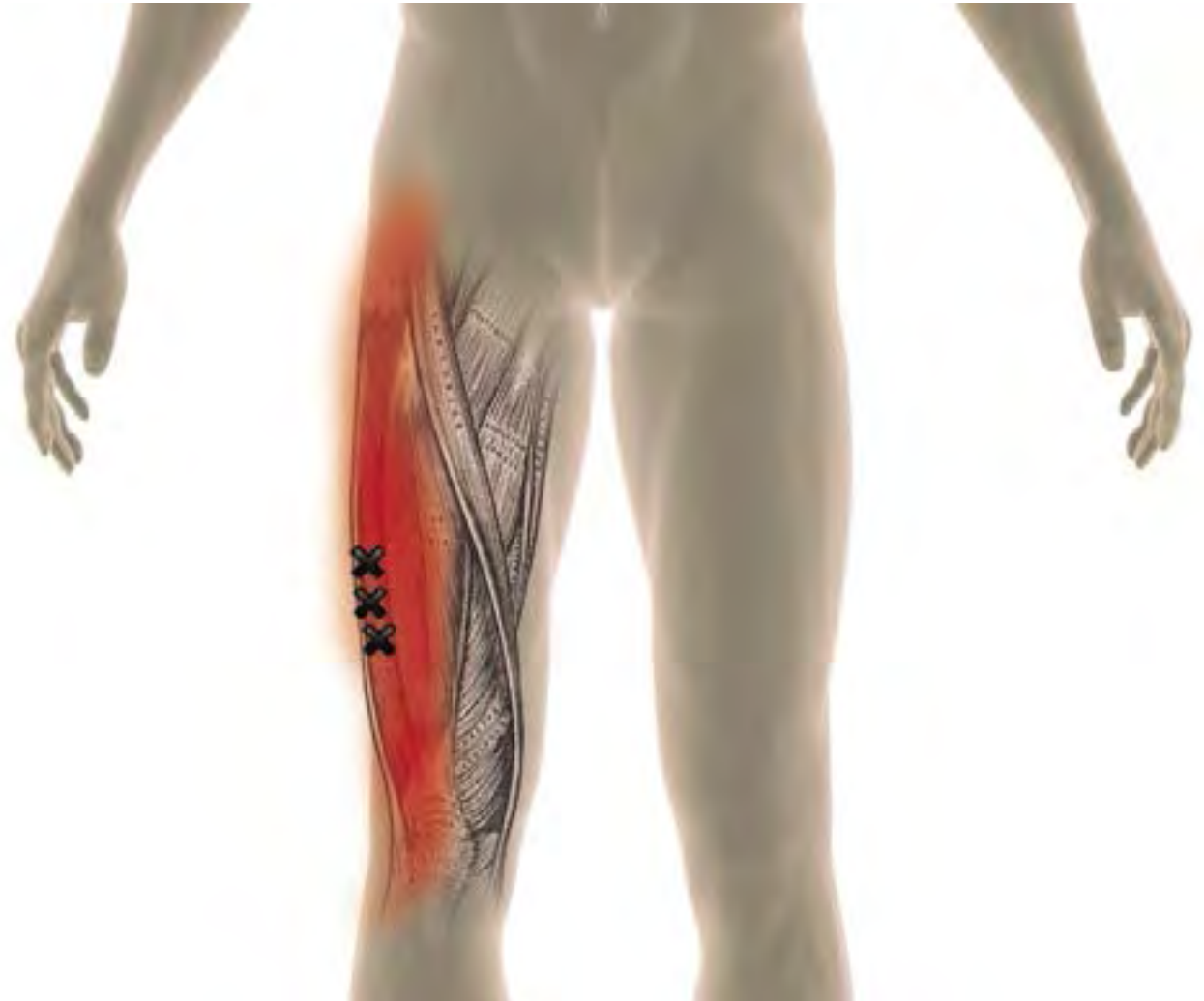
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VASTUS LATERALIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



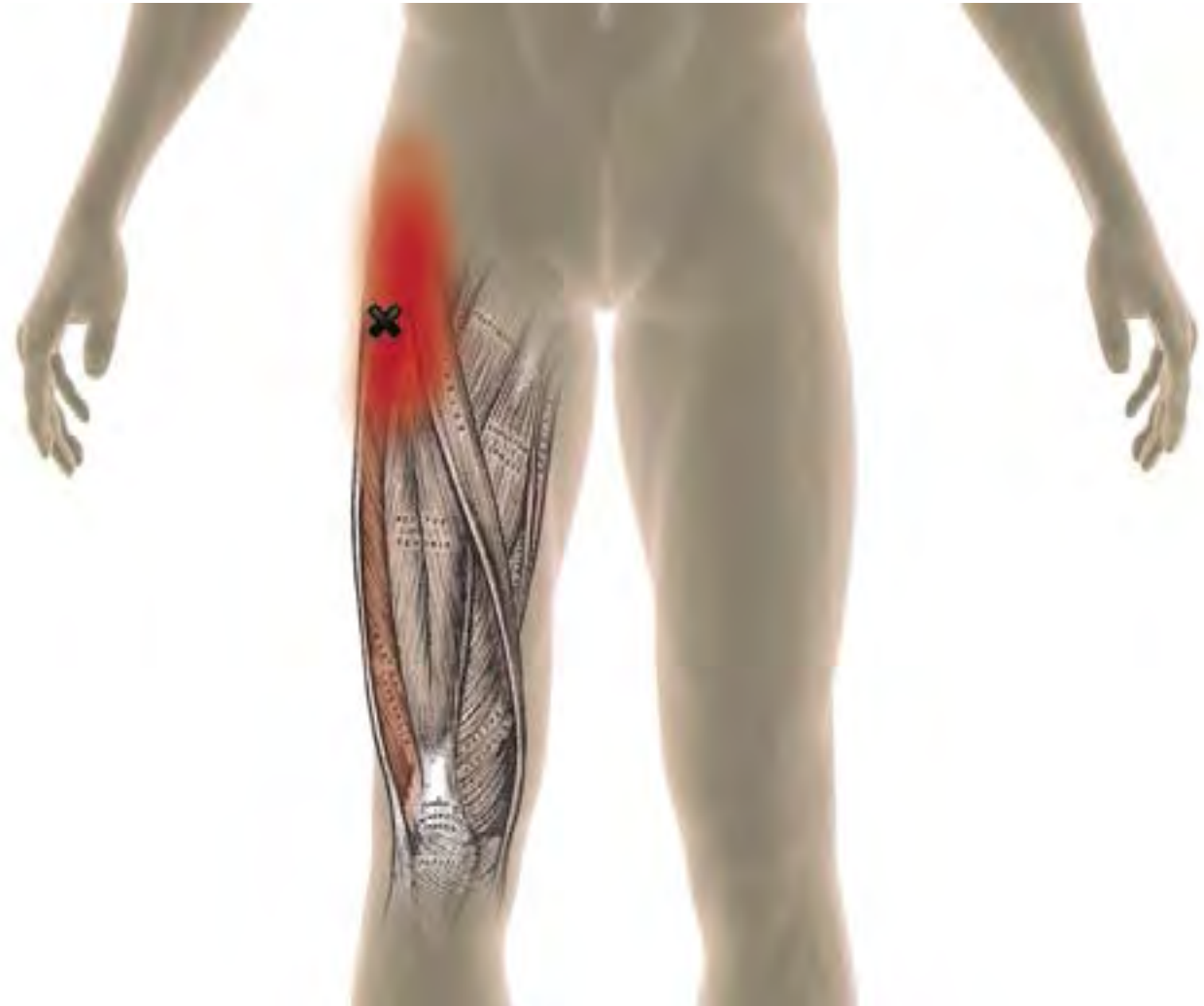
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VASTUS LATERALIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE FRONT OF THIGH PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Obliques	56
Psoas	60
Adductor Longus	64
Adductor Magnus	66
Vastus Lateralis	68

THESE MUSCLES CAUSE BACK OF THIGH PAIN:

Click on the muscle names to see trigger point diagrams

Muscle	page
Gluteus Minimus	107
Semitendonsis	125
Piriformis	127
Intrapelvic Muscles	130
Biceps Femoris	143

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THESE MUSCLES CAUSE FRONT OF KNEE PAIN:

[Click on the muscle names to see trigger point diagrams](#)

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Adductor Magnus	66
Vastus Lateralis	68
Vastus Medialis	74

THESE CAUSE MUSCLES BACK OF KNEE PAIN:

[Click on the muscle names to see trigger point diagrams](#)

Muscle	page
Semitendinosus	125
Biceps Femoris	143
Gastrocnemius	146
Soleus	151
Popliteus	155

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VASTUS MEDIALIS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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VASTUS MEDIALIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE FOOT PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Foot Intrinsic	82
Peroneus	79
Gastrocnemius	146
Soleus	151

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VASTUS MEDIALIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

THESE MUSCLES CAUSE FRONT OF CALF PAIN:

Click on the muscle names to see trigger point diagrams

Muscle	page
Adductor Longus	64
Peroneus	79

THESE MUSCLES CAUSE BACK OF CALF PAIN:

Click on the muscle names to see trigger point diagrams

Muscle	page
Gluteus Minimus	107
Semitendonsis	125
Gastrocnemius	146
Soleus	151

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PERONEUS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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PERONEUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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PERONEUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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FOOT INTRINSICS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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FOOT INTRINSICS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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FOOT INTRINSICS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE FRONT OF UPPER ARM PAIN:

[Click on the muscle names to see trigger point diagrams](#)

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Scalenes	23
Infraspinatus	25
Anterior Deltoid	28
Biceps	40
Latissimus Dorsi	42
Triceps	86

THESE MUSCLES CAUSE BACK OF UPPER ARM PAIN:

[Click on the muscle names to see trigger point diagrams](#)

