

WELCOME TO THE TREAT YOUR TRIGGERS

TRIGGER POINT FINDER

Written by:

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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

Muscle	page
Adductor Longus	64
Adductor Magnus	66
Anterior Deltoid	28
Biceps	40
Biceps Femoris	143
Foot Intrinsic	82
Forearm Extensors	91
Frontalis	6
Gastrocnemius	146
Gluteus Maximus	110
Gluteus Medius	103
Gluteus Minimus	107

Muscle	page
Ilio Costalis	121
Infraspinatus	25
Intrapelvic Muscles	130
Intrinsic of the Hand	96
Lateral Pterygoid	2
Latissimus Dorsi	42
Levator Scapulae	45
Longissimus	118
Masseter	8
Medial Pterygoid	4
Multifidi	137
Obliques	56

Muscle	page
Pectoralis Major	34
Pectoralis Minor	38
Peroneus Muscles	79
Piriformis	127
Popliteus	155
Posterior Deltoid	30
Psoas	60
Quadratus Lumborum	114
Rectus Abdominus	50
Rhomboids	133
Scalenes	23

Muscle	page
Semitendonosis	125
Soleus	151
Sternocleidomastoid	18
Suboccipitals	17
Supraspinatus	32
Temporalis	11
Thenar Eminence	100
Trapezius	14
Triceps	86
Vastus Lateralis	68
Vastus Medialis	74

[Home](#)

[Muscle List](#)

[Resources List](#)

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
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Muscle	page
Lateral Pterygoid	2
Medial Pterygoid	4
Frontalis	6
Masseter	8
Temporalis	11
Upper Trapezius	14
Suboccipitals	17
Sternocleidomastoid	18

[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

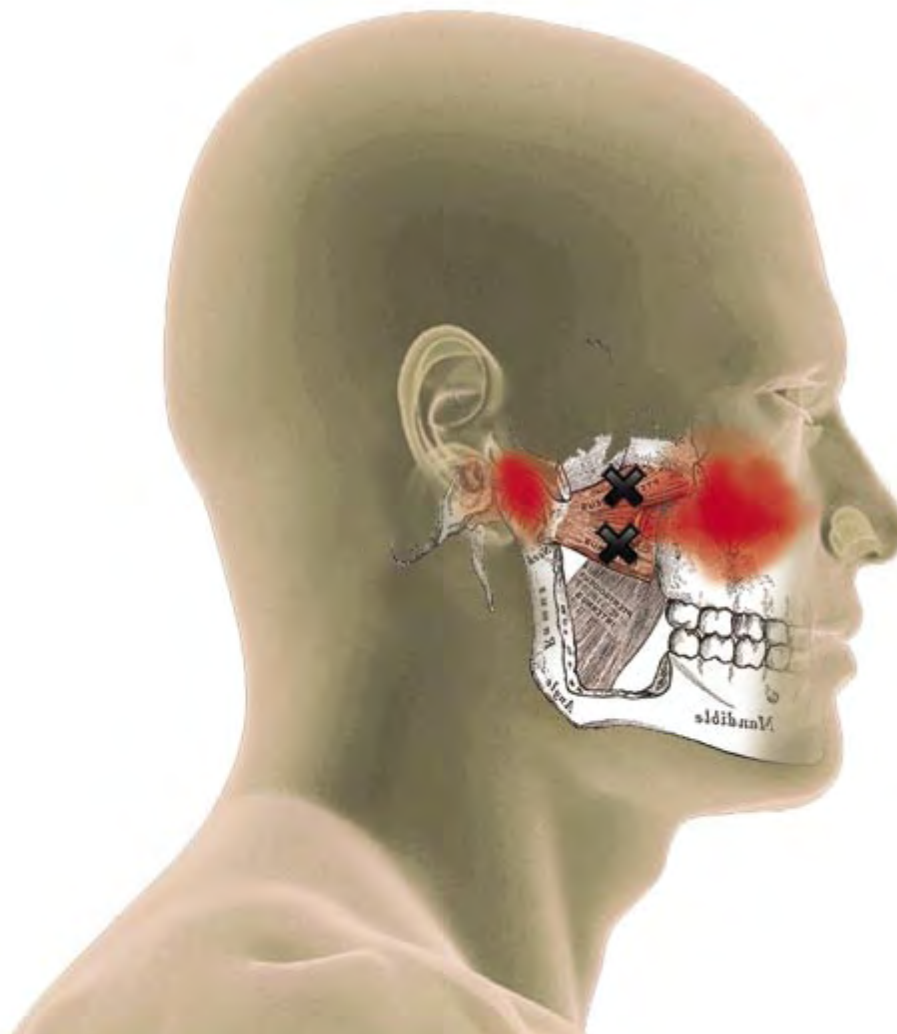
[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

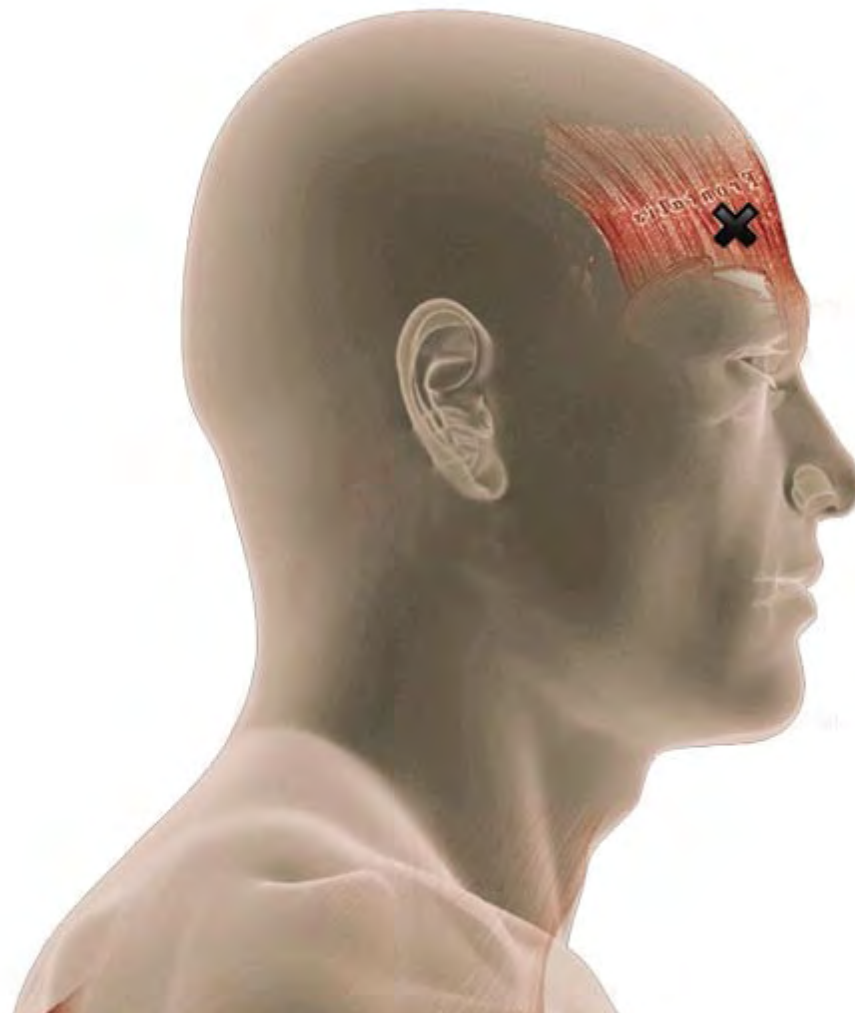
[Muscle List](#)

[Resources List](#)

FRONTALIS 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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

FRONTALIS 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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

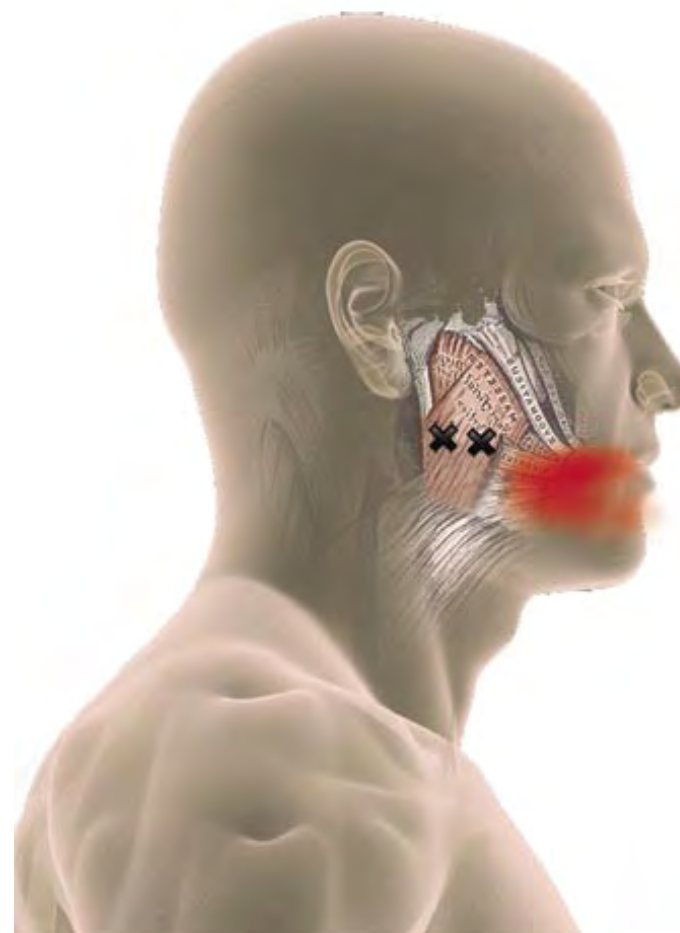
[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

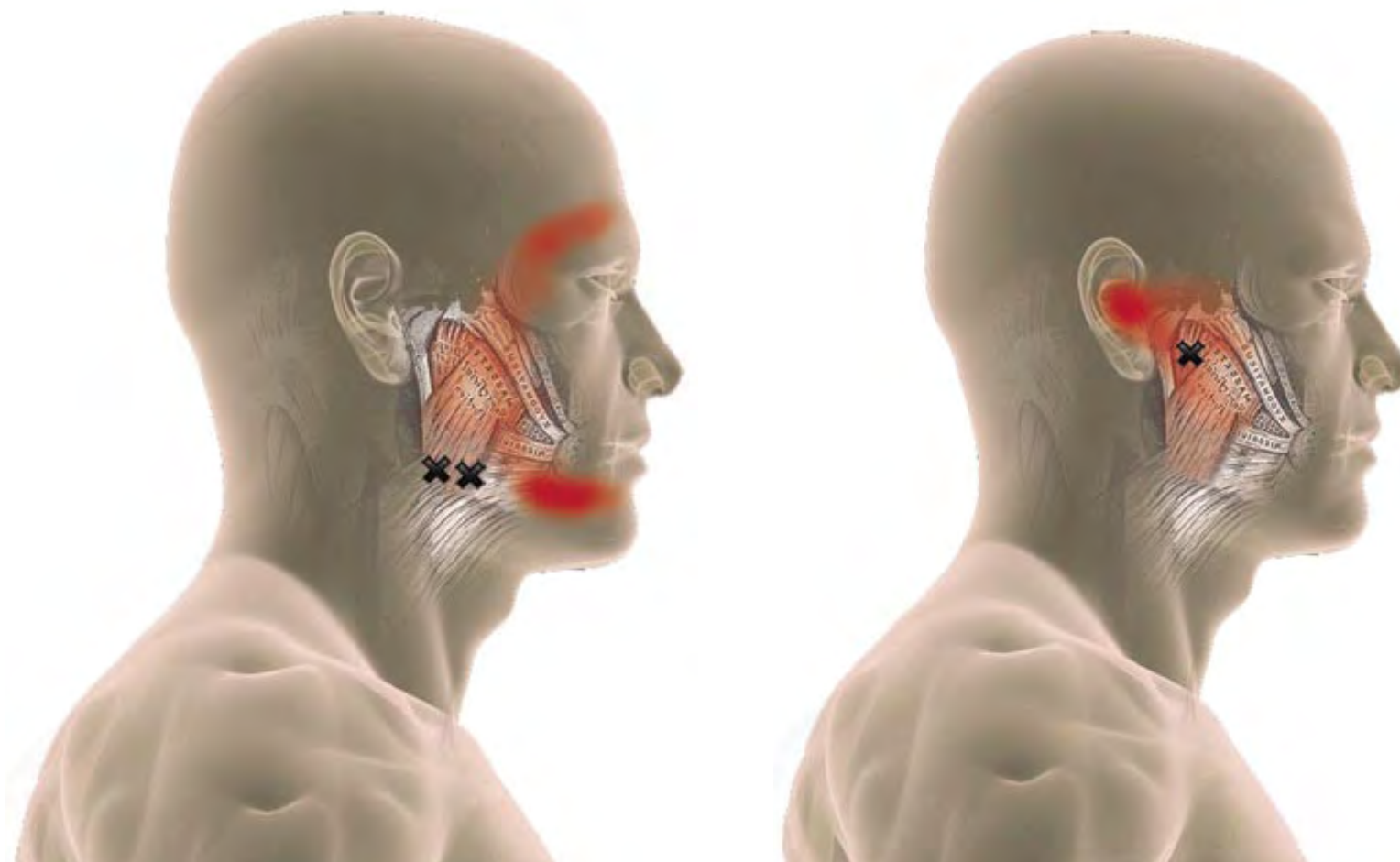
[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

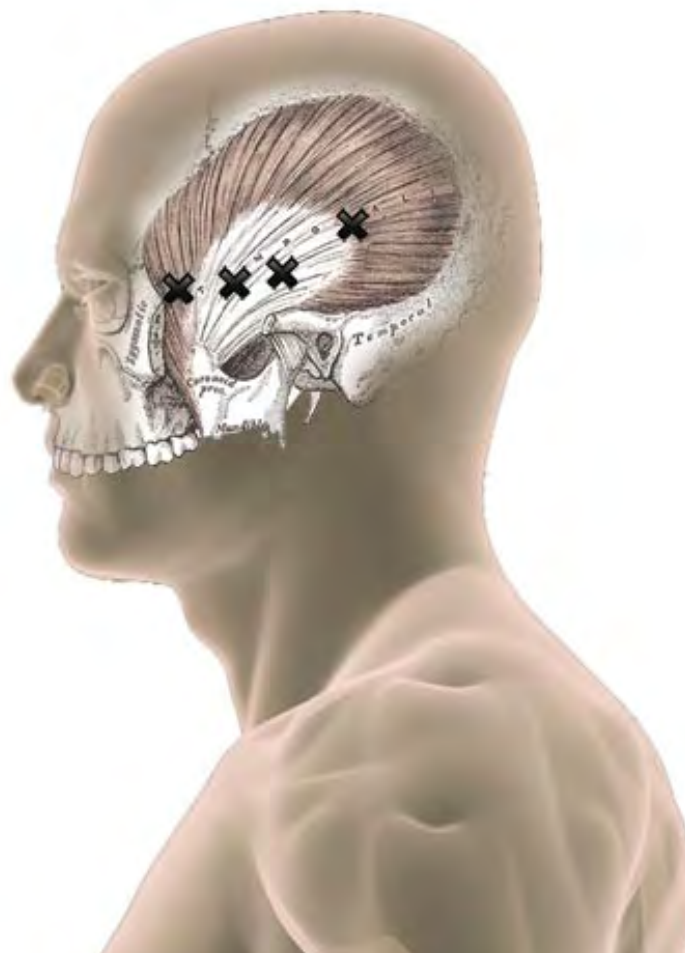
[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

TEMPORALIS 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



[Home](#)

[Muscle List](#)

[Resources List](#)

TEMPORALIS 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



[Home](#)