Muscle	page
Scalenes	23
Posterior Deltoid	30
Supraspinatus	32
Latissimus Dorsi	42
Triceps	86

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TRICEPS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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TRICEPS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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TRICEPS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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TRICEPS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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THESE MUSCLES CAUSE FOREARM PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Scalenes	23
Infraspinatus	25
Supraspinatus	32
Pectoralis Major	34
Pectoralis Minor	38
Triceps	86
Forearm Extensors	91

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FOREARM EXTENSORS TRIGGER POINTS

Pages	Areas of Pain
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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FOREARM EXTENSORS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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FOREARM EXTENSORS PAIN PATTERNS

Pages	Areas of Pain
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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FOREARM EXTENSORS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE CAUSE HAND PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Scalenes	23
Pectoralis Minor	38
Lattissimus Dorsi	42
Triceps	86
Forearm Extensors	91
Hand Intrinsic	96
Thenar Eminence	100

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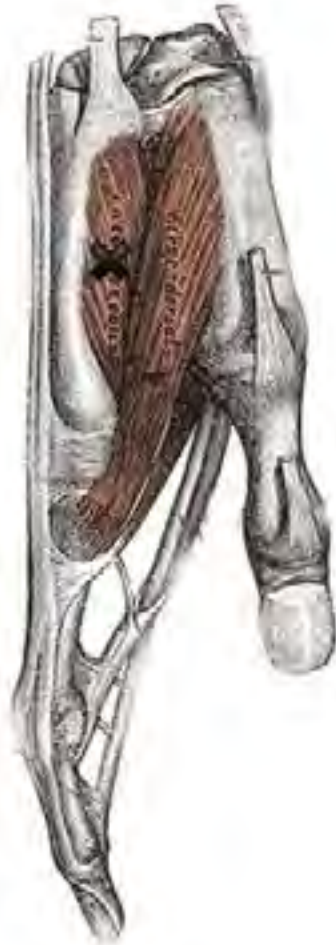
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HAND INTRINSICS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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HAND INTRINSICS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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HAND INTRINSICS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



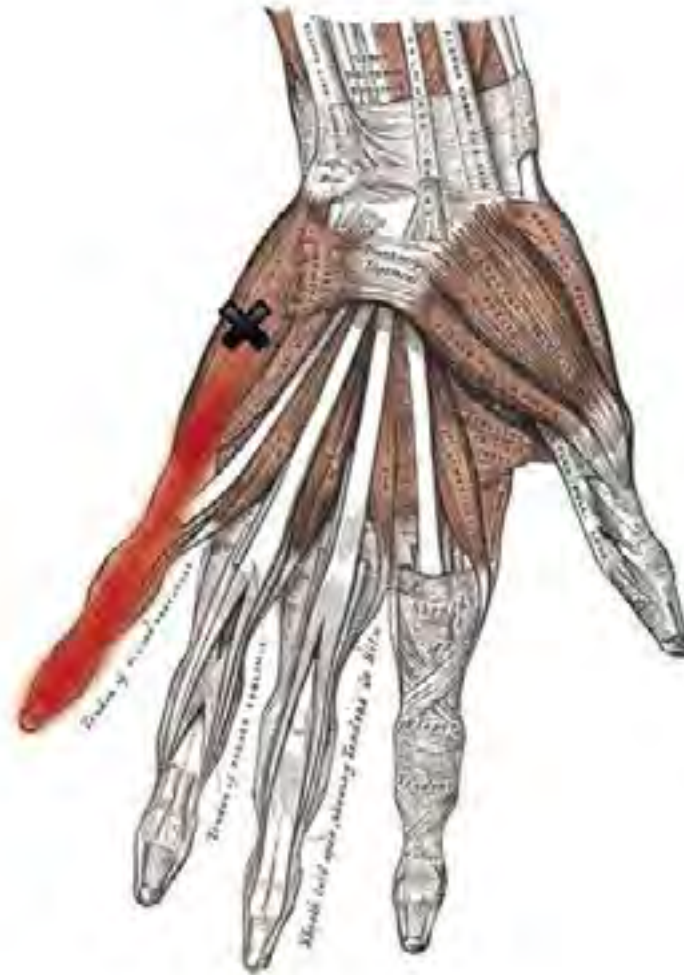
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HAND INTRINSICS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THENAR EMINENCE TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THENAR EMINENCE PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE BUTTOCK PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Gluteus Medius	103
Gluteus Minimus	107
Gluteus Maximus	110
Quadratus Lumborum	114
Longissimus	118
Ilio Costalis	121
Semitendonsis	125
Piriformis	127
Intra Pelvic Muscles	130

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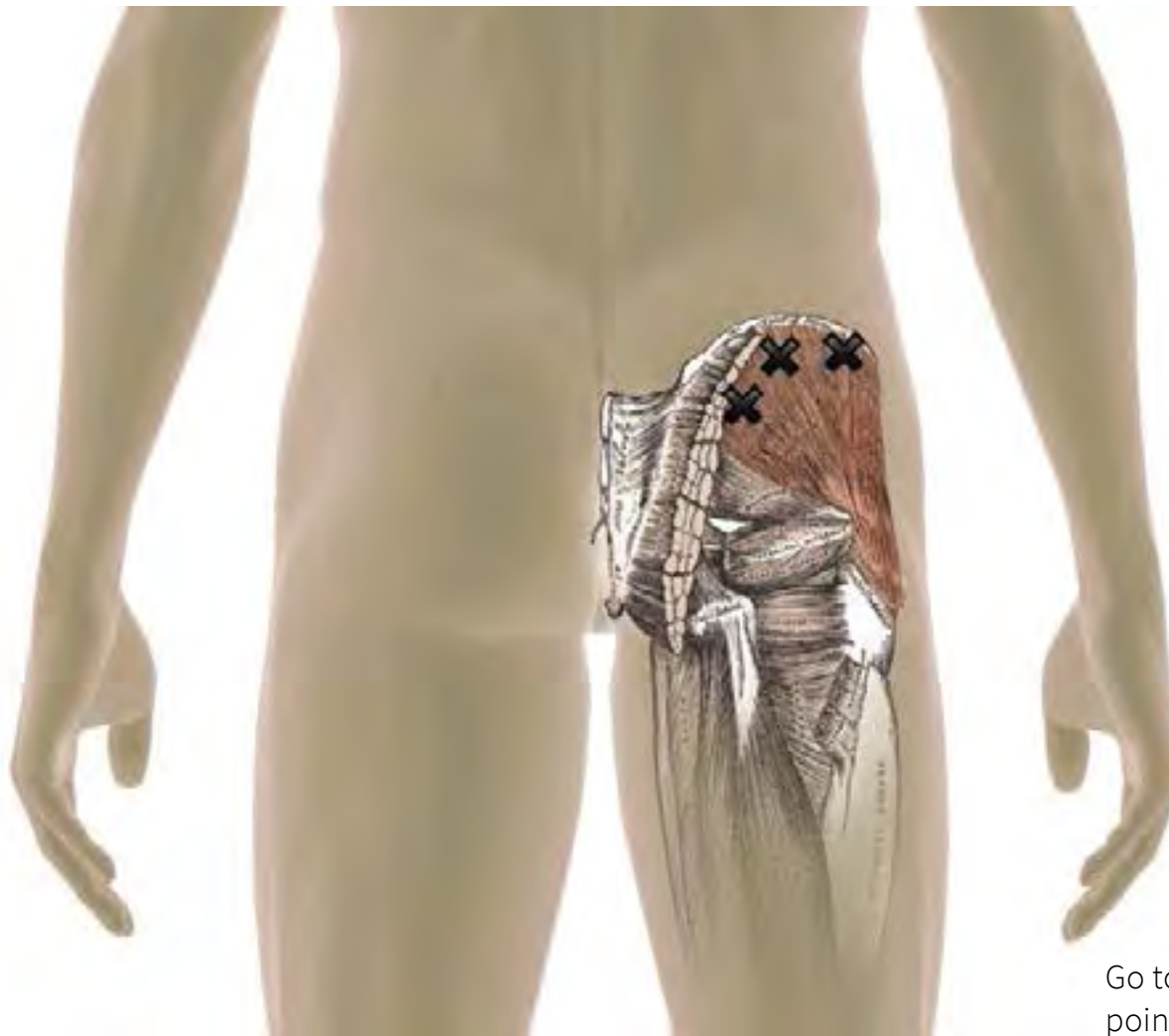
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GLUTEUS MEDIUS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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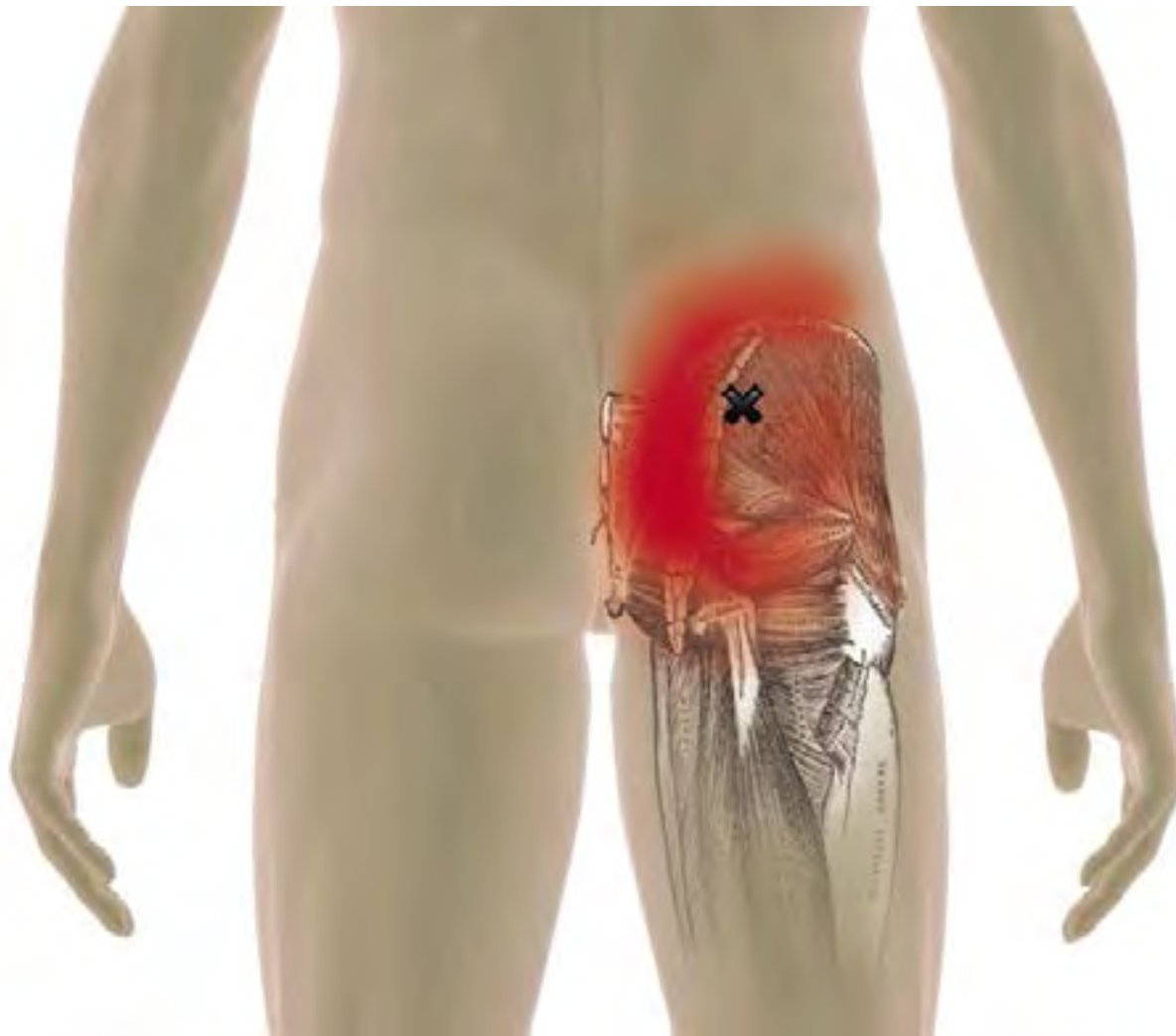
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GLUTEUS MEDIUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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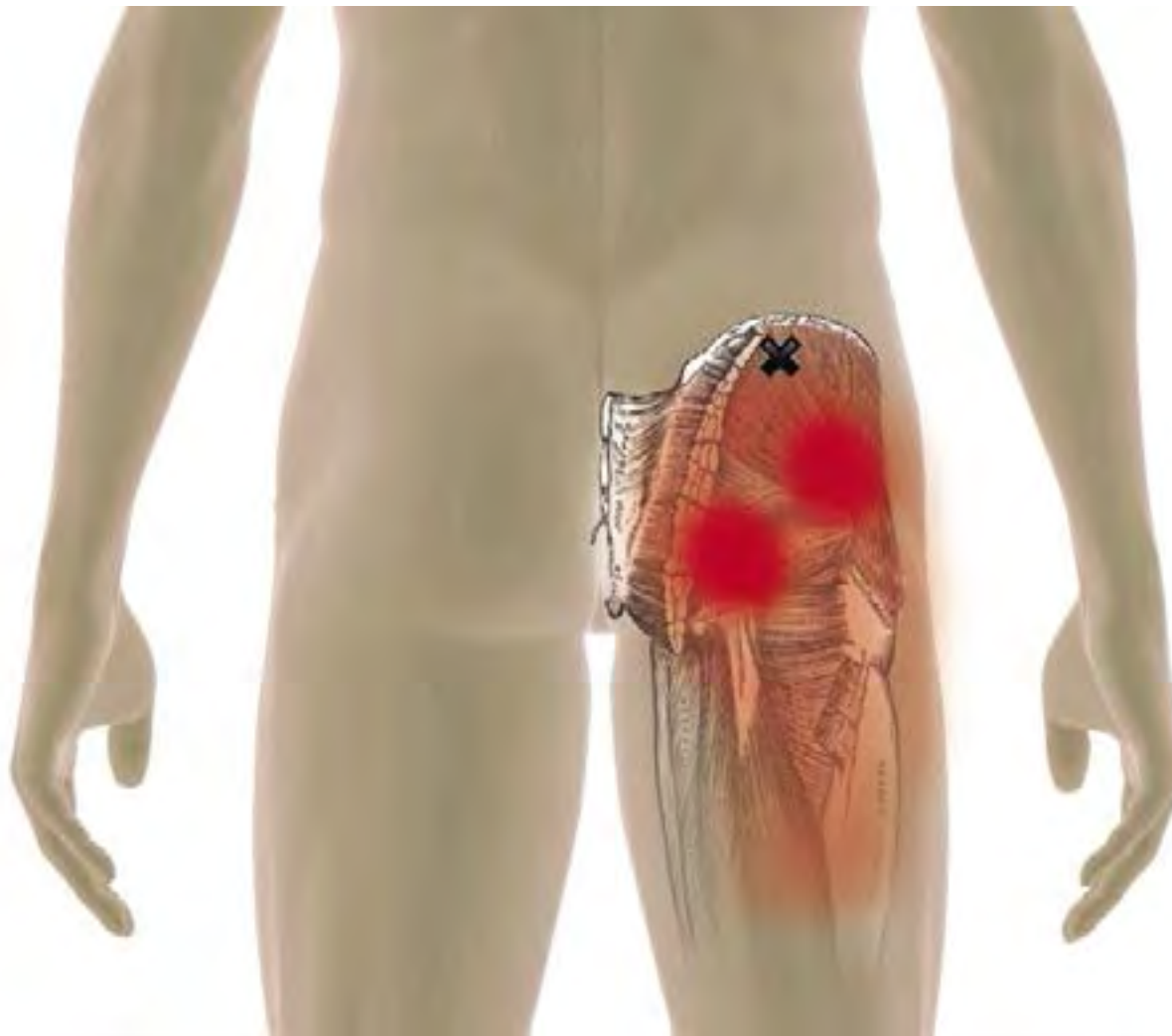
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GLUTEUS MEDIUS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