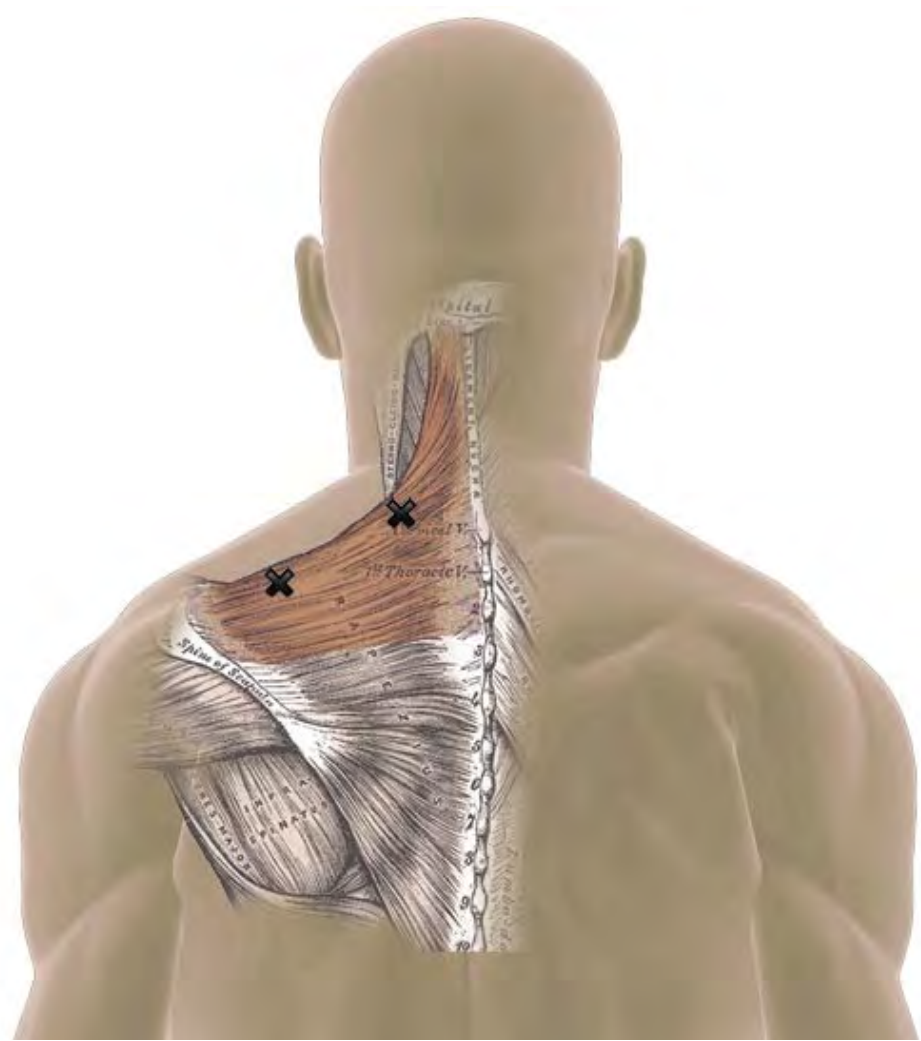
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

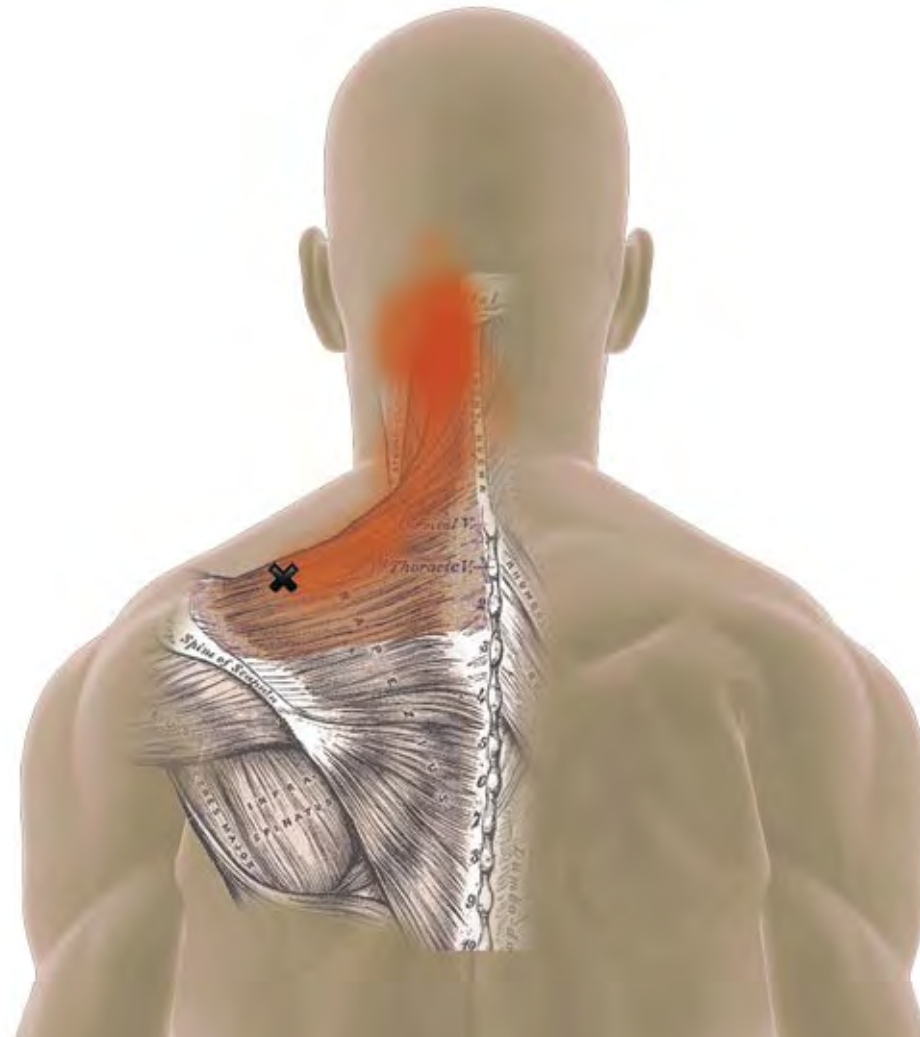
[Home](#)

[Muscle List](#)

[Resources List](#)

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



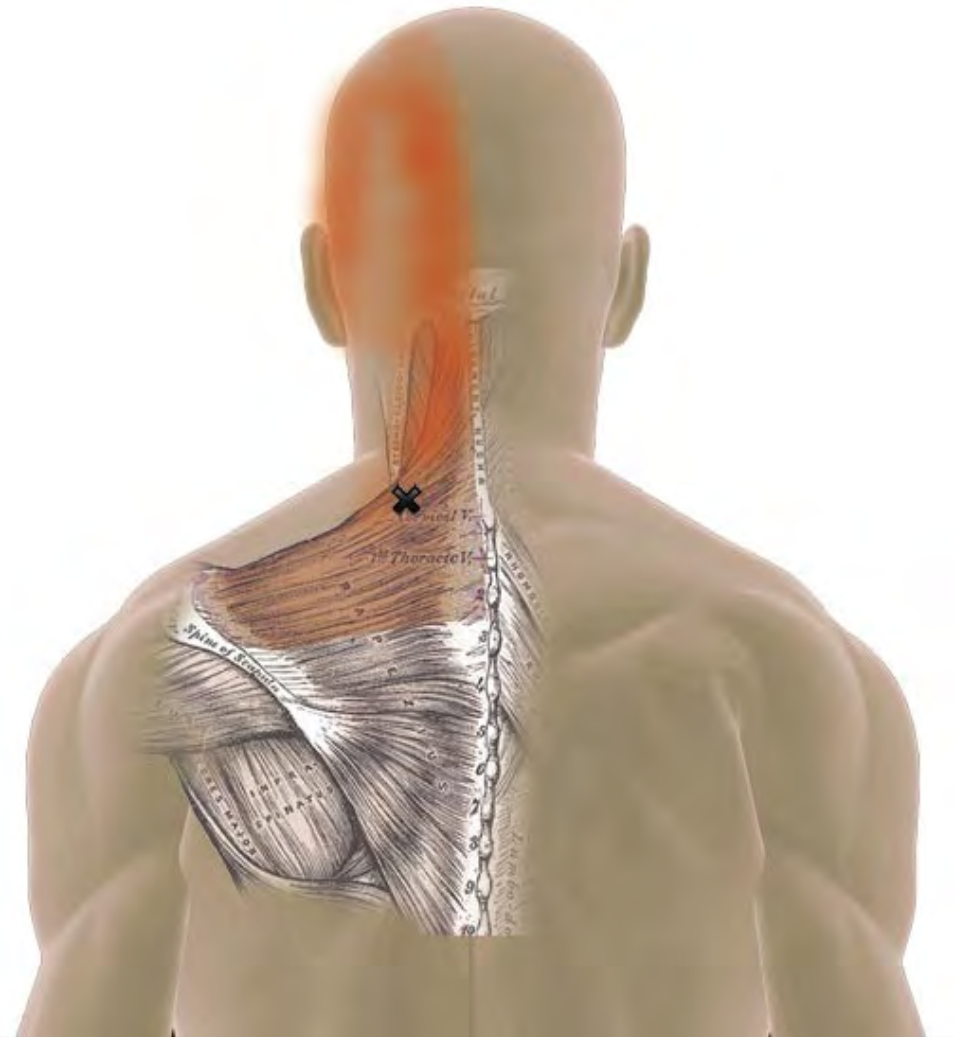
[Home](#)

[Muscle List](#)

[Resources List](#)

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



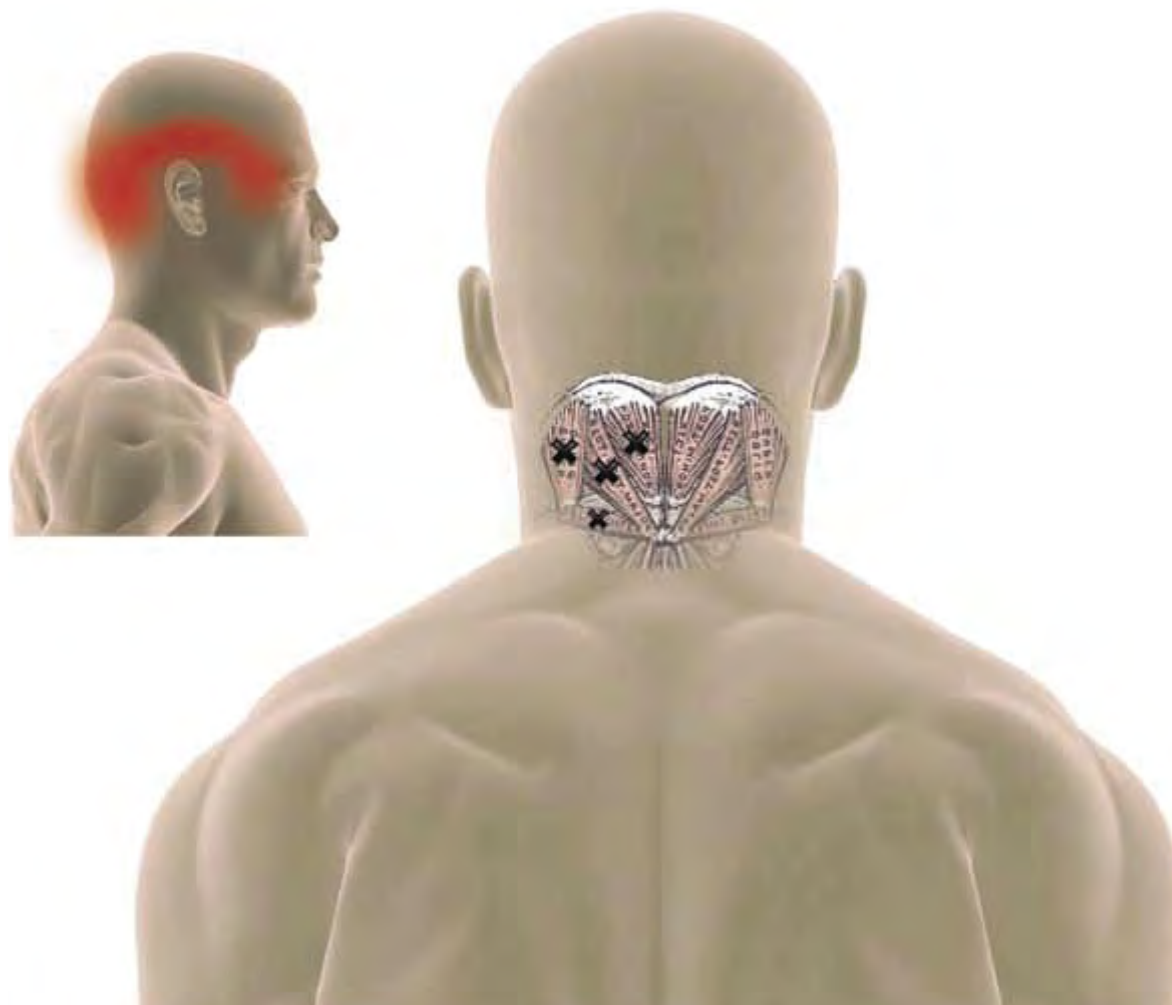
[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

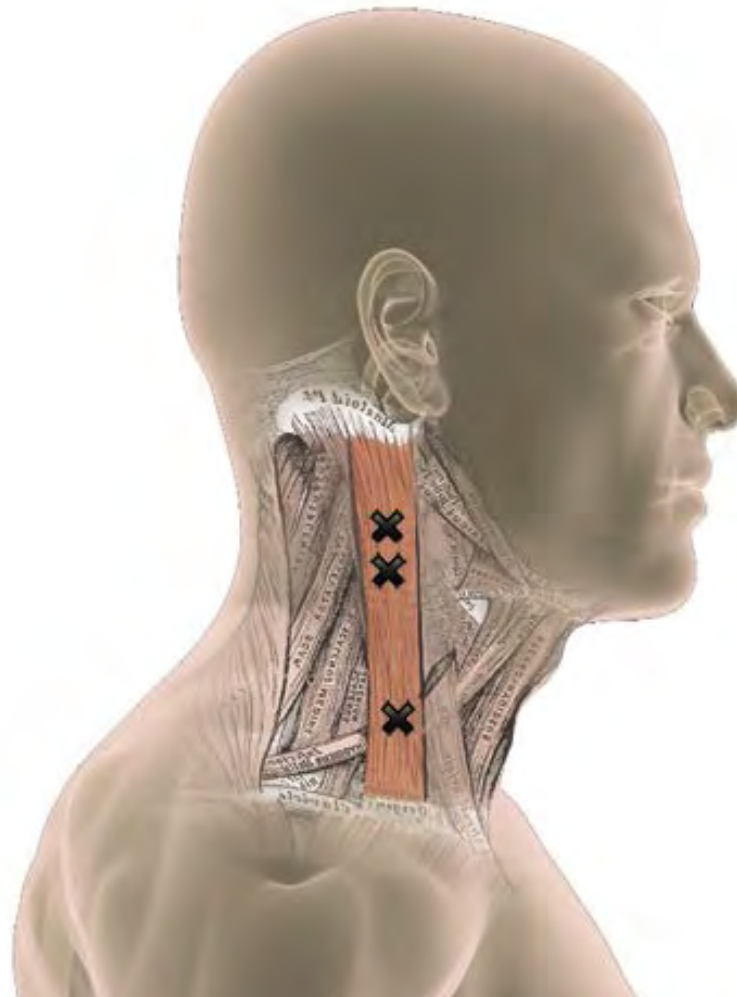
[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

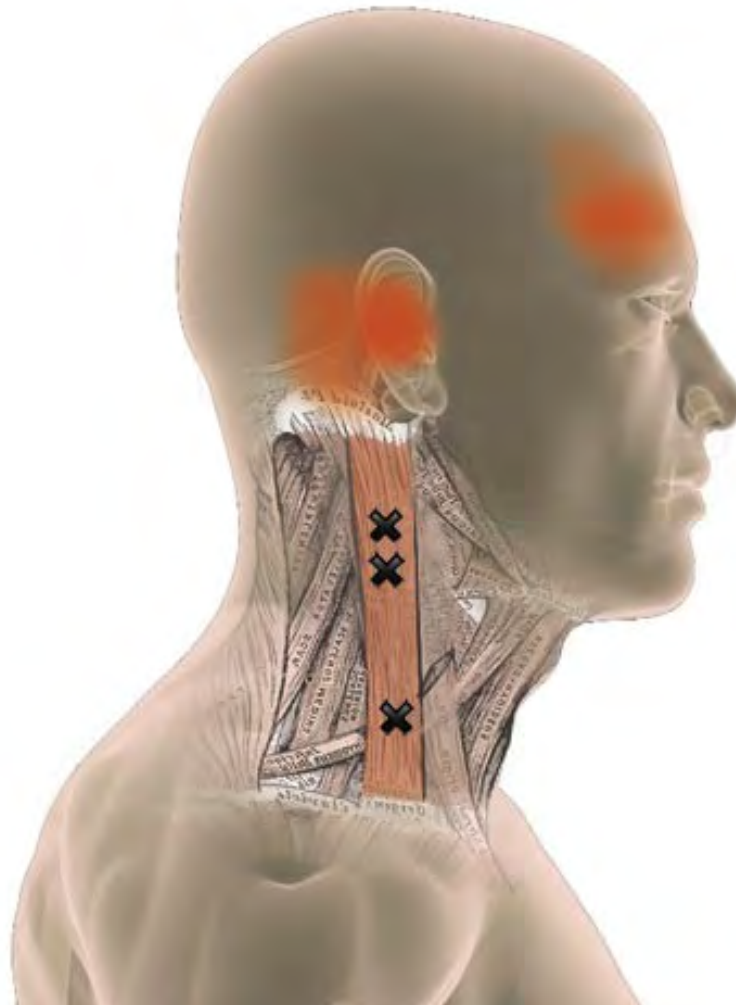
[Home](#)