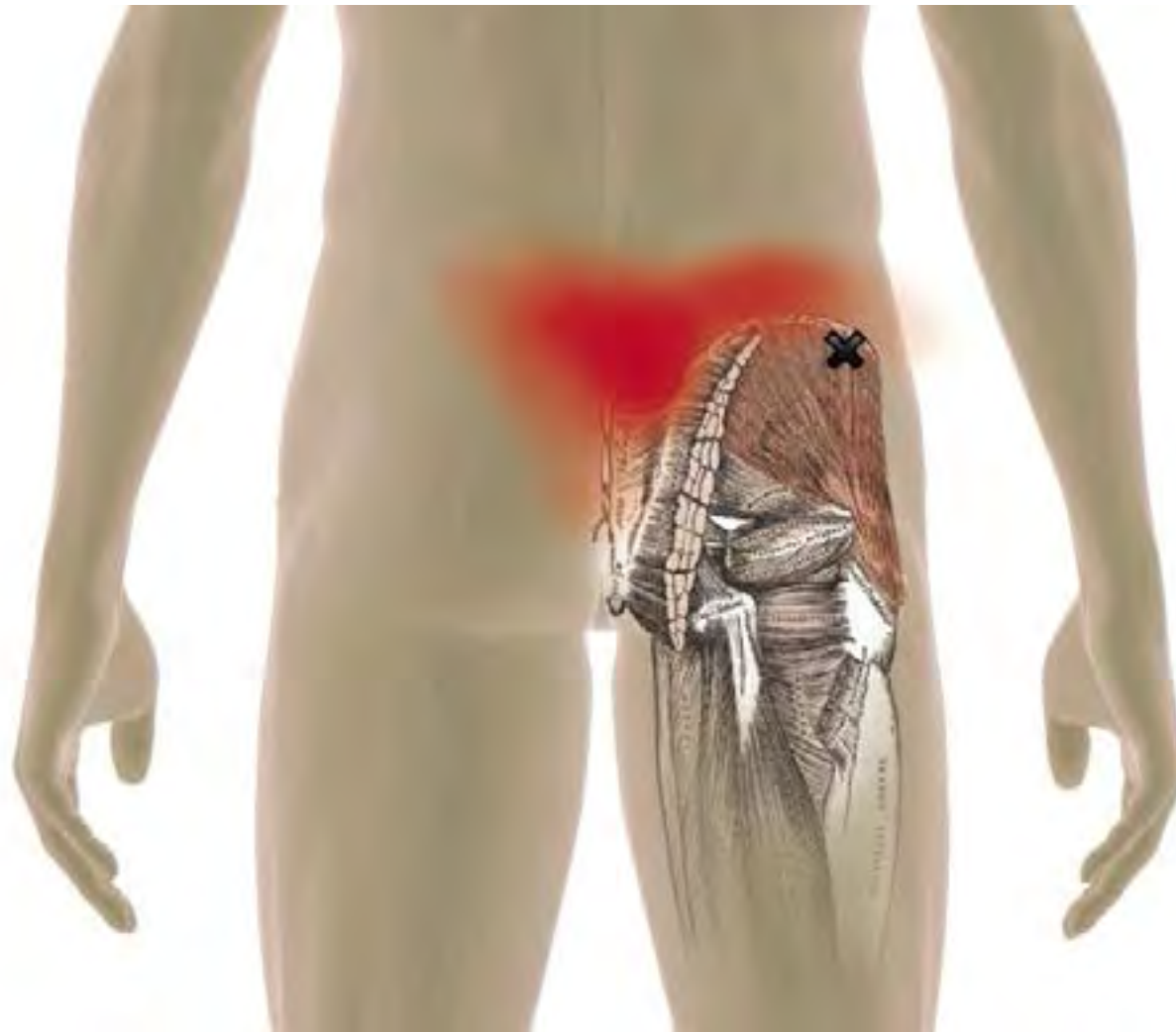
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GLUTEUS MEDIUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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GLUTEUS MINIMUS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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GLUTEUS MINIMUS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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GLUTEUS MINIMUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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GLUTEUS MAXIMUS TRIGGER POINTS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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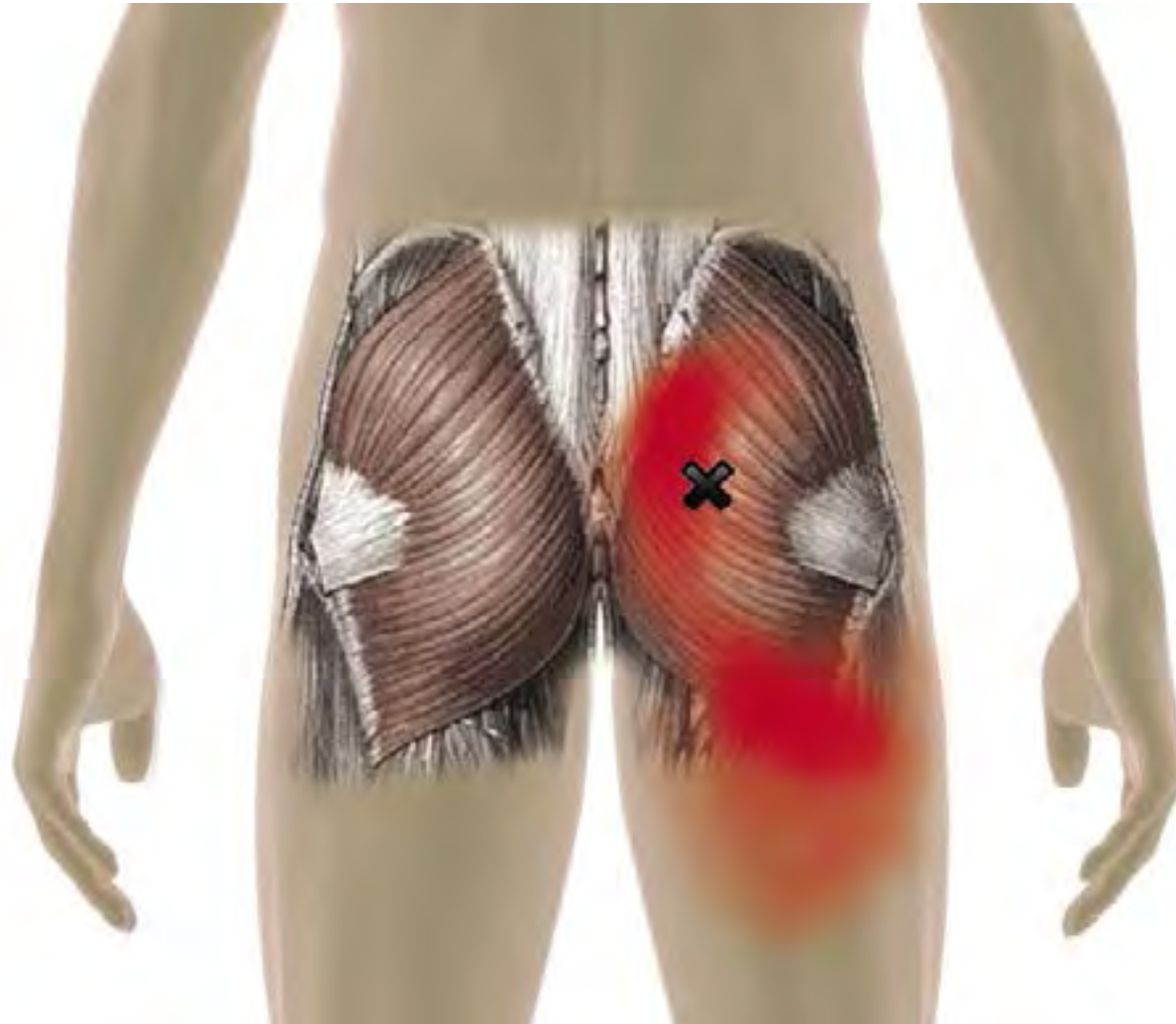
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GLUTEUS MAXIMUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
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59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



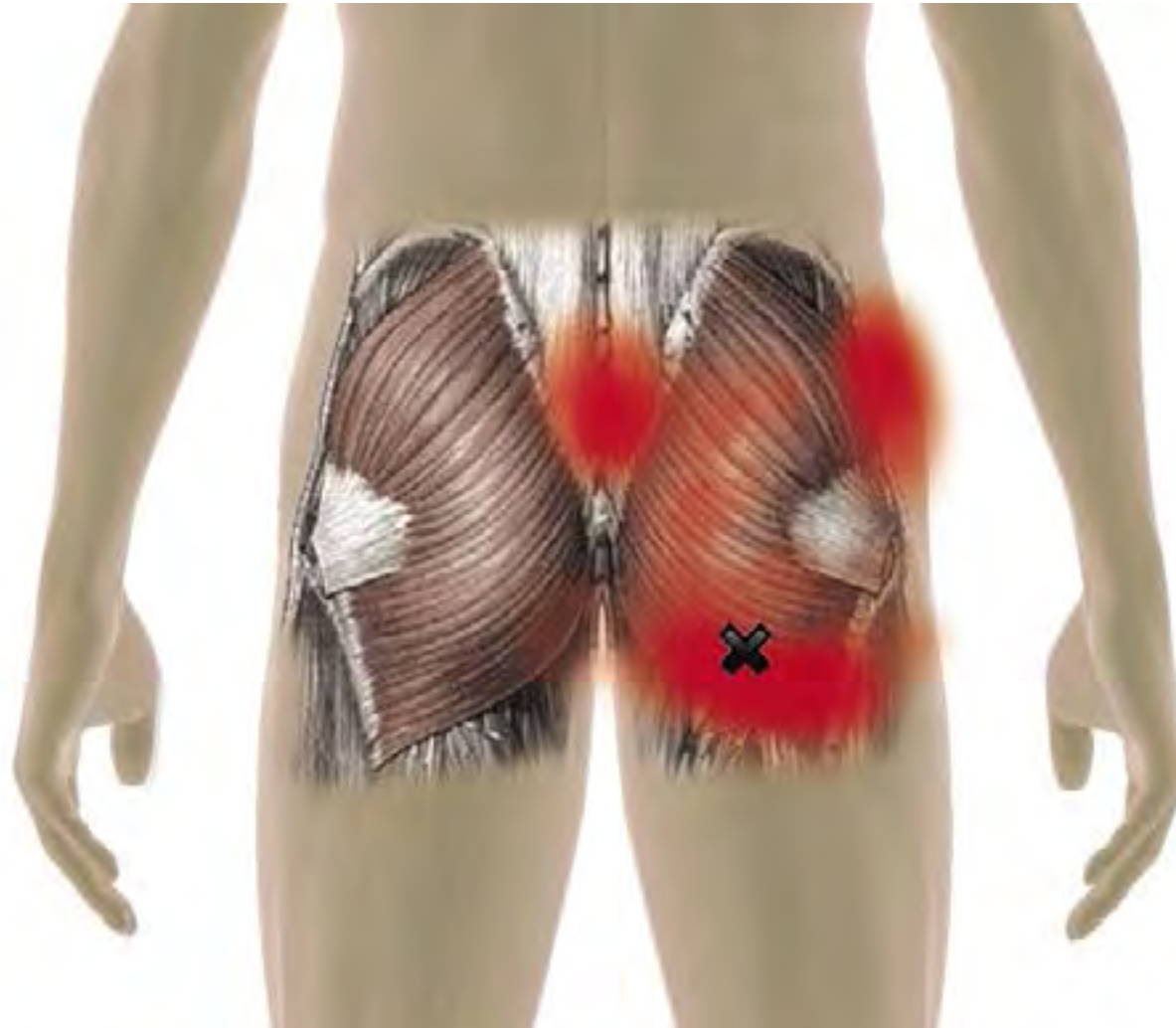
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GLUTEUS MAXIMUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
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59	Pelvis and Hip
72	Thigh
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76	Foot
78	Calf
85	Upper Arm
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GLUTEUS MAXIMUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



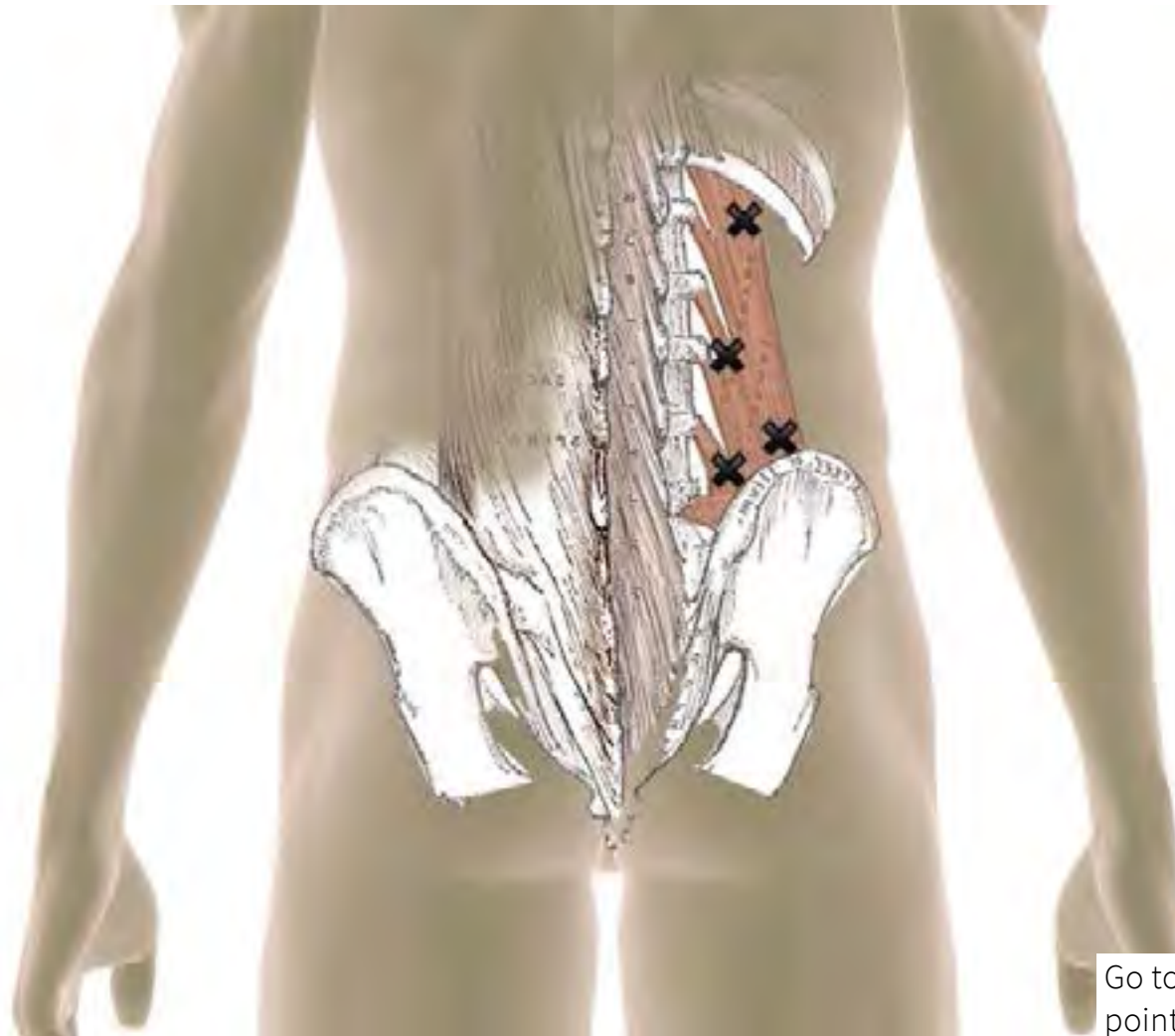
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QUADRATUS LUMBORUM TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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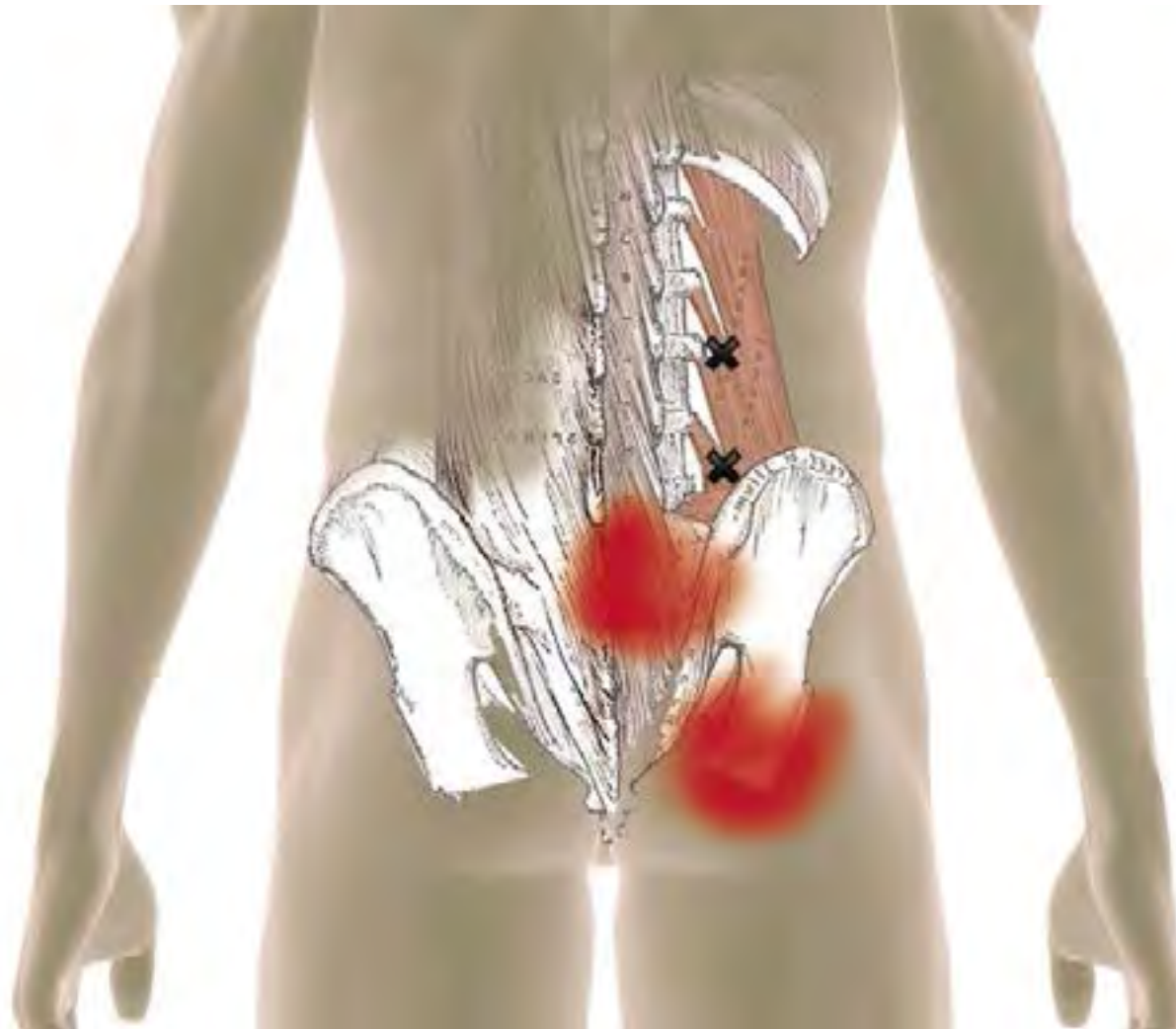
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QUADRATUS LUMBORUM PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



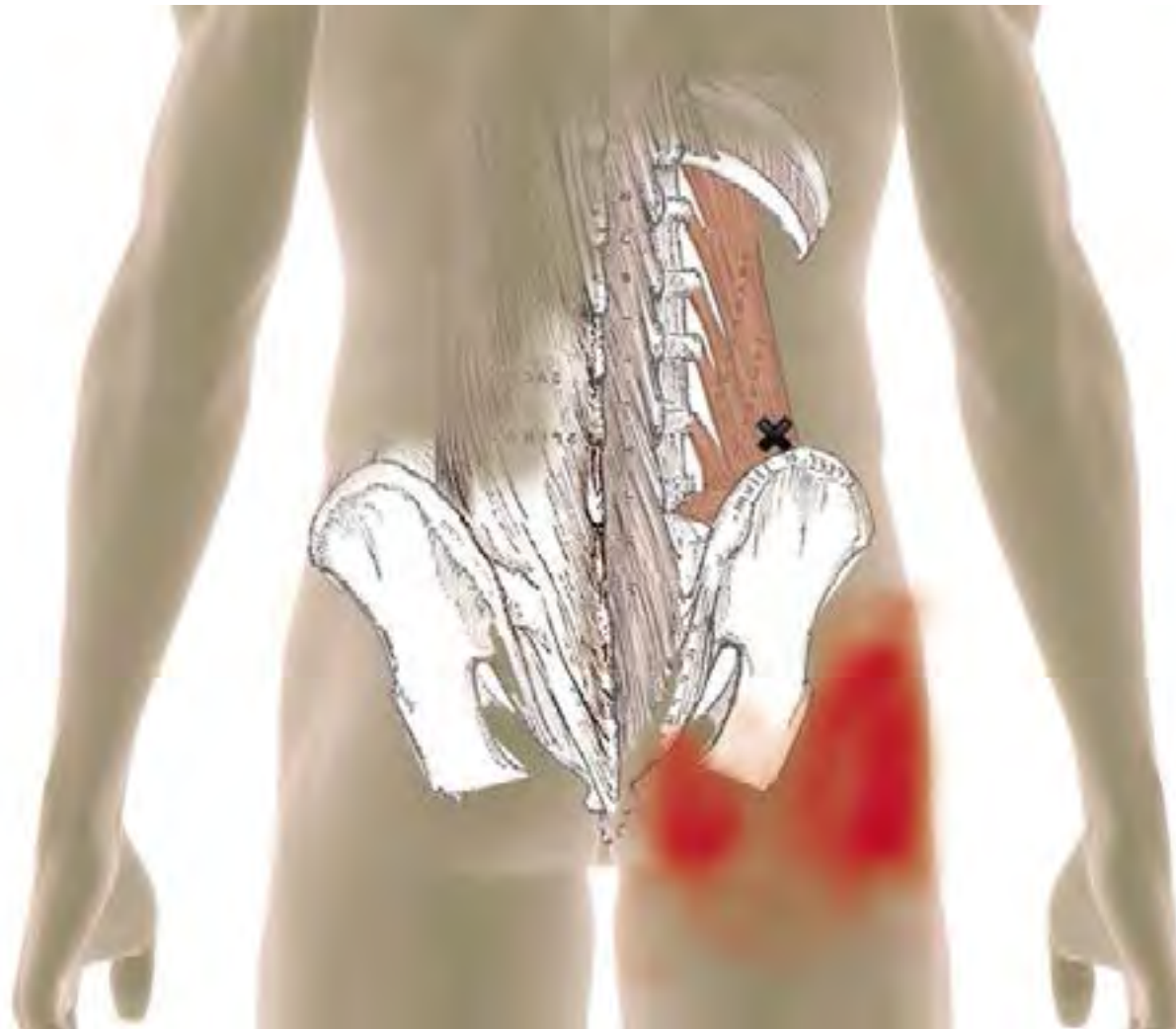
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QUADRATUS LUMBORUM PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