[Muscle List](#)

[Resources List](#)

STERNOCLEIDOMASTOID CLAVICULAR 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



[Home](#)

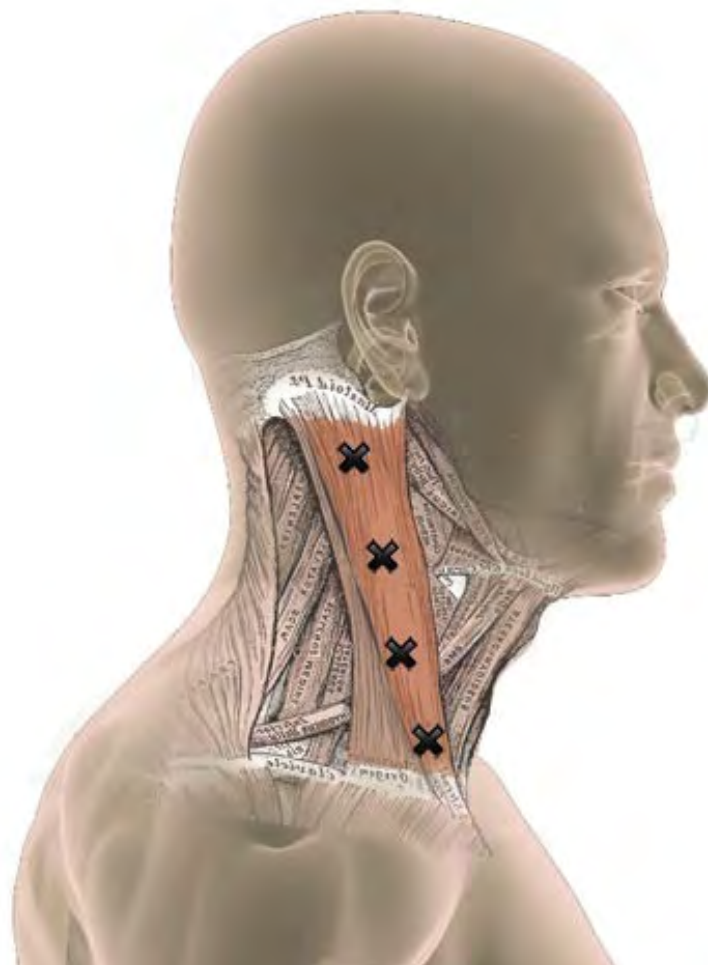
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

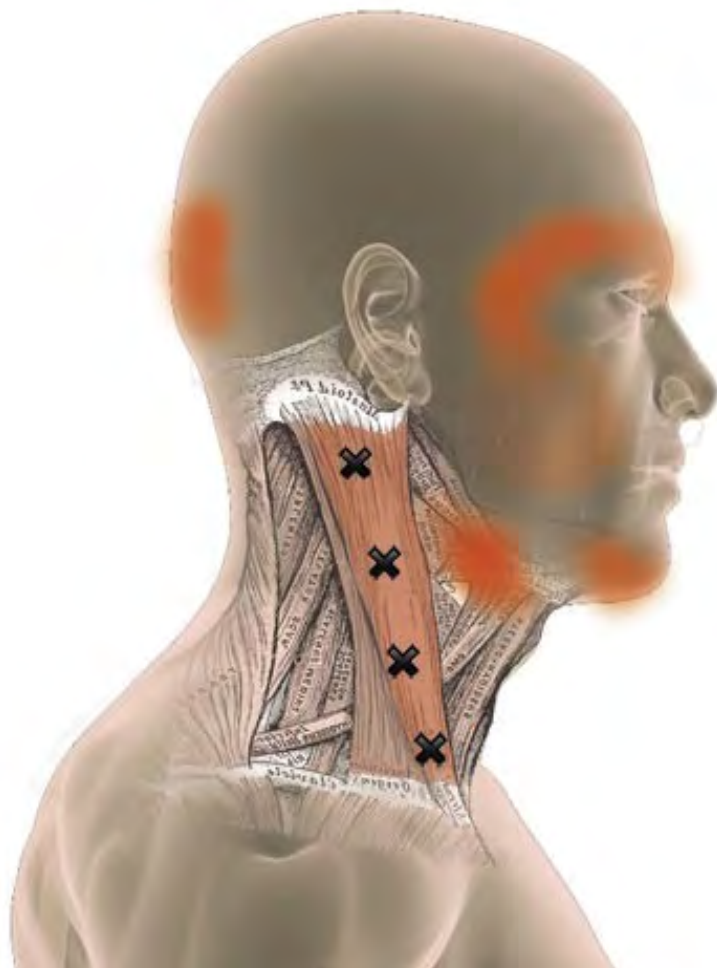
[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

SCALENE 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



Go to the next page to see trigger point pain patterns

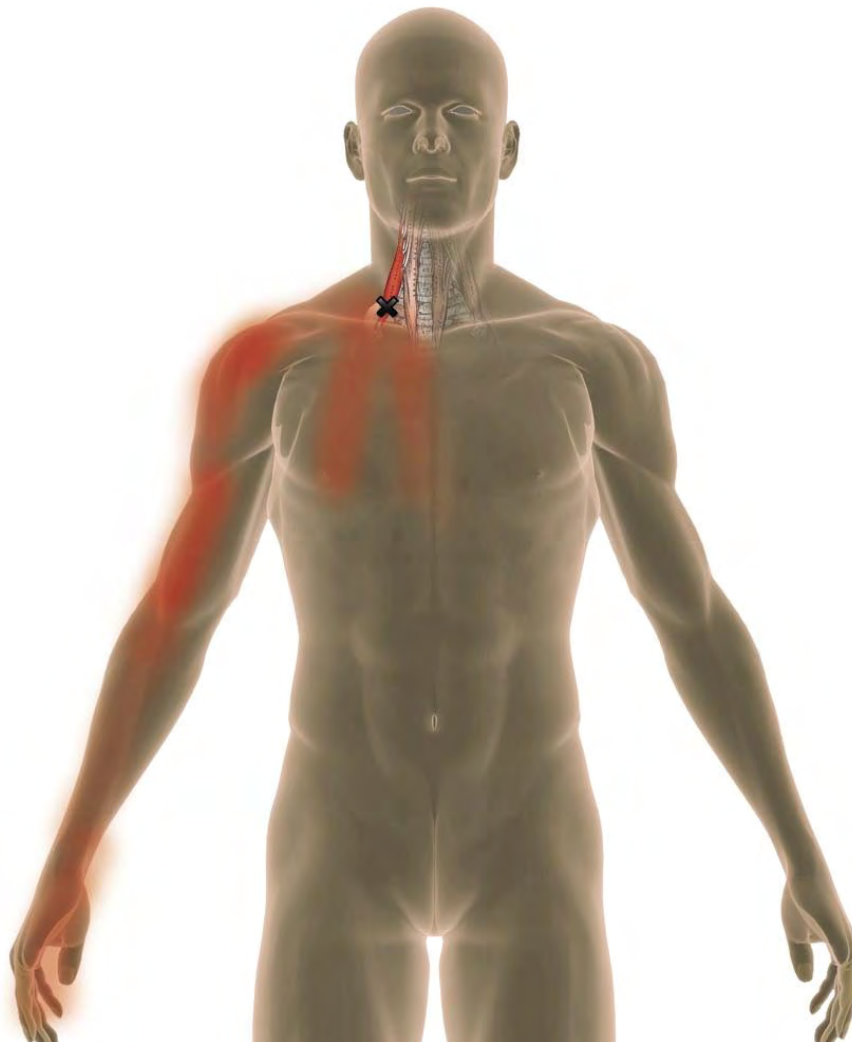
[Home](#)

[Muscle List](#)

[Resources List](#)

SCALENE 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



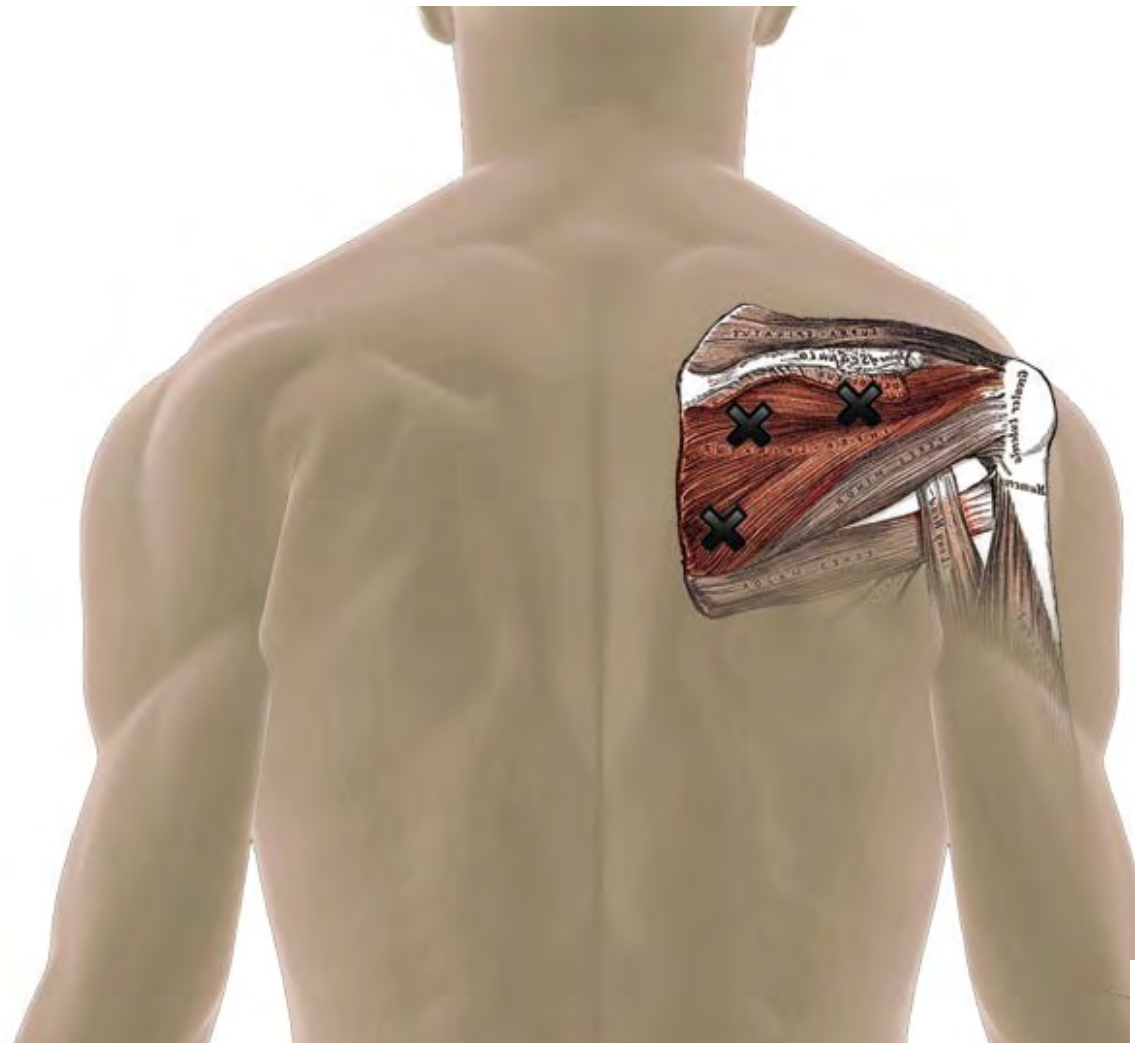
[Home](#)

[Muscle List](#)

[Resources List](#)

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
102	Buttock
132	Upper Back
142	Lower Back



Go to the next page to see trigger point pain patterns

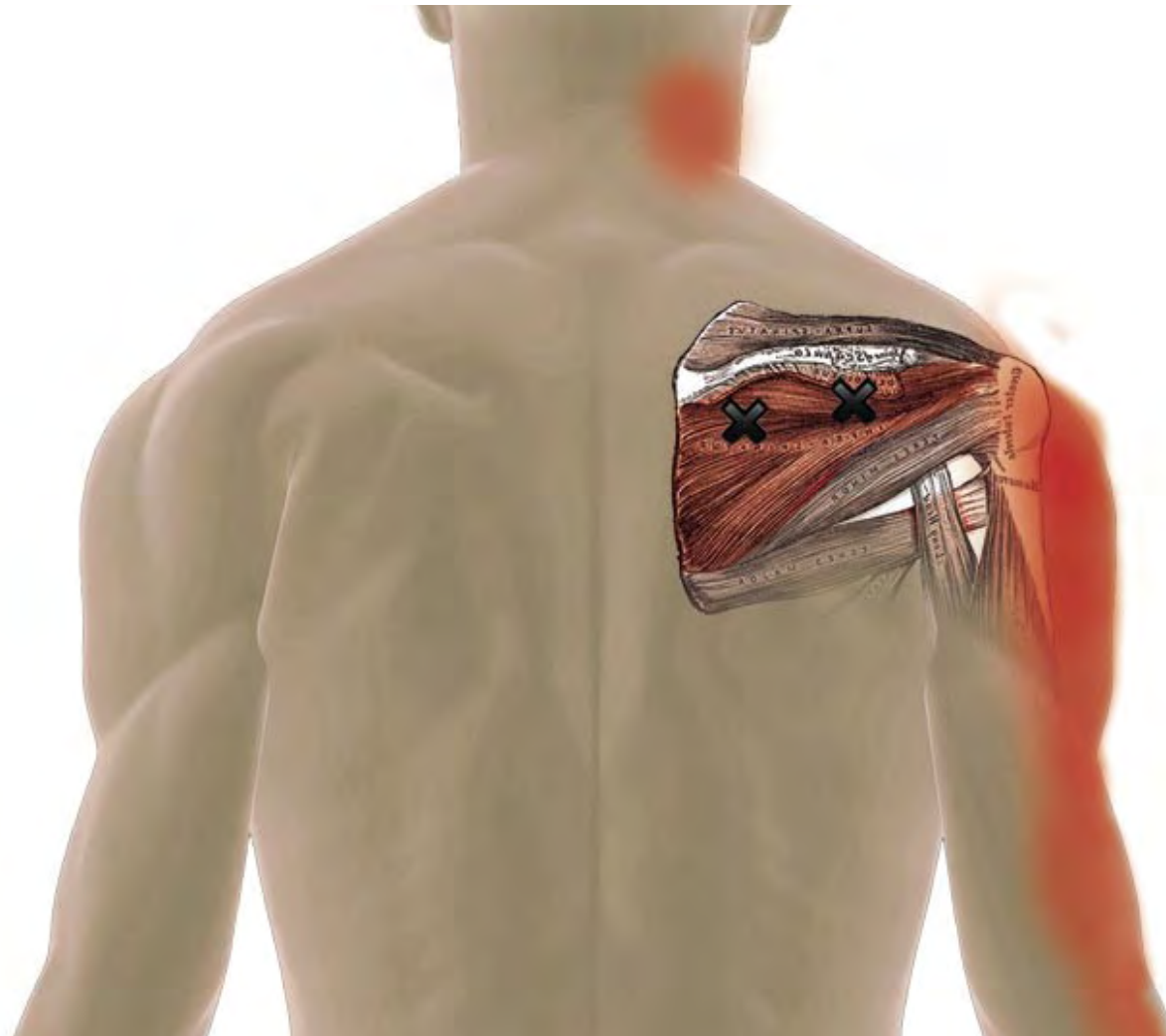
[Home](#)

[Muscle List](#)

[Resources List](#)

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
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

ANTERIOR DELTOID 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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

ANTERIOR 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



[Home](#)

[Muscle List](#)

[Resources List](#)

POSTERIOR DELTOID 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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

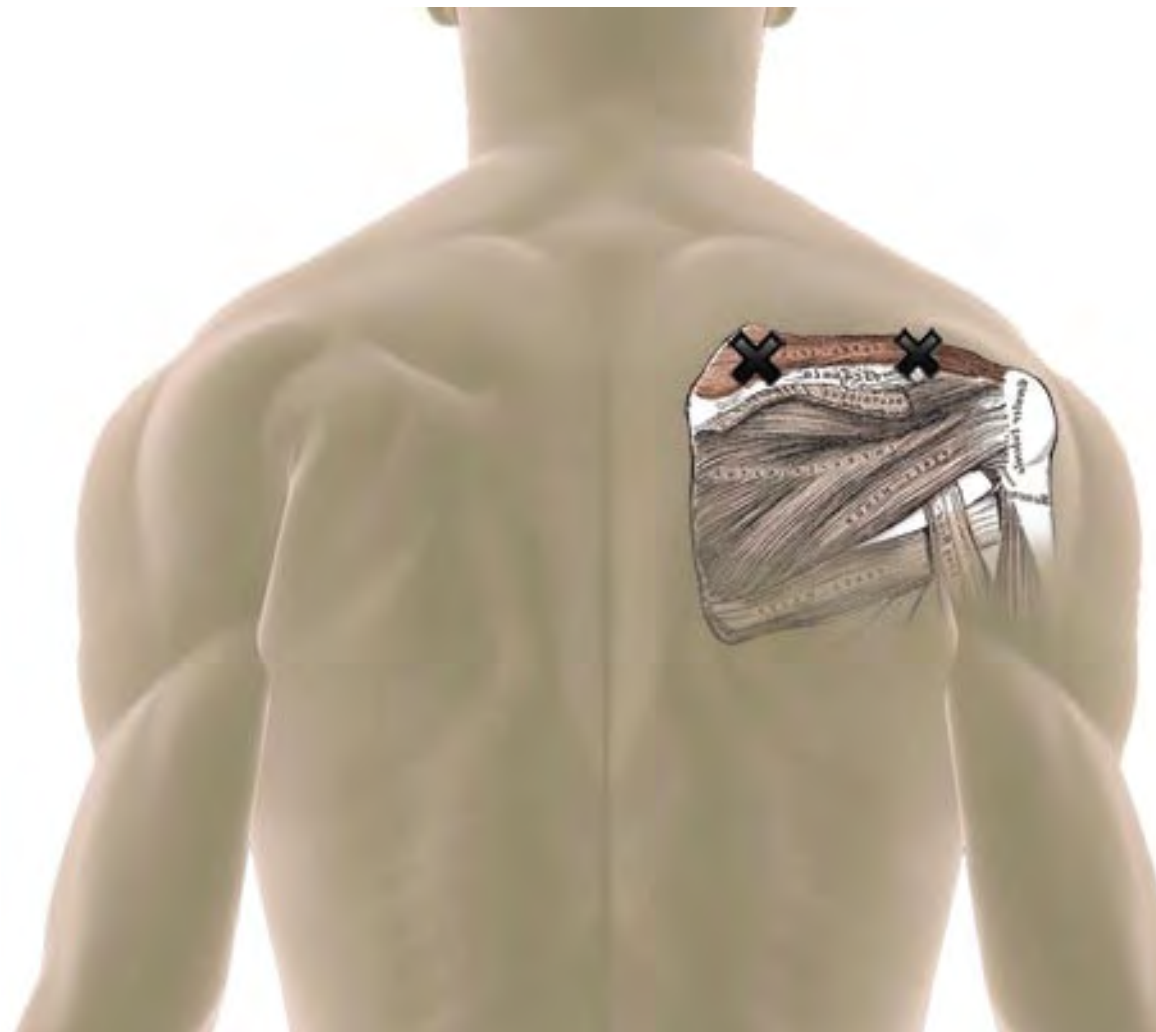
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

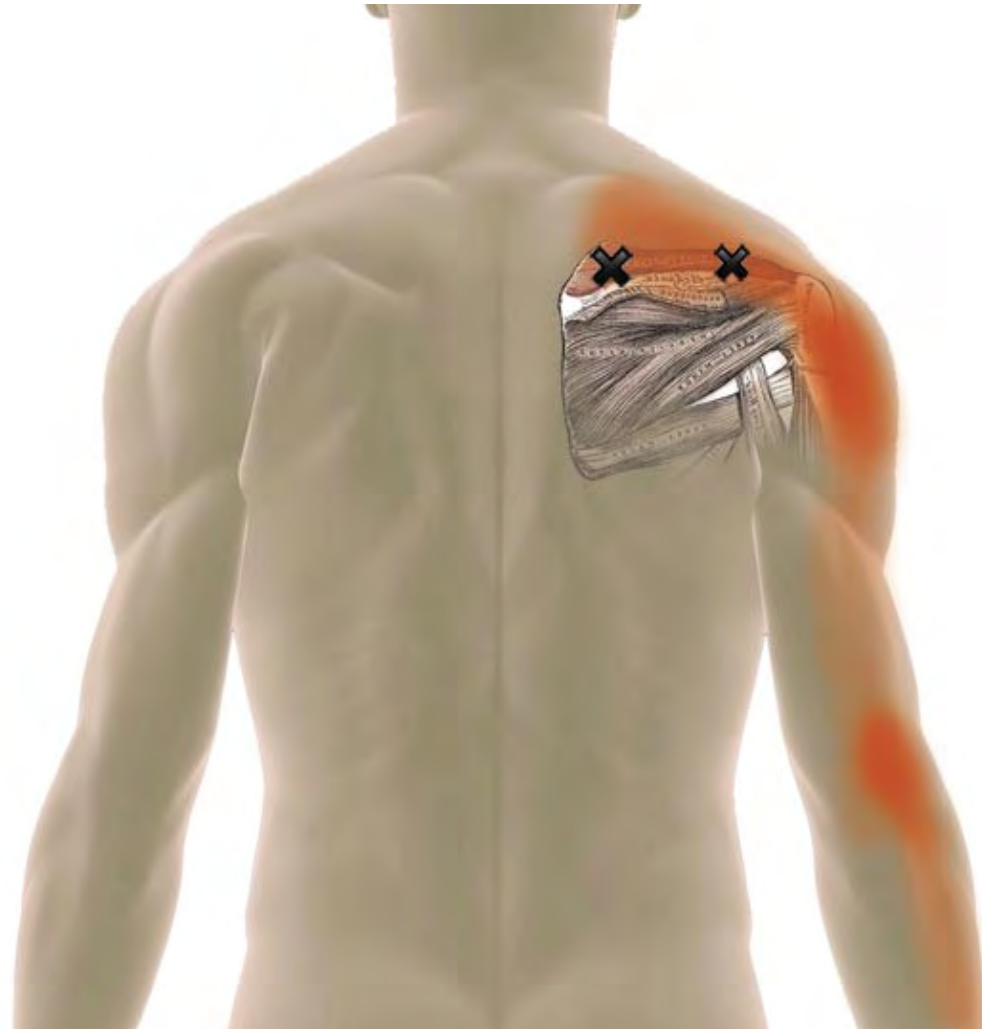
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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
132	Upper Back
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



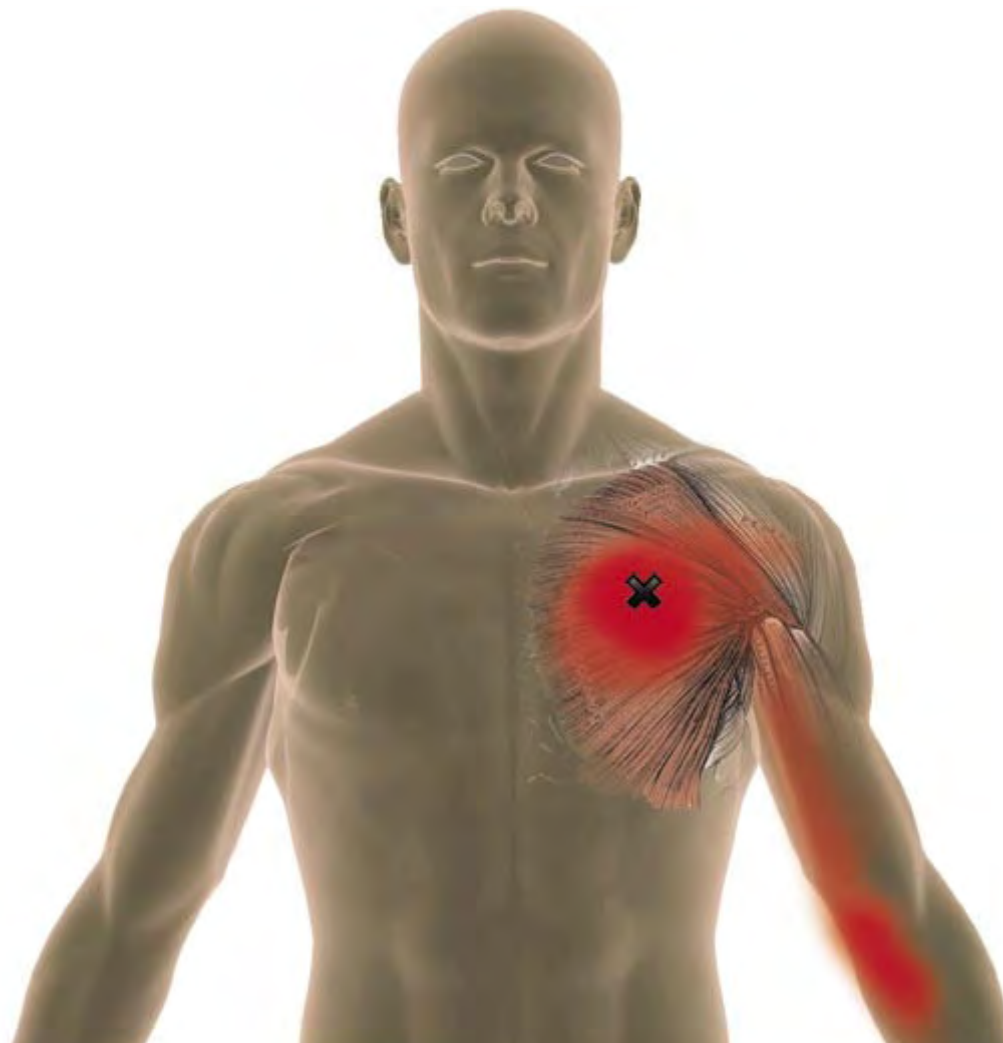
[Home](#)

[Muscle List](#)

[Resources List](#)

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



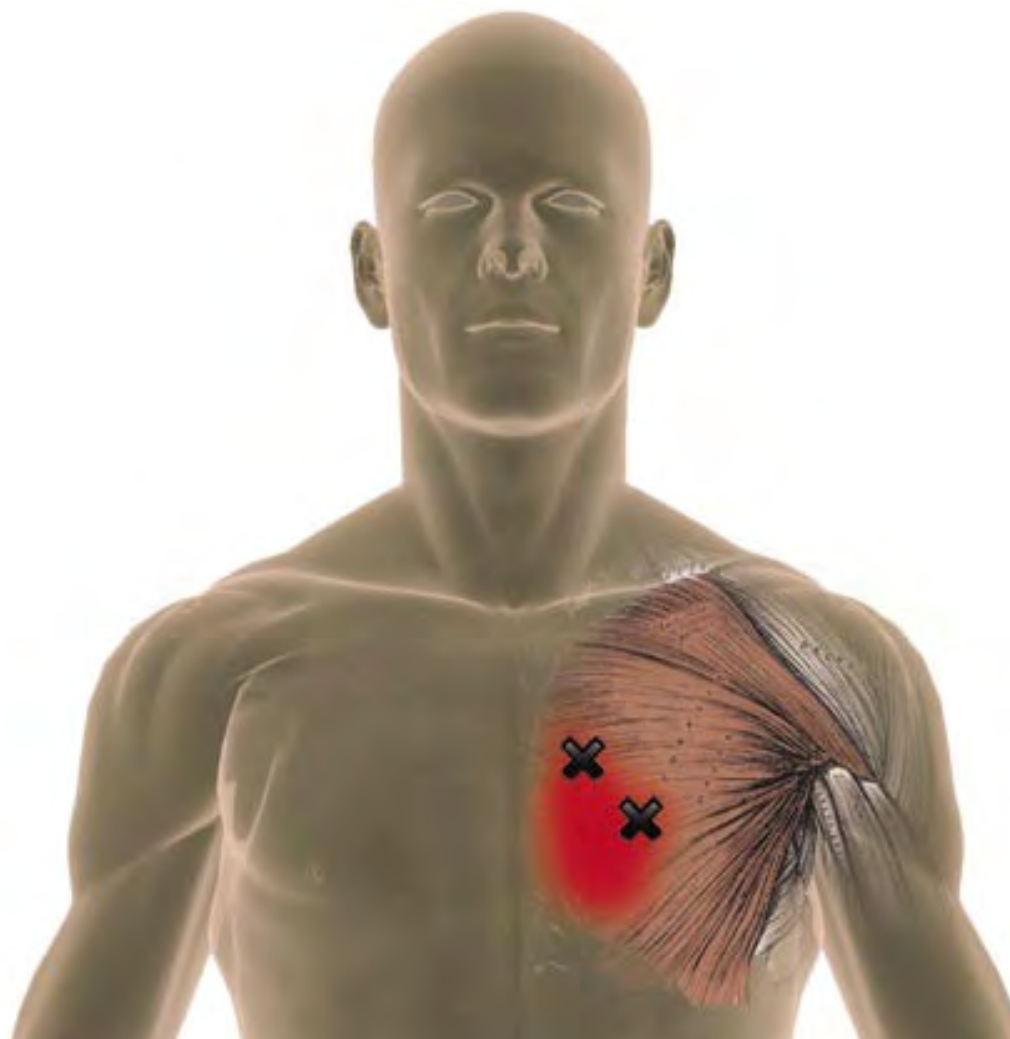
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

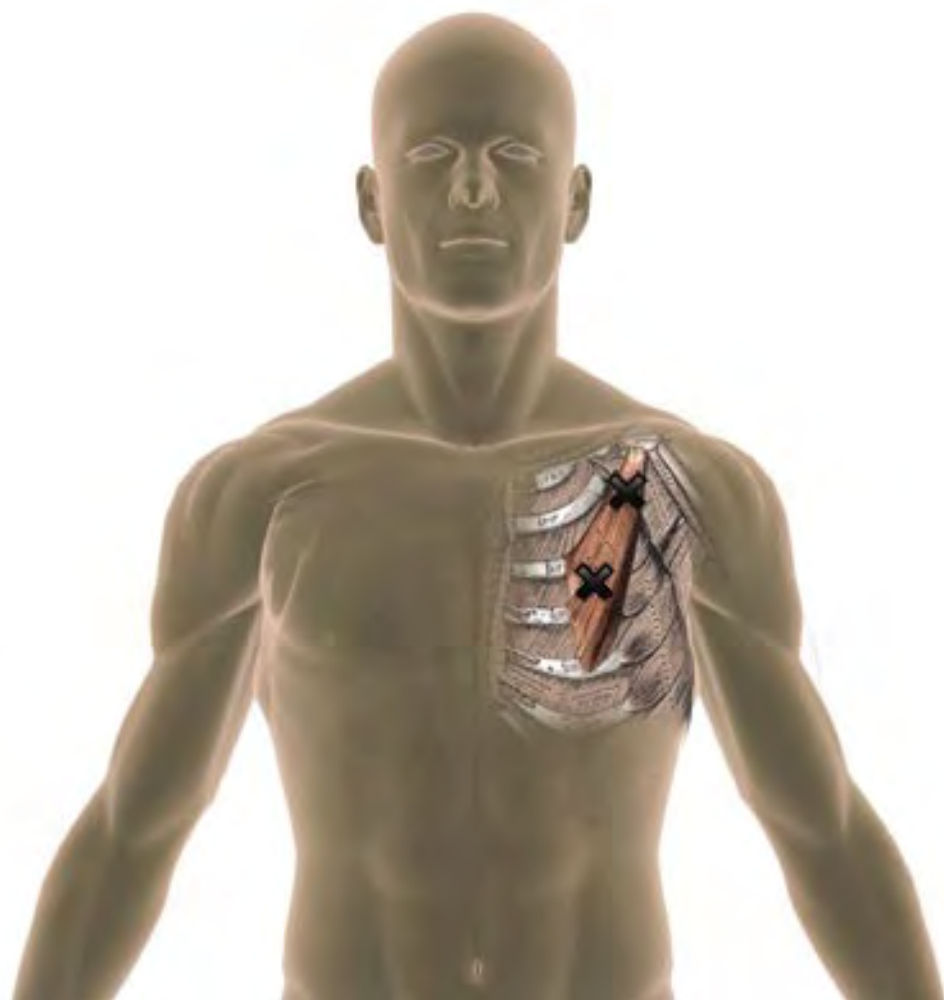
[Muscle List](#)