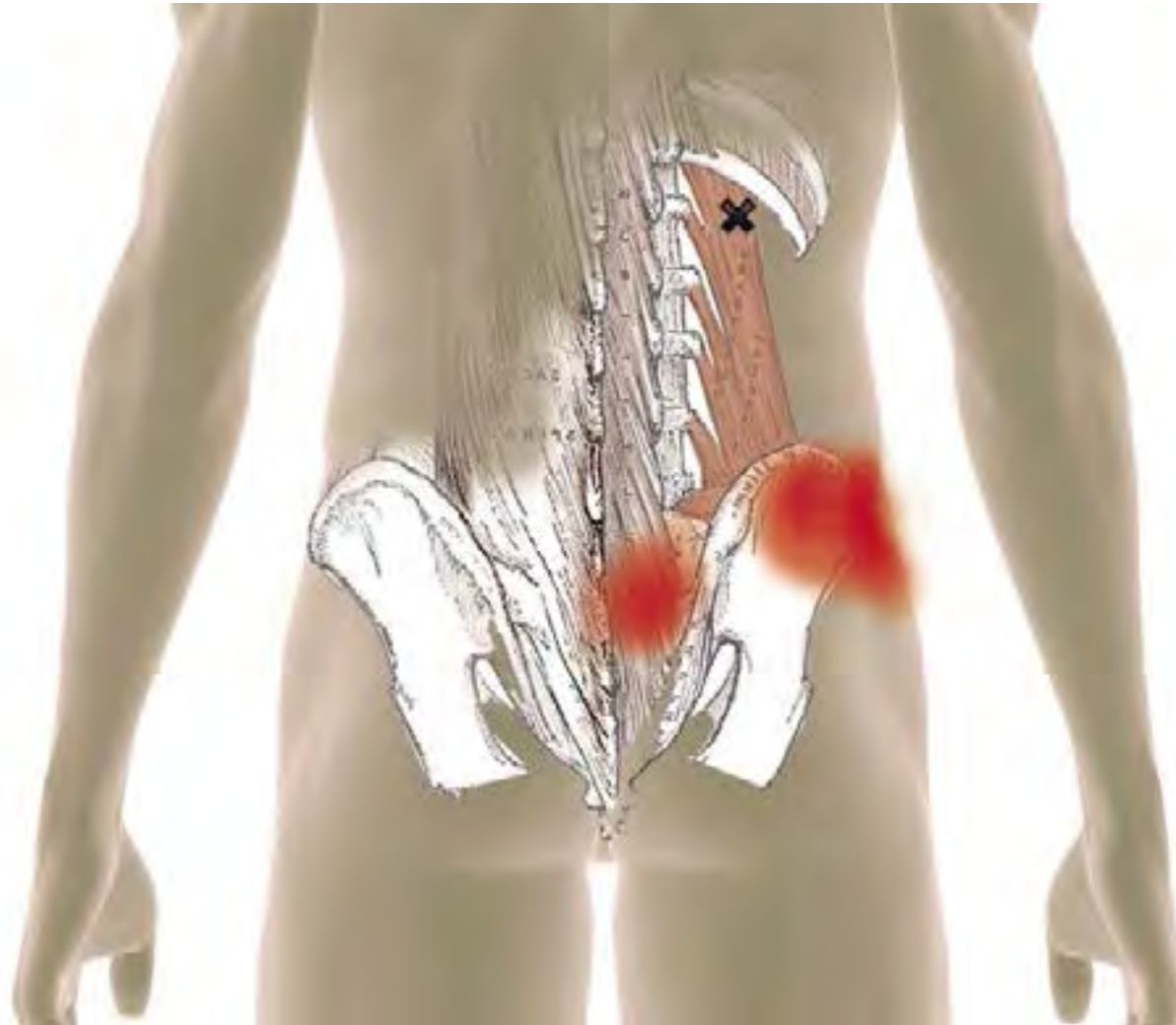
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QUADRATUS LUMBORUM PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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LONGISSIMUS TRIGGER POINTS

Pages	Areas of Pain
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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LONGISSIMUS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



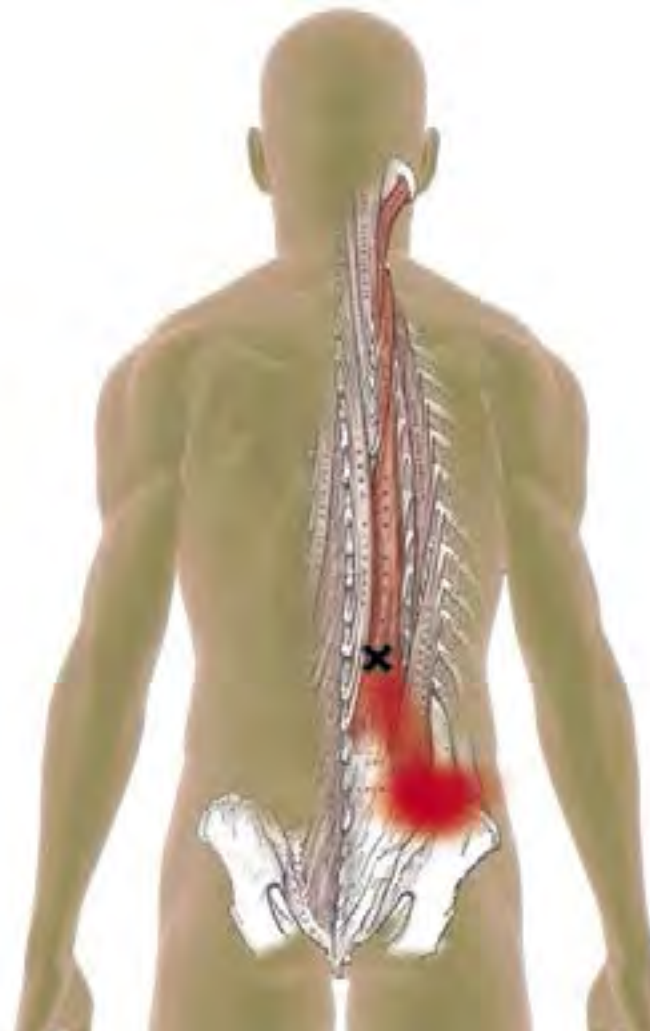
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LONGISSIMUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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ILIO COSTALIS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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ILIO COSTALIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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ILIO COSTALIS PAIN PATTERNS

Pages	Areas of Pain
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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ILIO COSTALIS PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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SEMITENDENOSIS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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SEMI TENDENOSIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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PIRIFORMIS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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PIRIFORMIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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132	Upper Back
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PIRIFORMIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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INTRAPELVIC TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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INTRAPELVIC PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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THESE MUSCLES CAUSE UPPER BACK PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Upper Trapezius	14
Infraspinatus	25
Latissimus Dorsi	42
Levator Scapulae	45
Rectus Abdominus	50
Longissimus	118
Ilio Costalis	121
Rhomboids	133
Multifidi	137

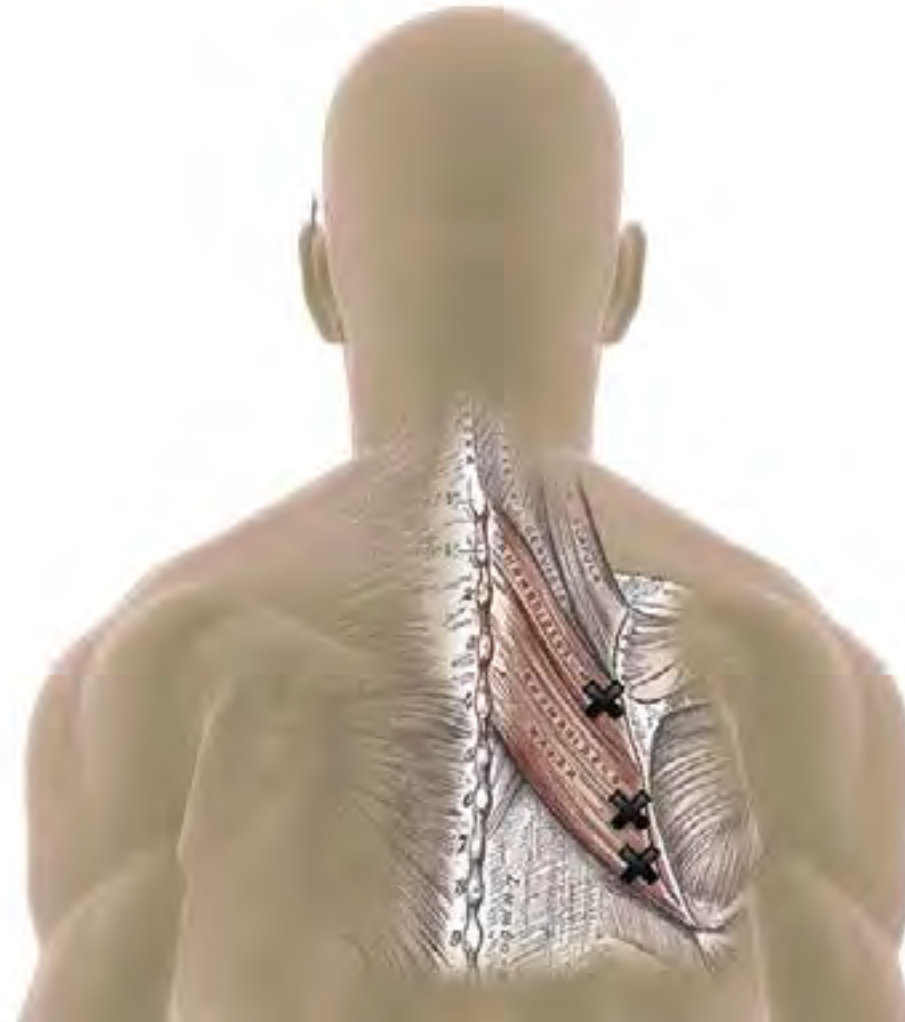
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RHOMBOIDS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