[Resources List](#)

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 |
| 76 | Foot |
| 78 | Calf |
| 85 | Upper Arm |
| 90 | Forearm |
| 95 | Hand |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

PECTORALIS MINOR 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



[Home](#)

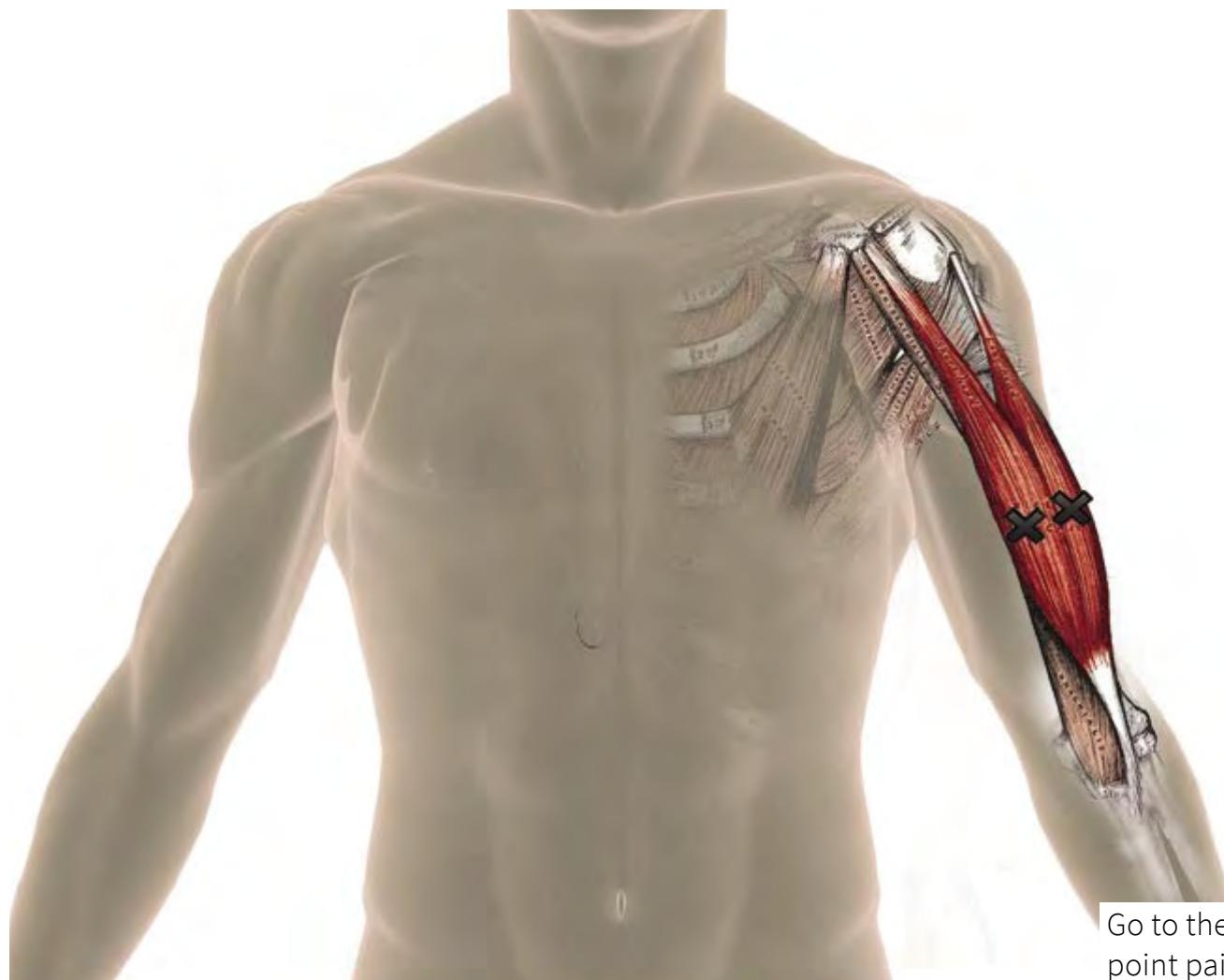
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

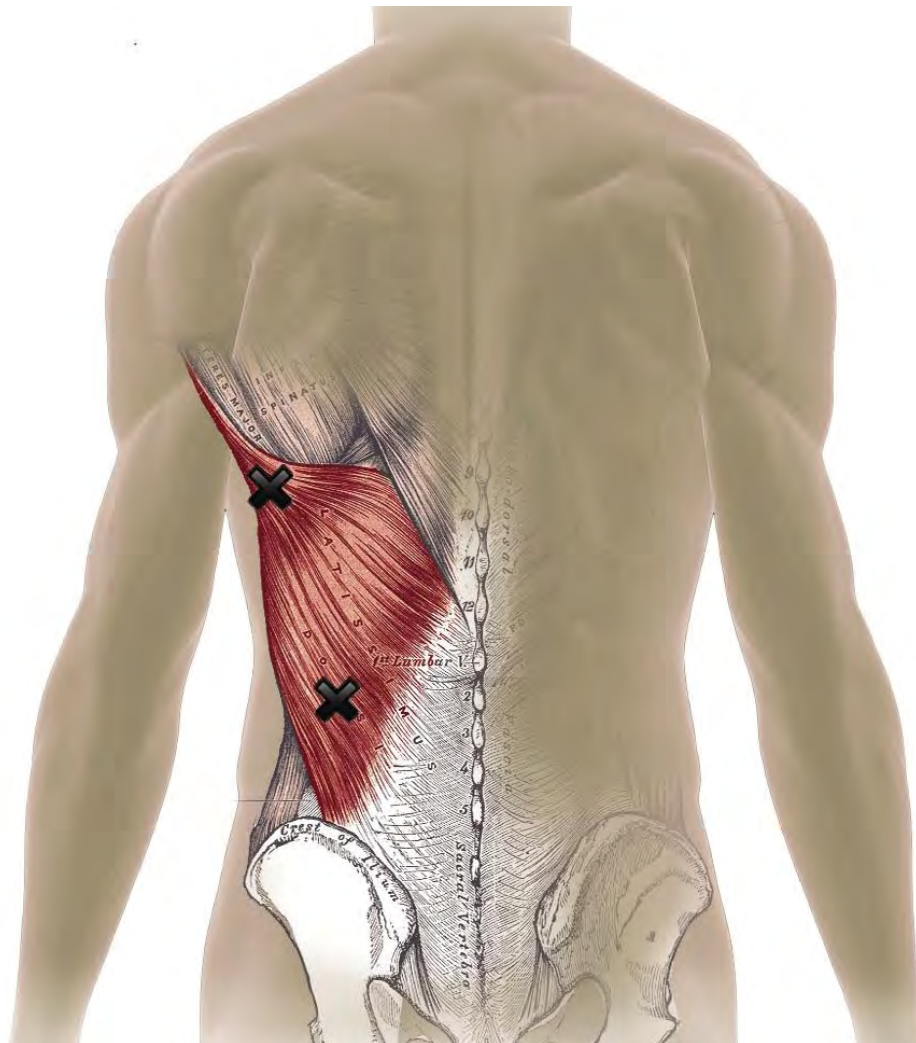
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

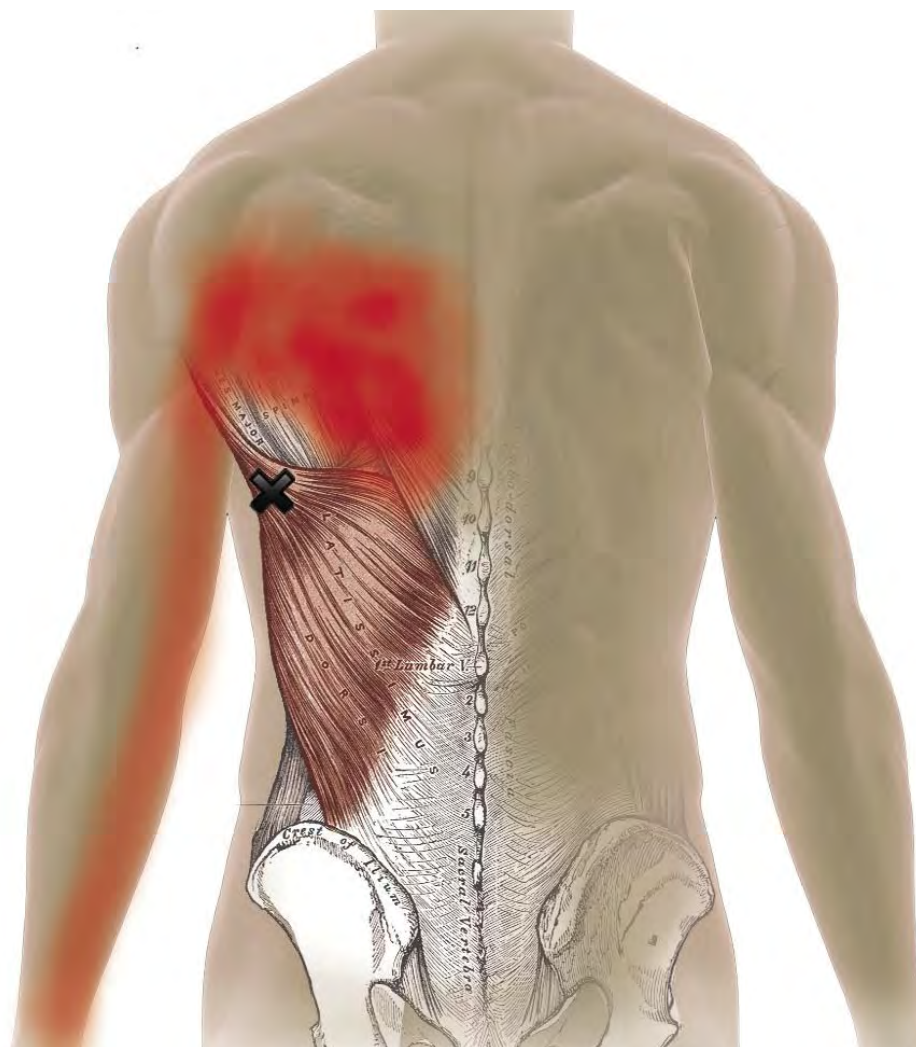
[Muscle List](#)

[Resources List](#)

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



[Home](#)

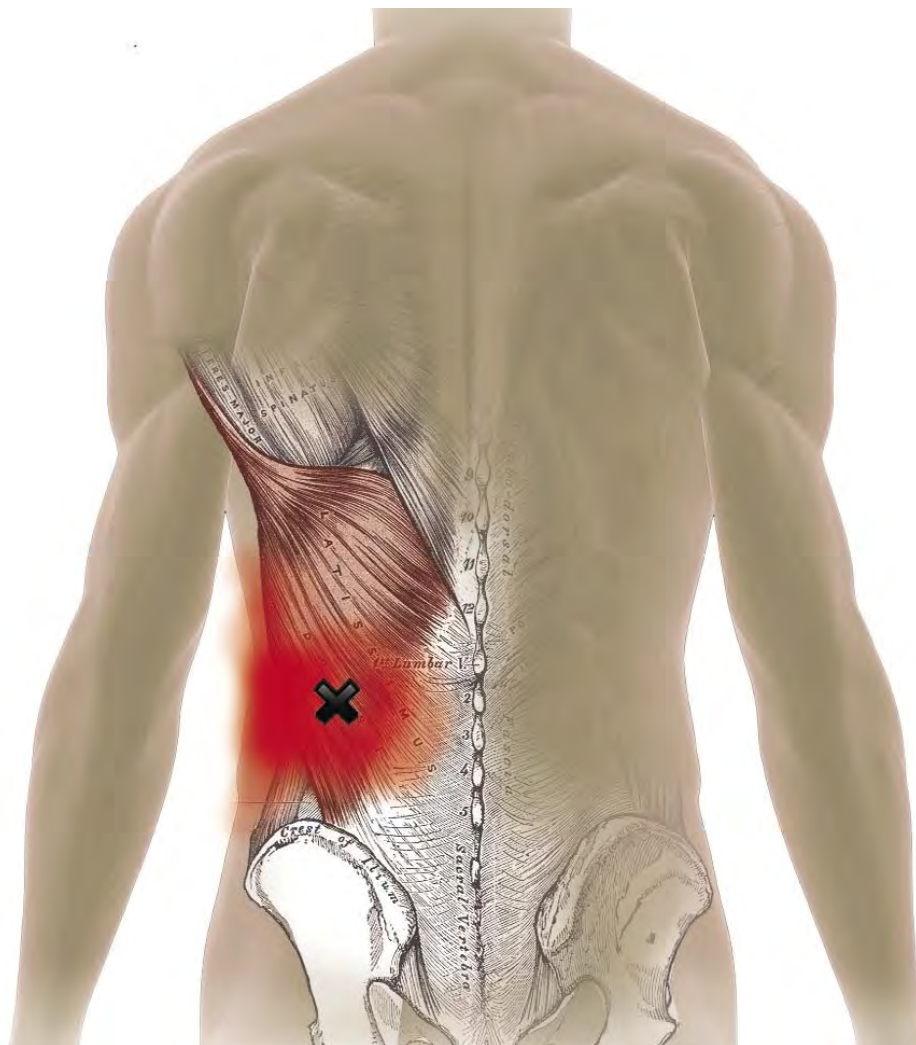
[Muscle List](#)

[Resources List](#)

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



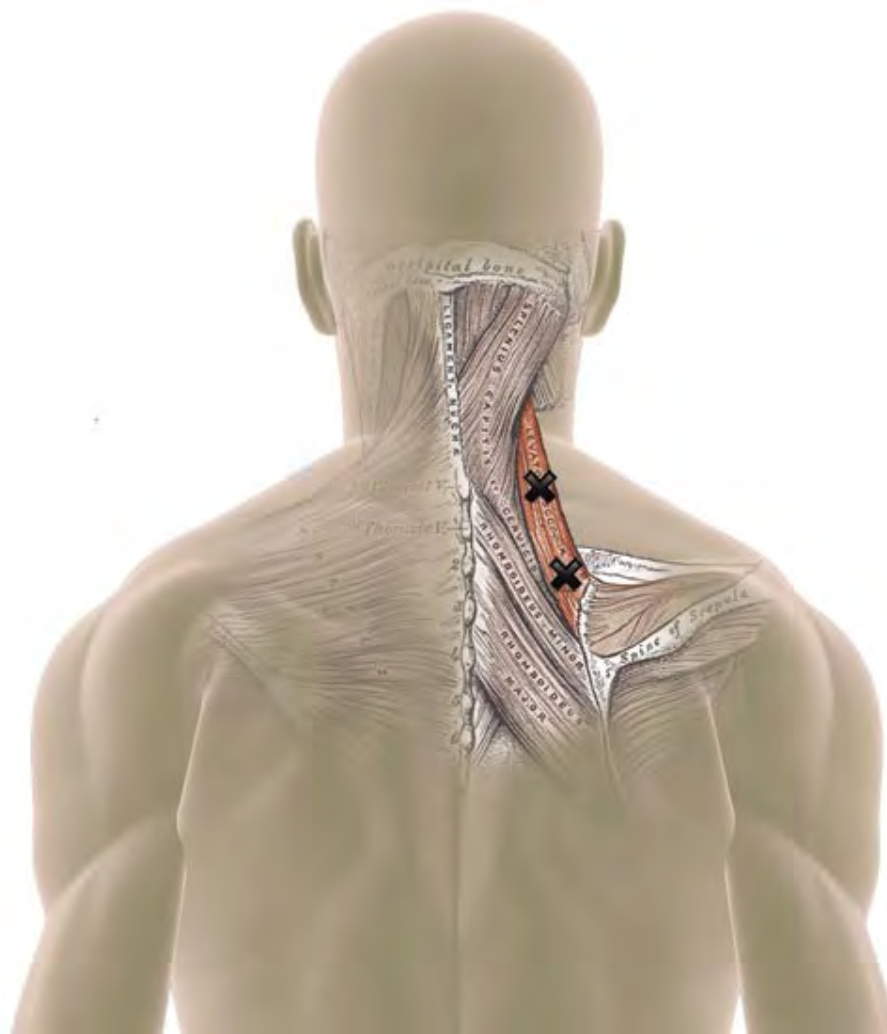
[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

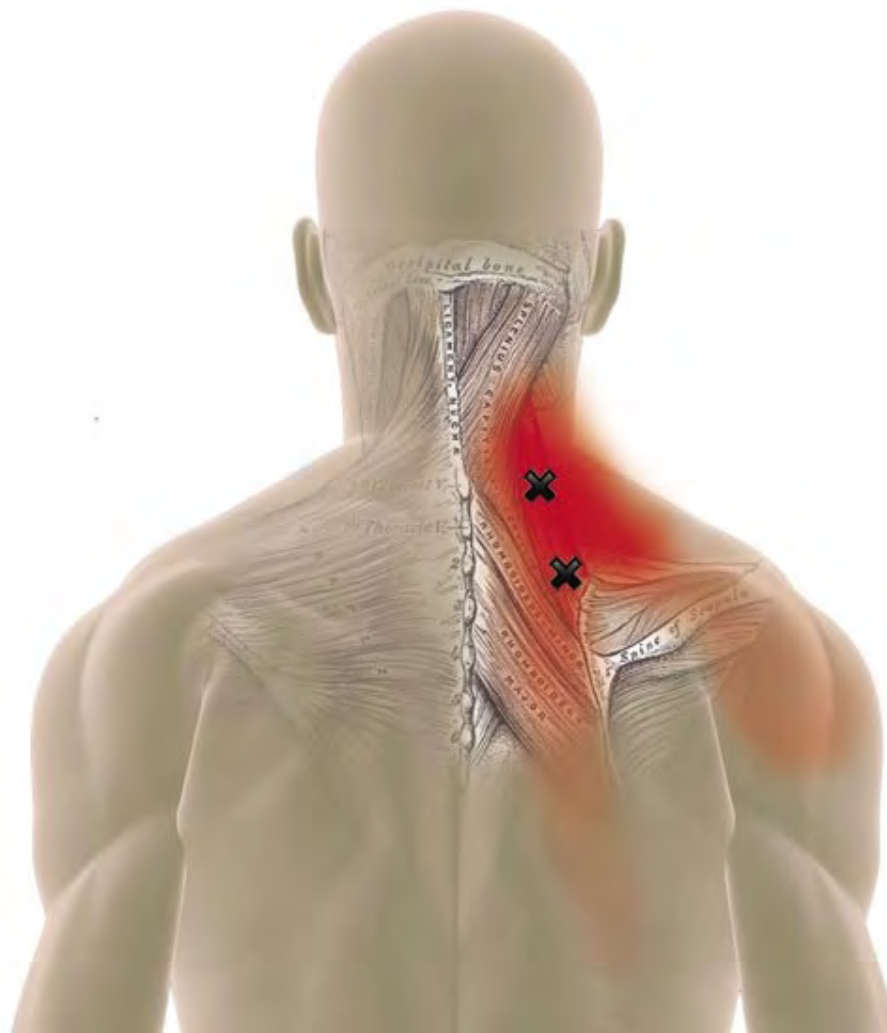
[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

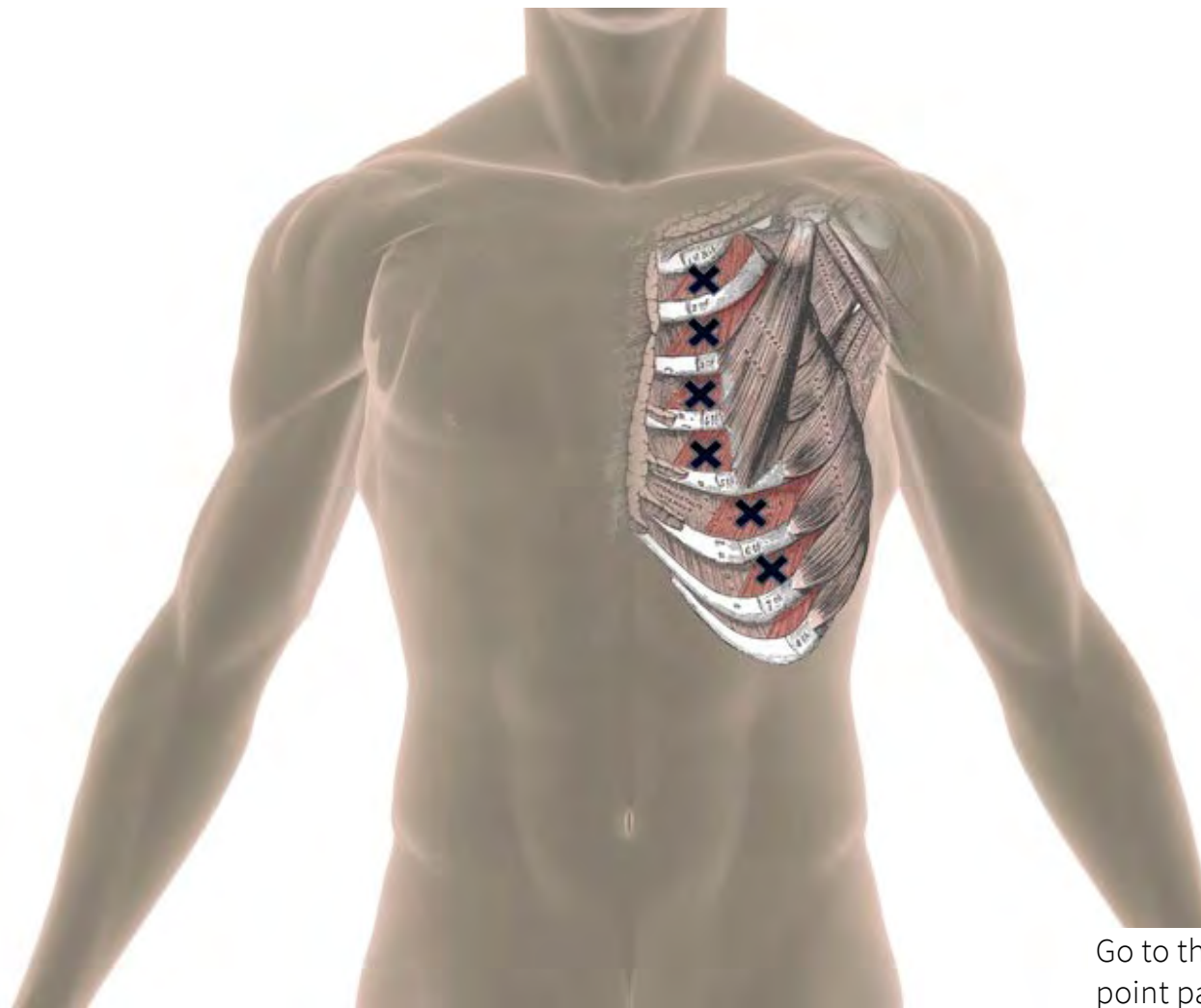
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

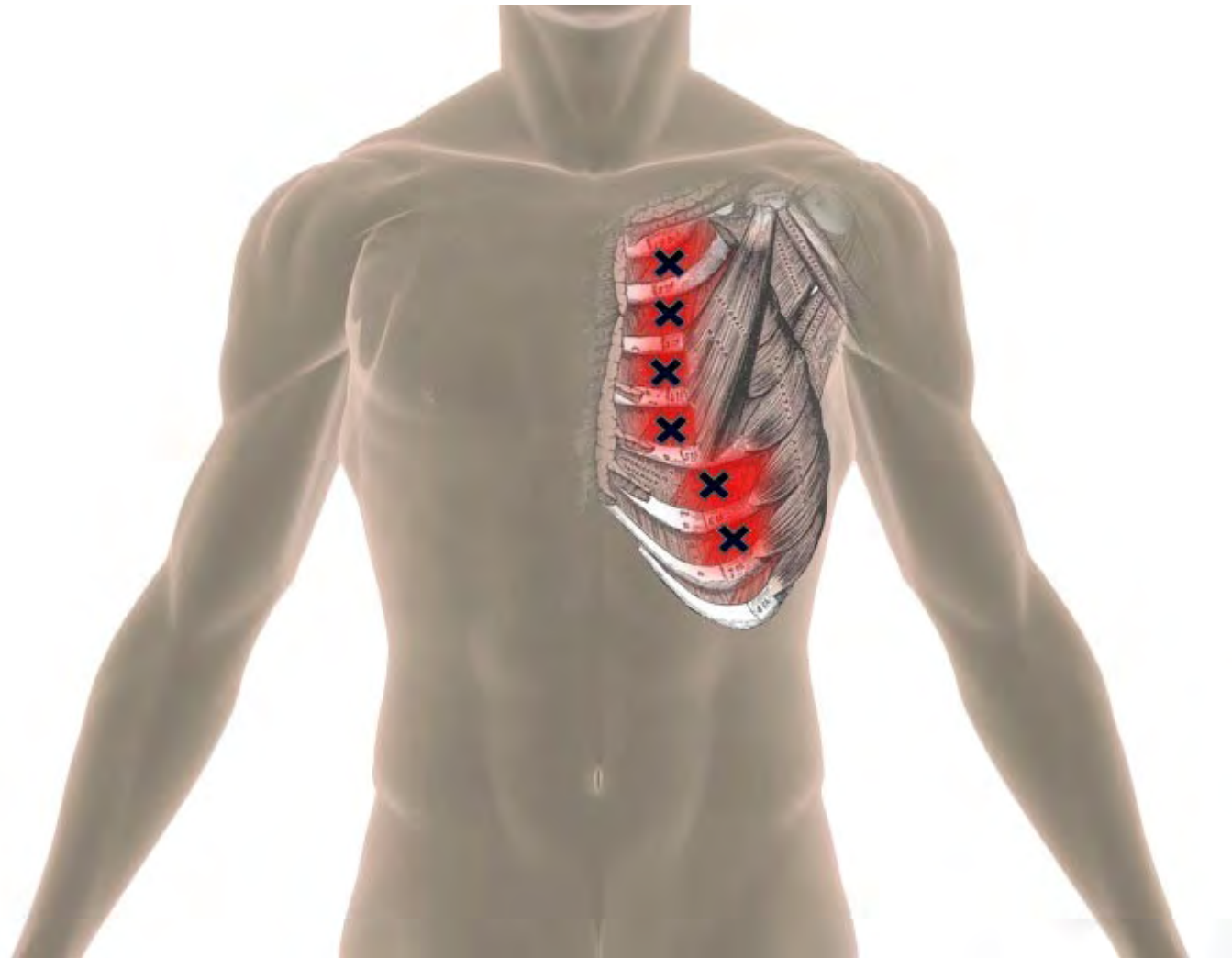
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

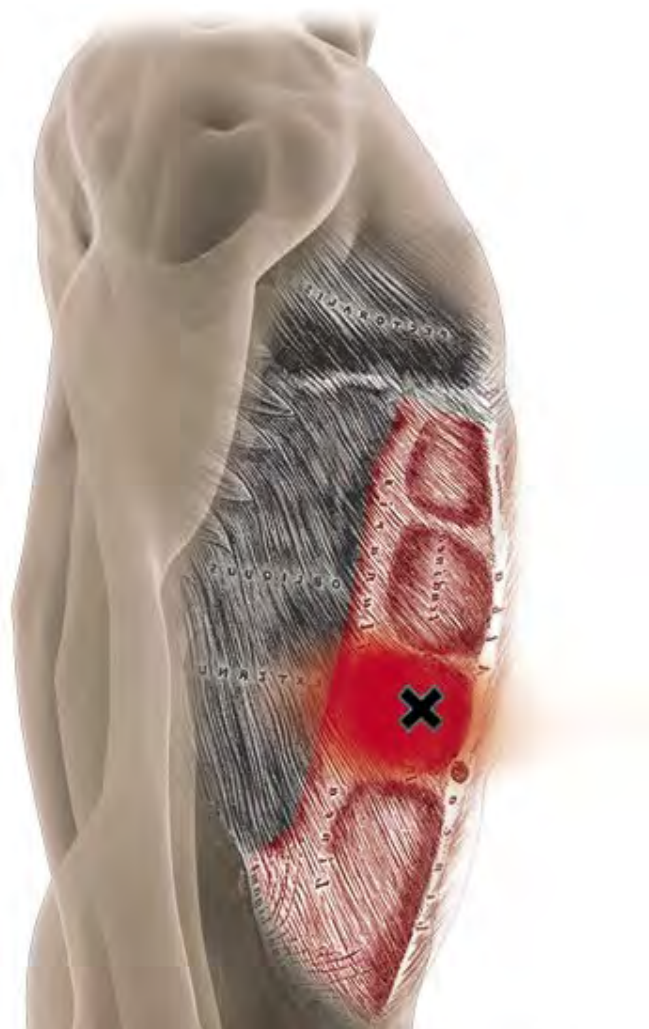
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

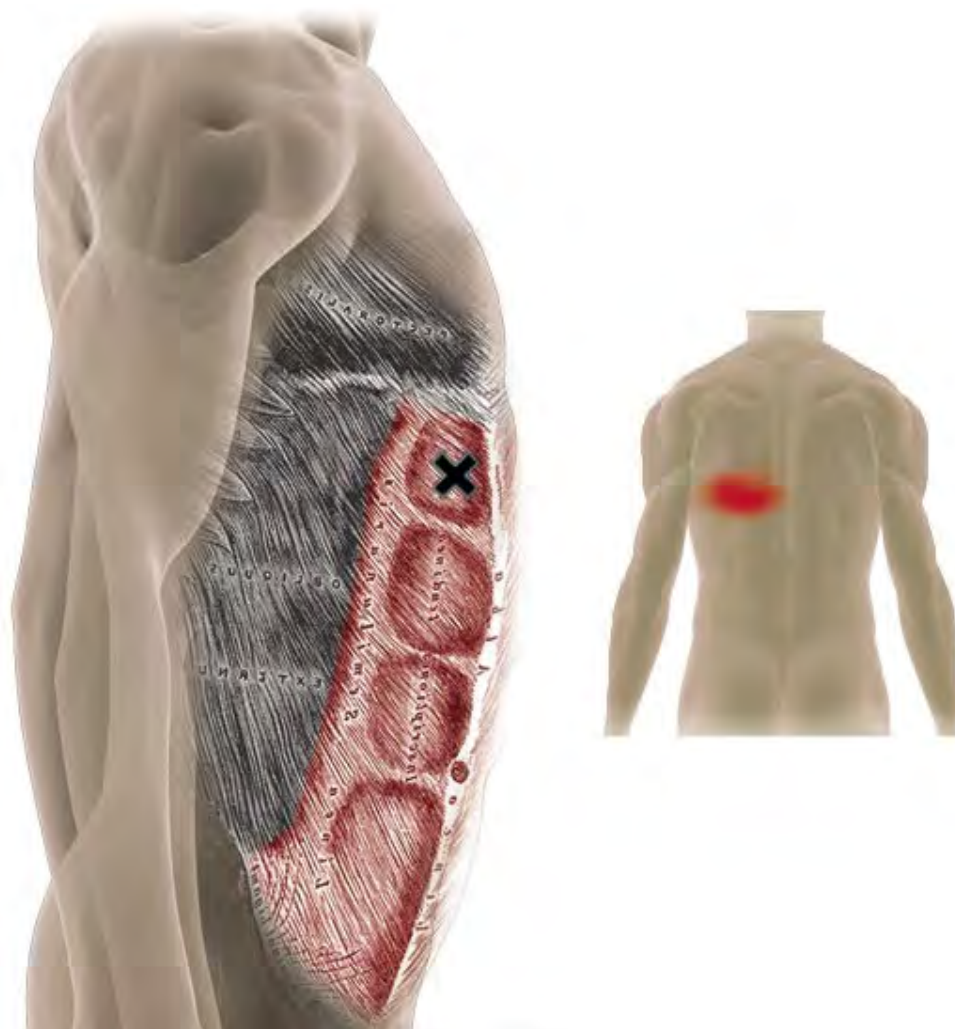
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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