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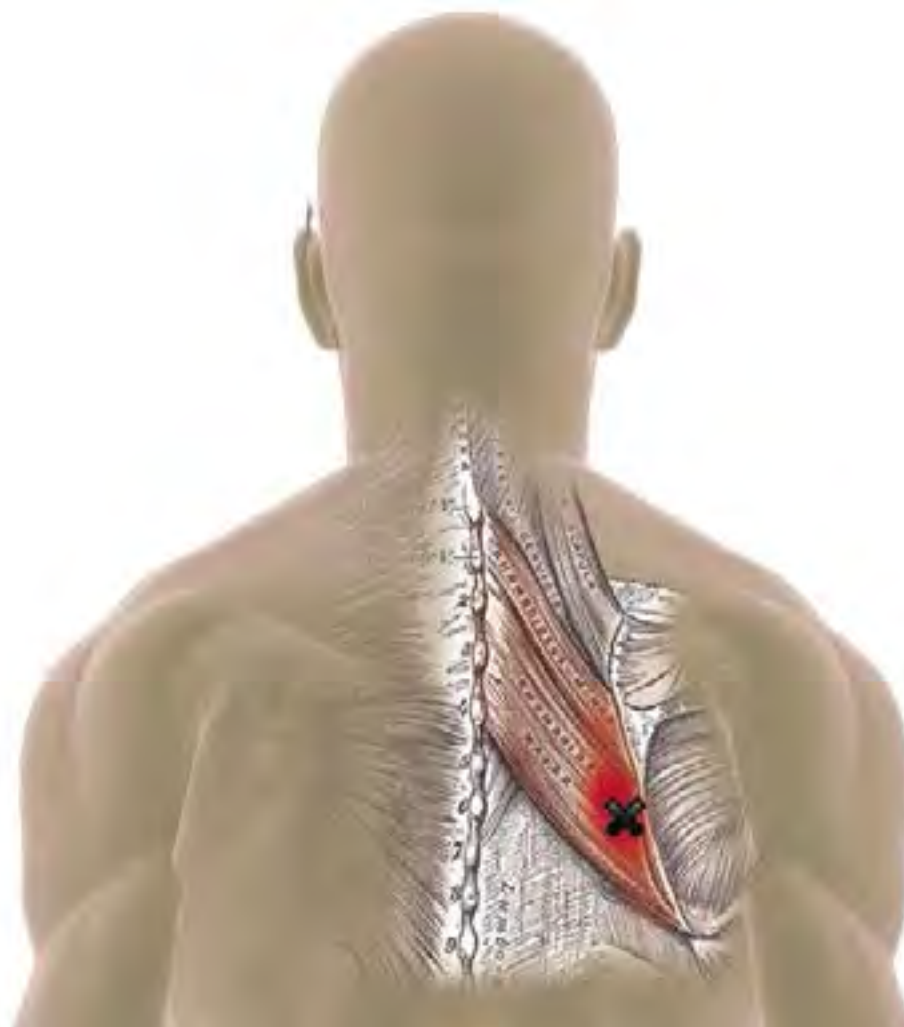
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RHOMBOIDS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



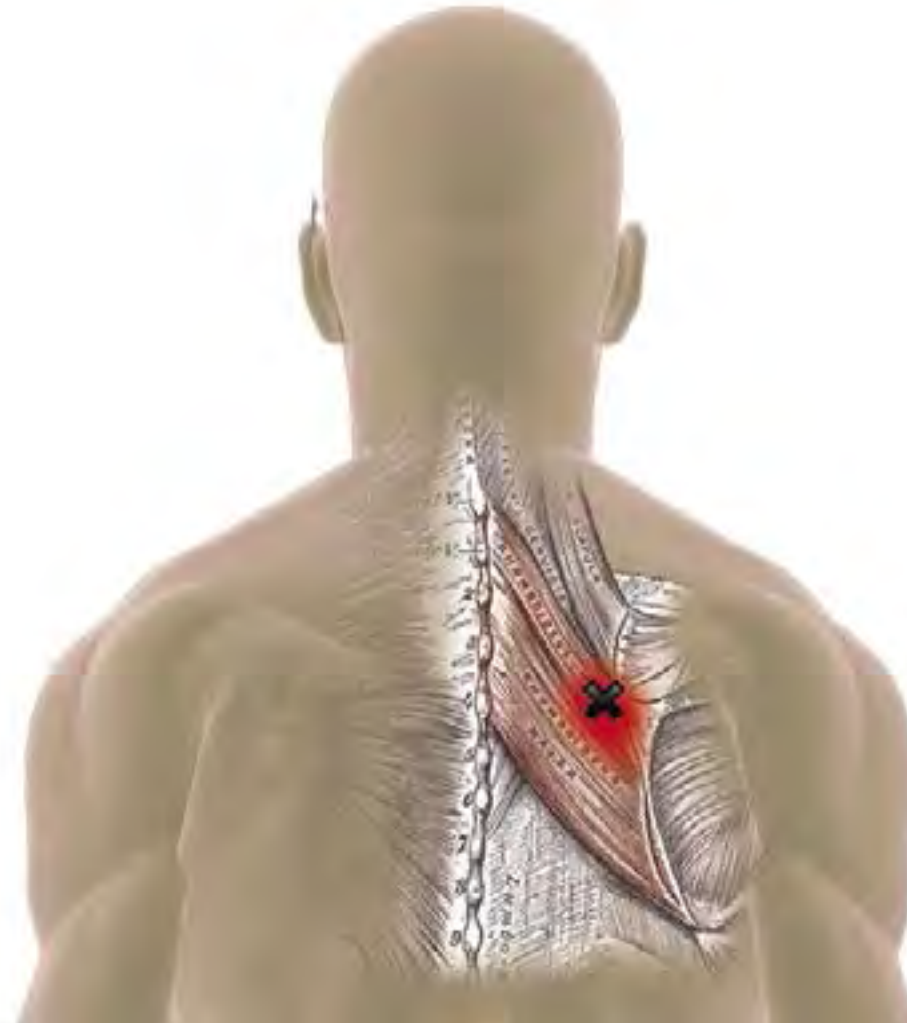
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RHOMBOIDS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



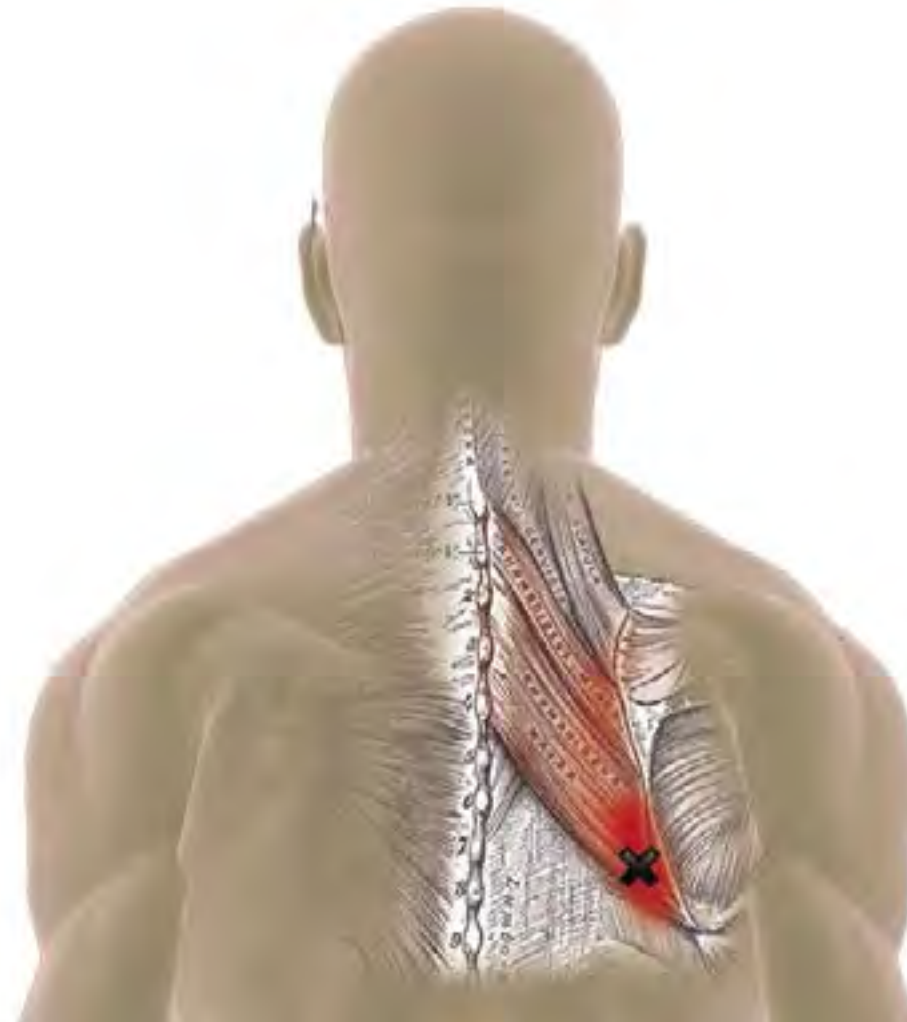
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RHOMBOIDS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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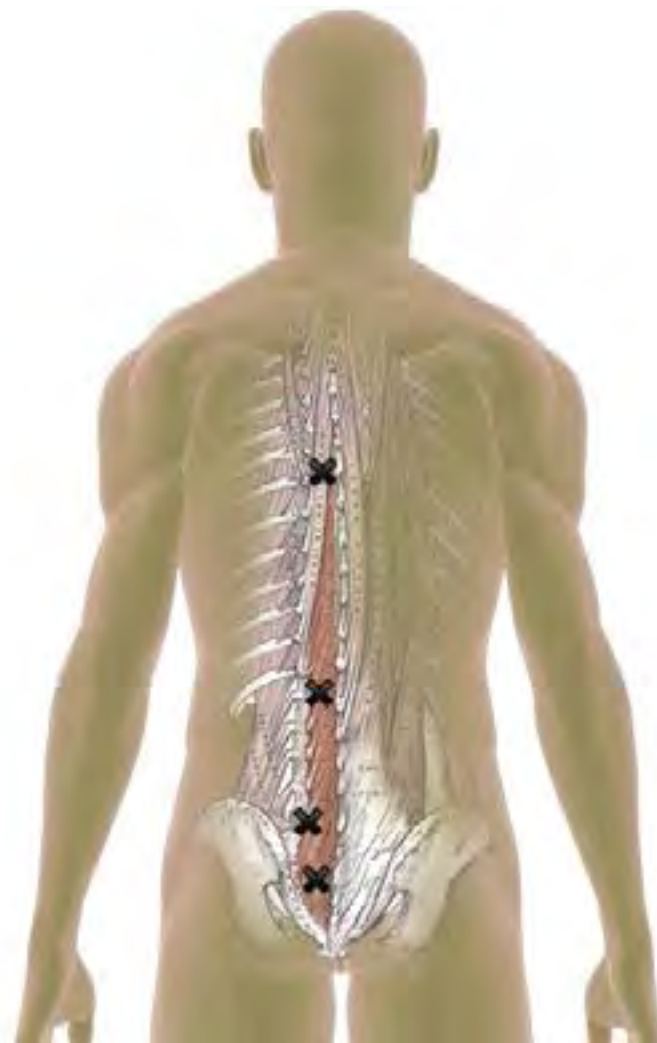
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MULTIFIDI TRIGGER POINTS