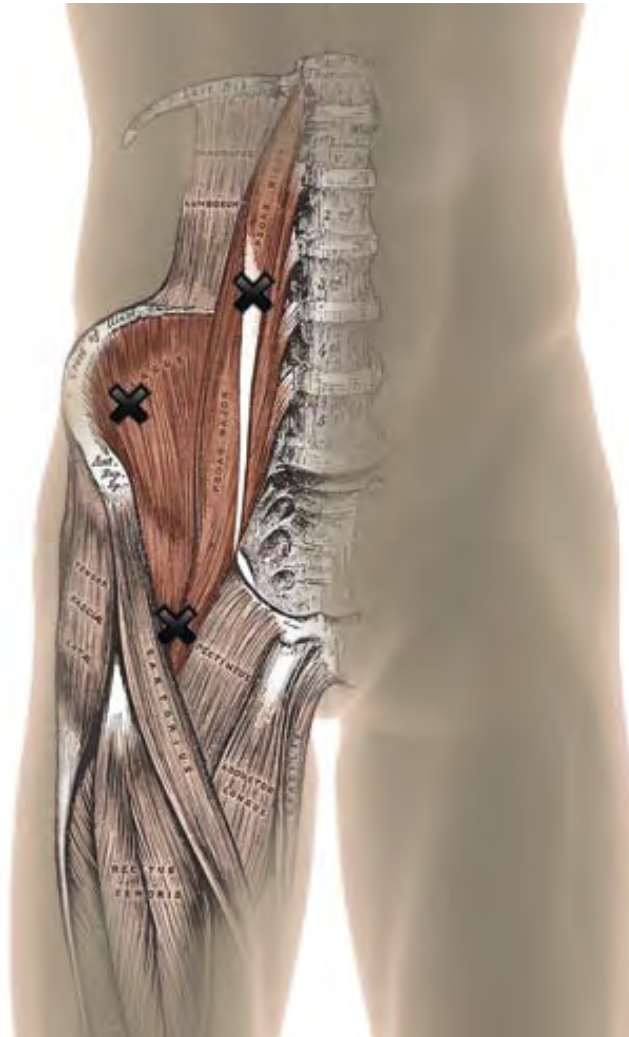
[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

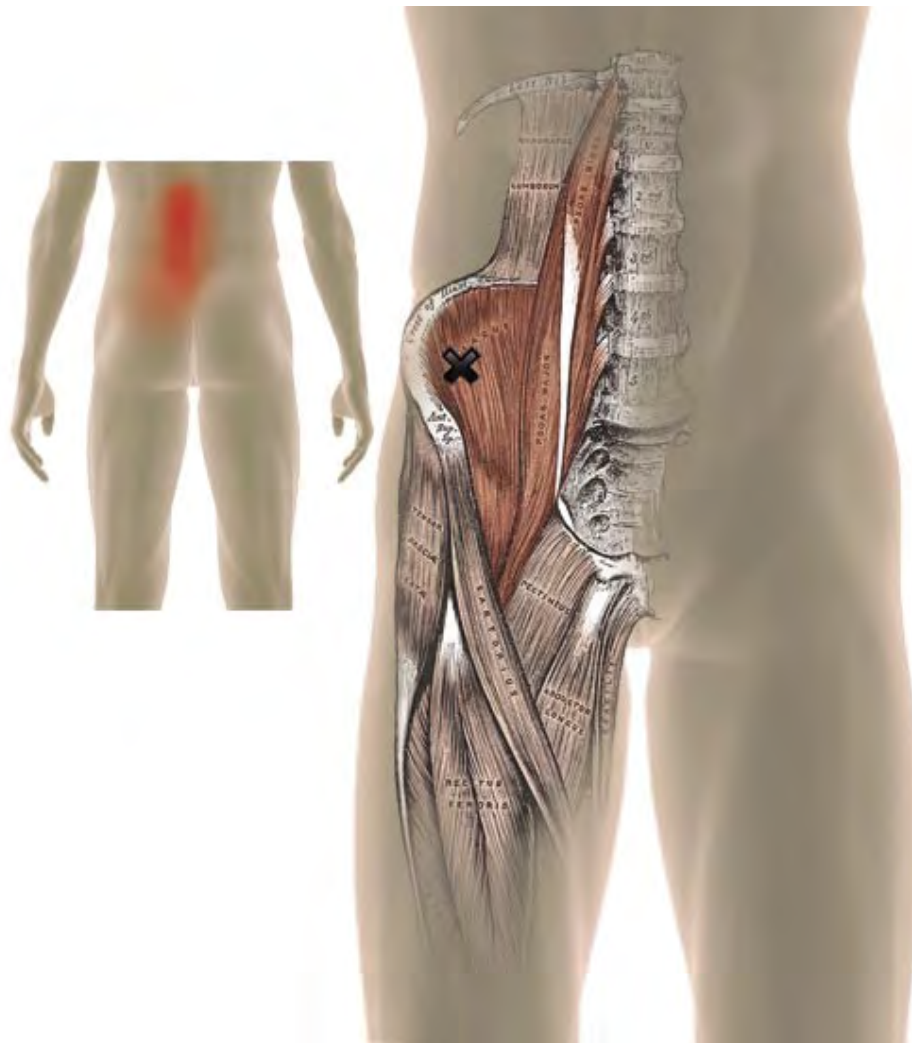
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

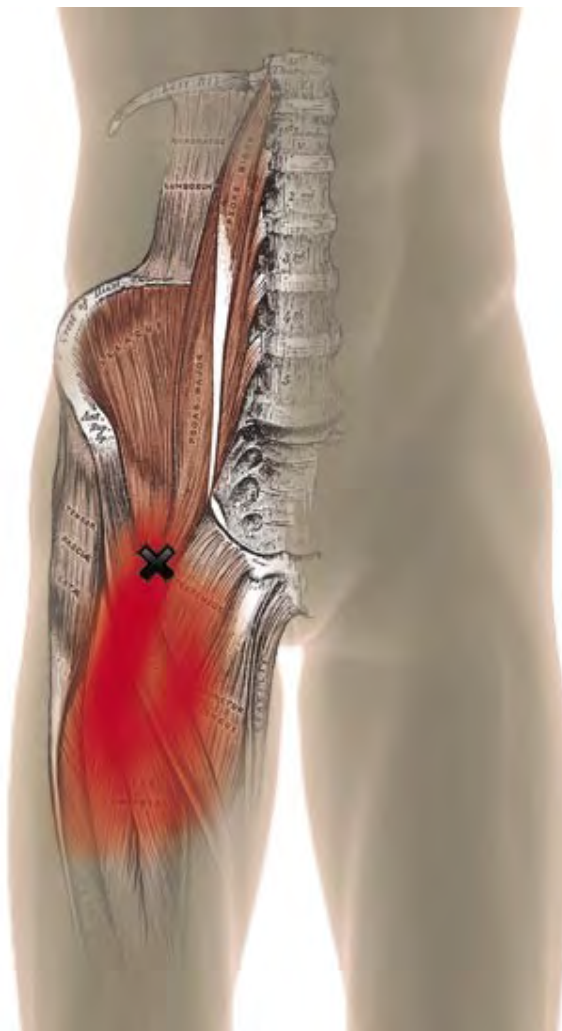
[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



Go to the next page to see trigger point pain patterns

[Home](#)

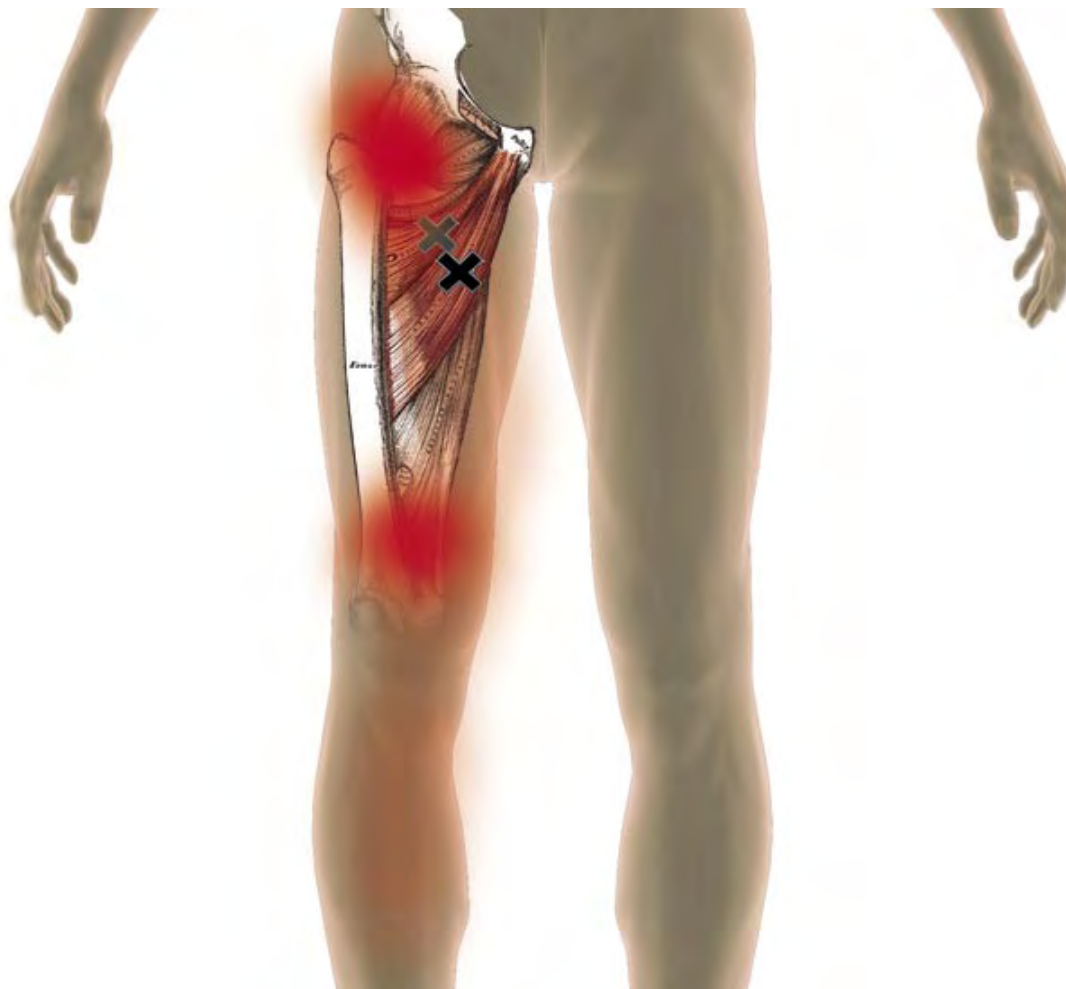
[Muscle List](#)

[Resources List](#)

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



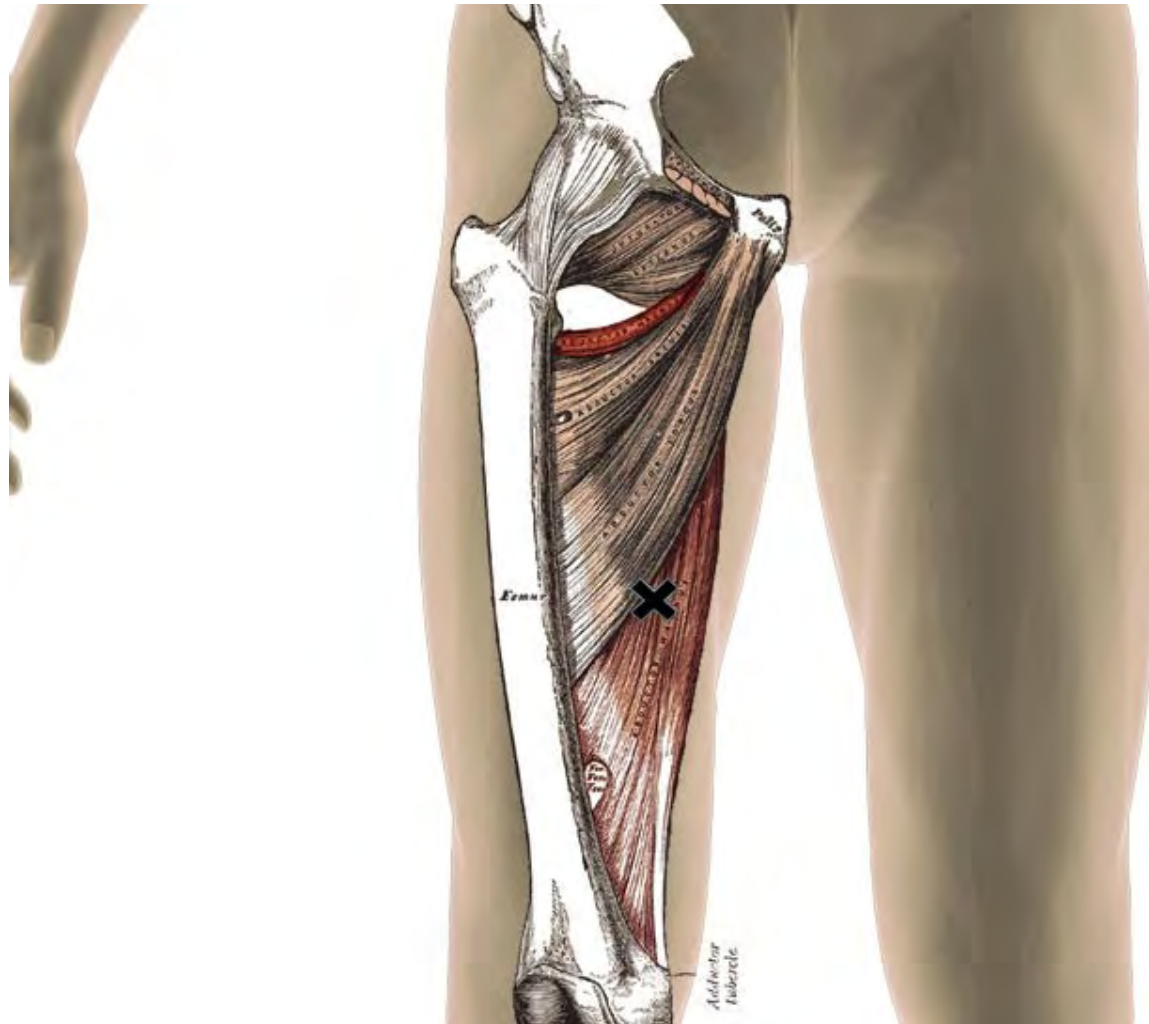
[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

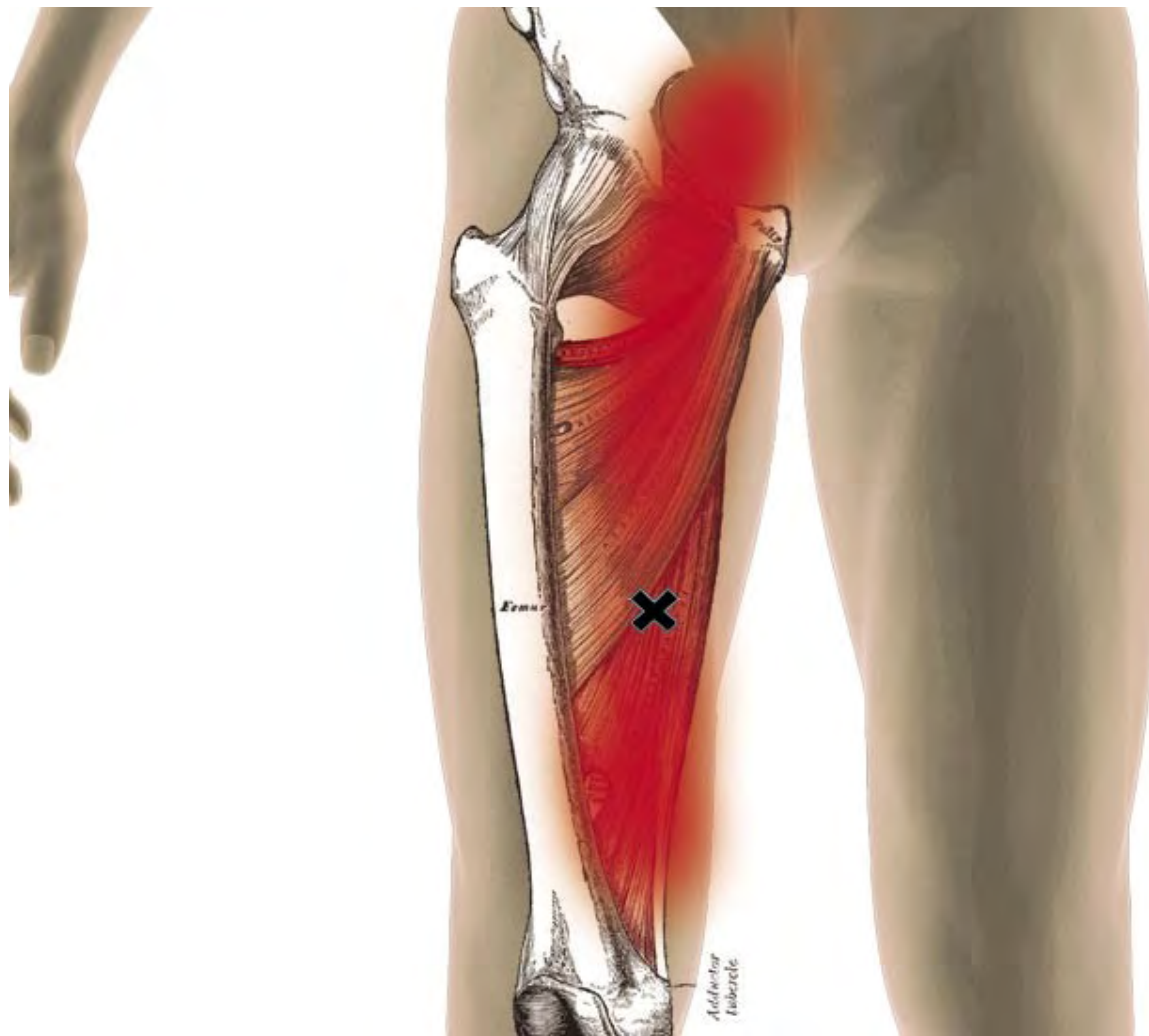
[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