Pages	Areas of Pain
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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MULTIFIDI PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
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59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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MULTIFIDI PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
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76	Foot
78	Calf
85	Upper Arm
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MULTIFIDI PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



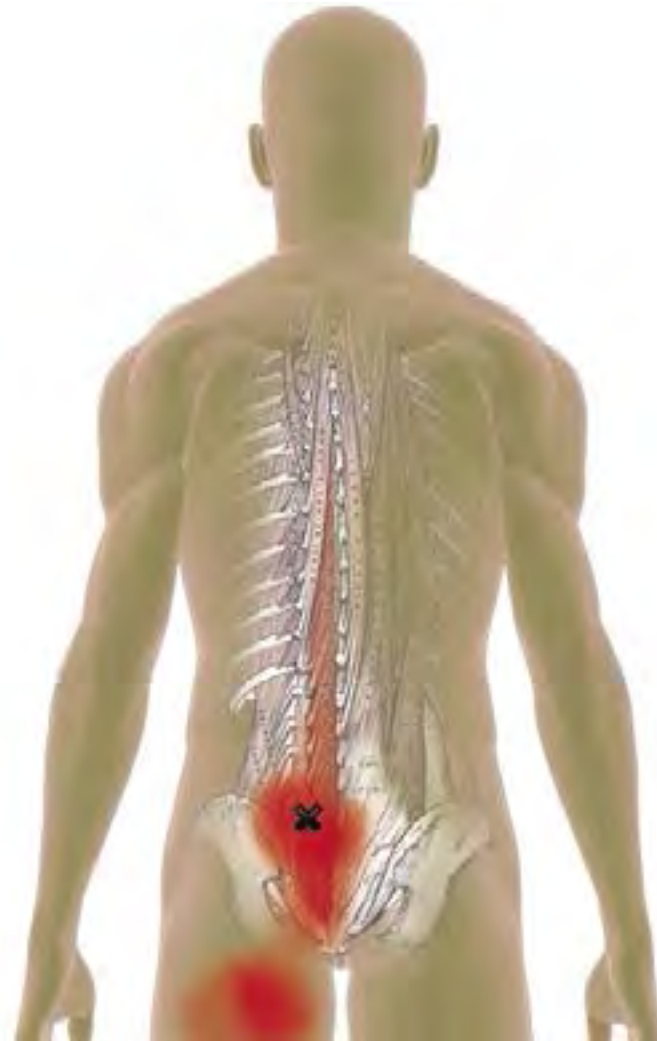
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MULTIFIDI PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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THESE MUSCLES CAUSE LOWER BACK PAIN:

Click on the muscle names to see trigger point diagrams

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Latissimus Dorsi	42
Rectus Abdominus	50
Psoas	60
Gluteus Medius	103
Longissimus	118
Ilio Costalis	121
Multifidi	137
Soleus	151

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BICEPS FEMORIS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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BICEPS FEMORIS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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132	Upper Back
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BICEPS FEMORIS PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
47	Chest
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59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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132	Upper Back
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GASTROCNEMIUS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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GASTROCNEMIUS PAIN PATTERNS

Pages	Areas of Pain
-------	---------------

- | | |
|-----|-------------------------------------|
| 1 | Head |
| 22 | Shoulder & Neck |
| 47 | Chest |
| 55 | Abdomen |
| 59 | Pelvis and Hip |
| 72 | Thigh |
| 73 | Knee |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



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GASTROCNEMIUS PAIN PATTERNS

Pages	Areas of Pain
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
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GASTROCNEMIUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
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47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
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GASTROCNEMIUS PAIN PATTERNS

Pages	Areas of Pain
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47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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SOLEUS TRIGGER POINTS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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SOLEUS PAIN PATTERNS

Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
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59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
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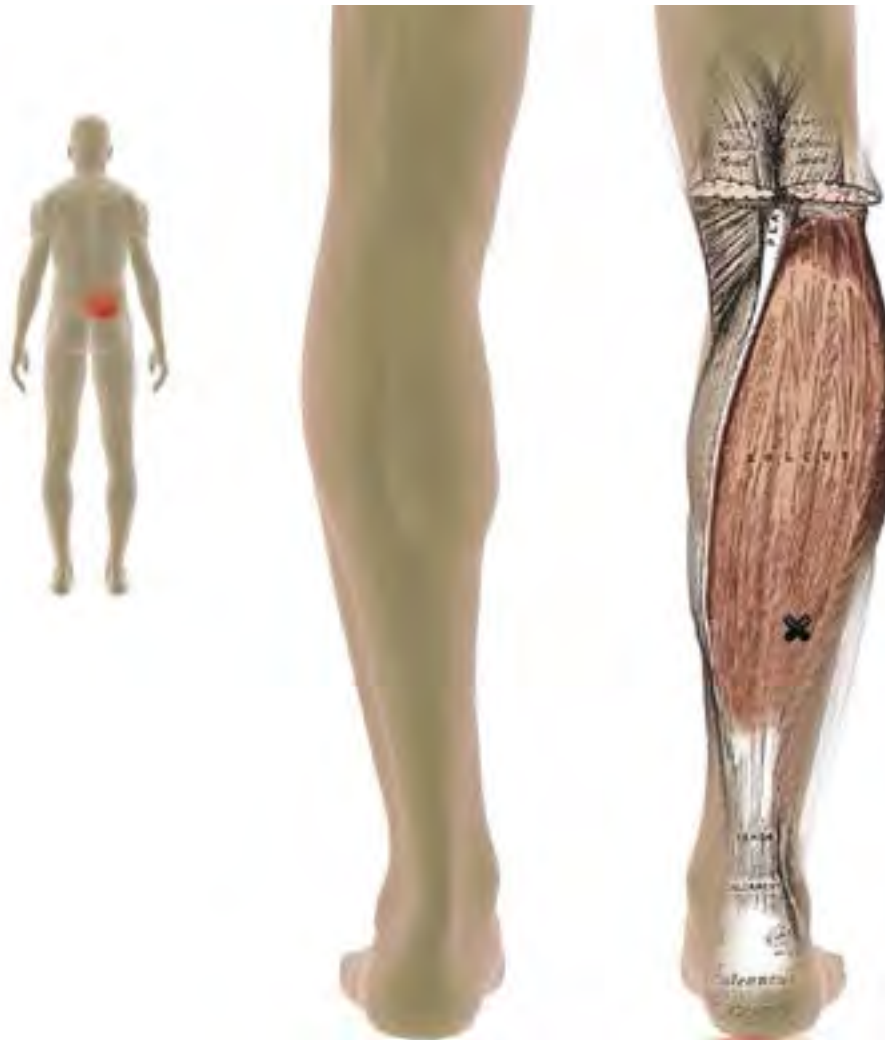
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SOLEUS PAIN PATTERNS

Pages	Areas of Pain
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
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SOLEUS PAIN PATTERNS

Pages	Areas of Pain
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55	Abdomen
59	Pelvis and Hip
72	Thigh
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76	Foot
78	Calf
85	Upper Arm
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POPLITEUS TRIGGER POINTS

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59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
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POPLITEUS PAIN PATTERNS

Pages	Areas of Pain
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22	Shoulder & Neck
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55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
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