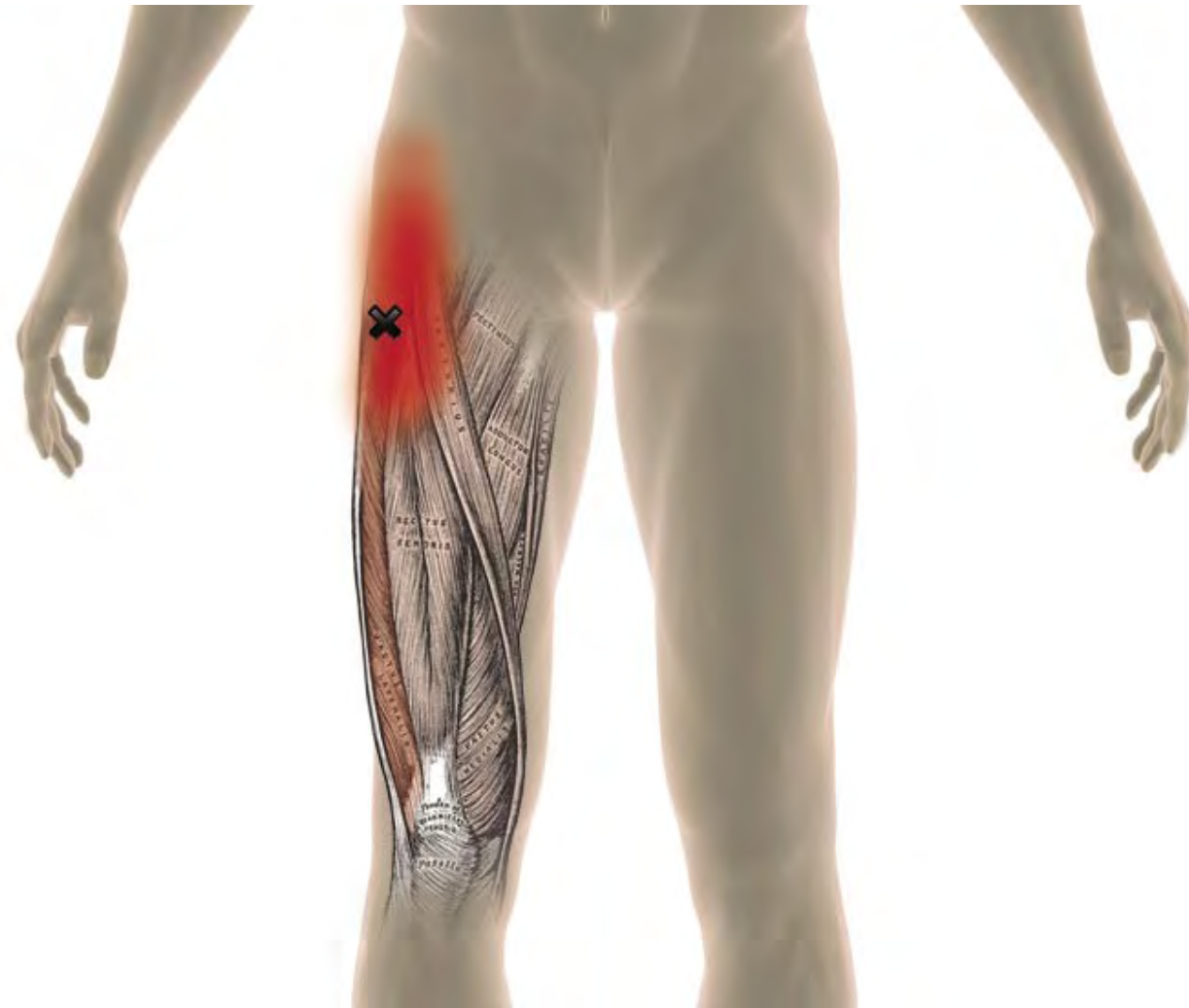
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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 KNEE PAIN:

Click on the muscle names to see trigger point diagrams

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |
| 142 | Lower Back |



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



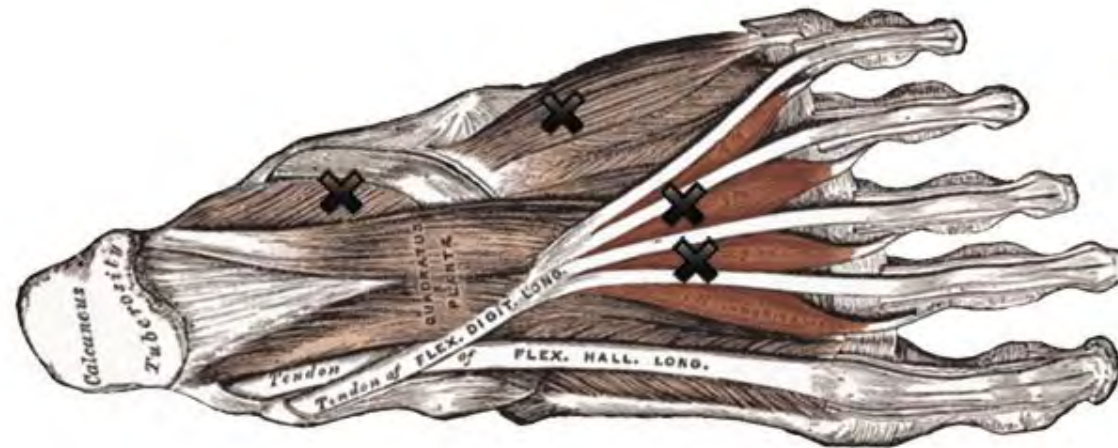
[Home](#)

[Muscle List](#)

[Resources List](#)

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
132	Upper Back
142	Lower Back



Go to the next page to see trigger point pain patterns

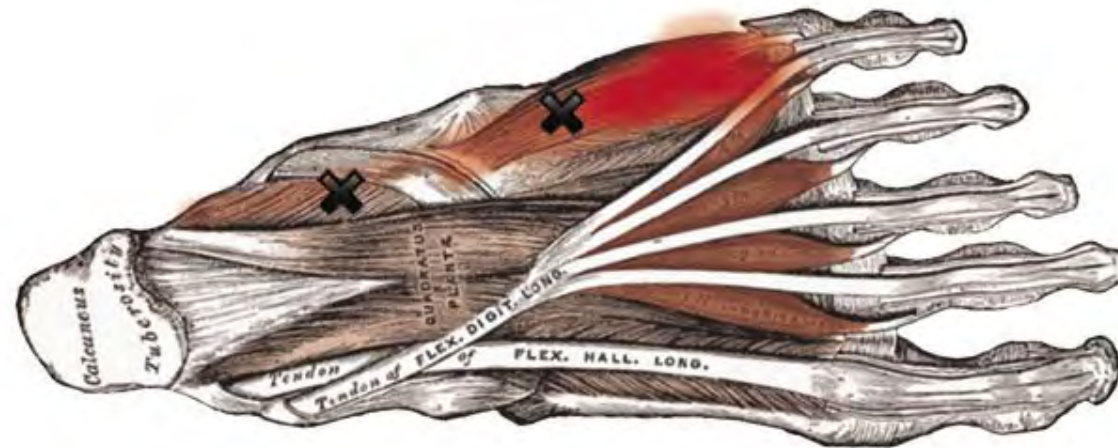
[Home](#)

[Muscle List](#)

[Resources List](#)

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



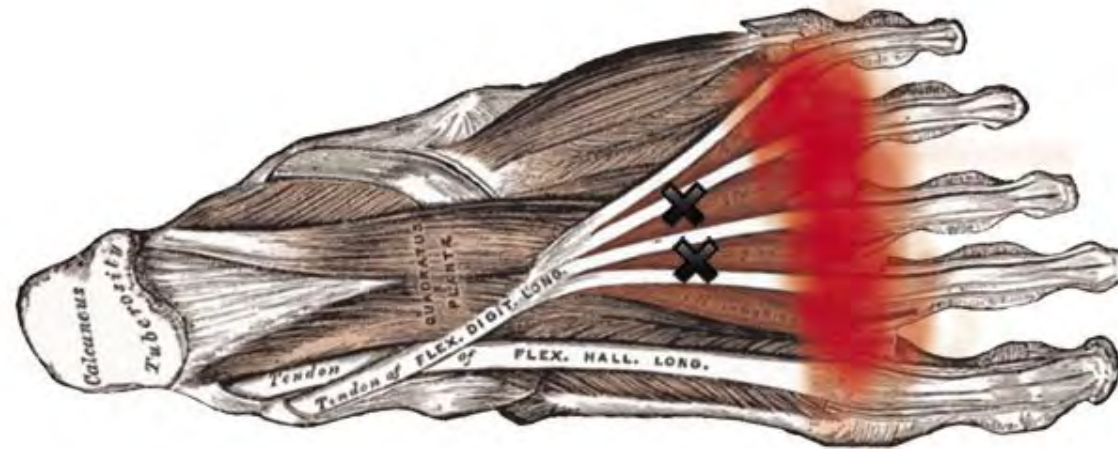
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

FOREARM EXTENSORS 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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

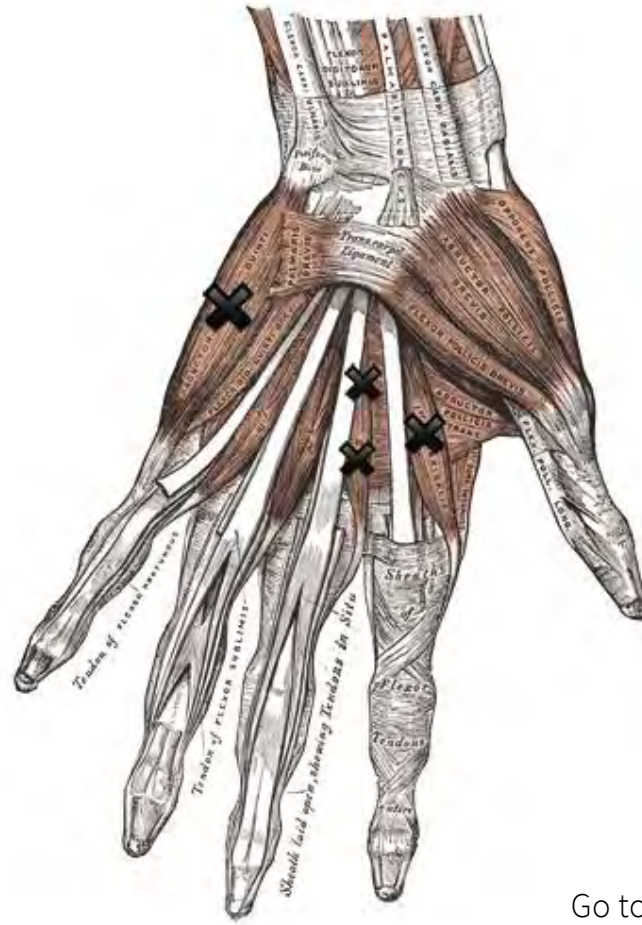
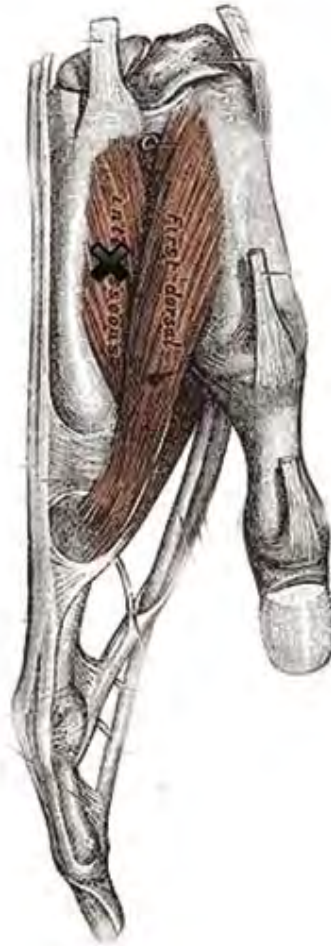
[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

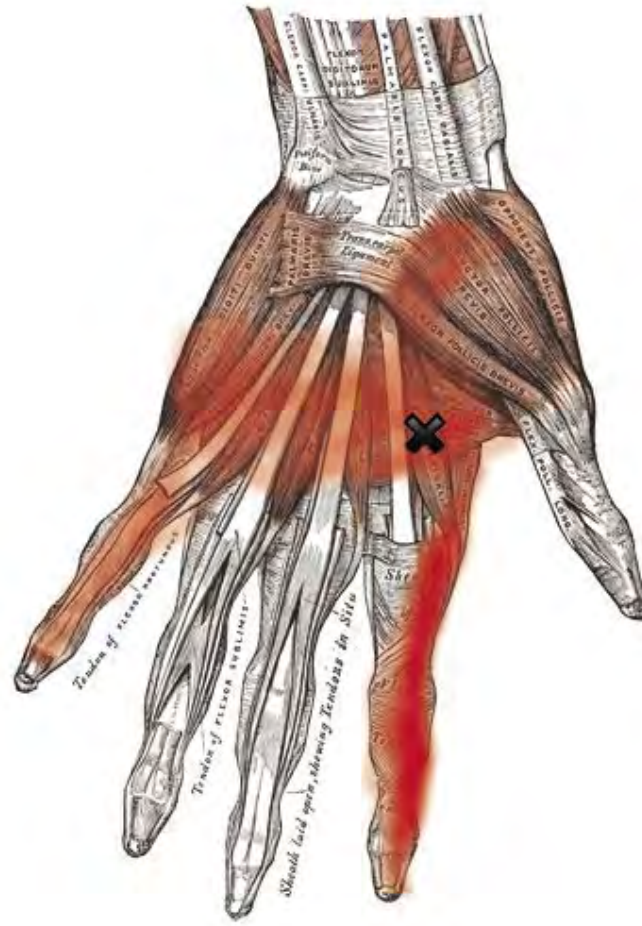
[Muscle List](#)

[Resources List](#)

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



[Home](#)

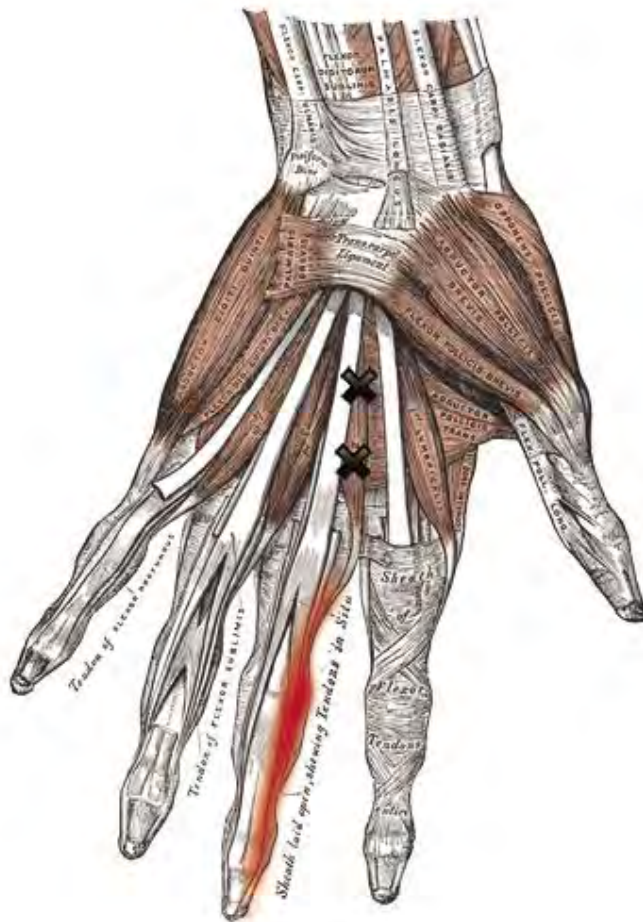
[Muscle List](#)

[Resources List](#)

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



[Home](#)

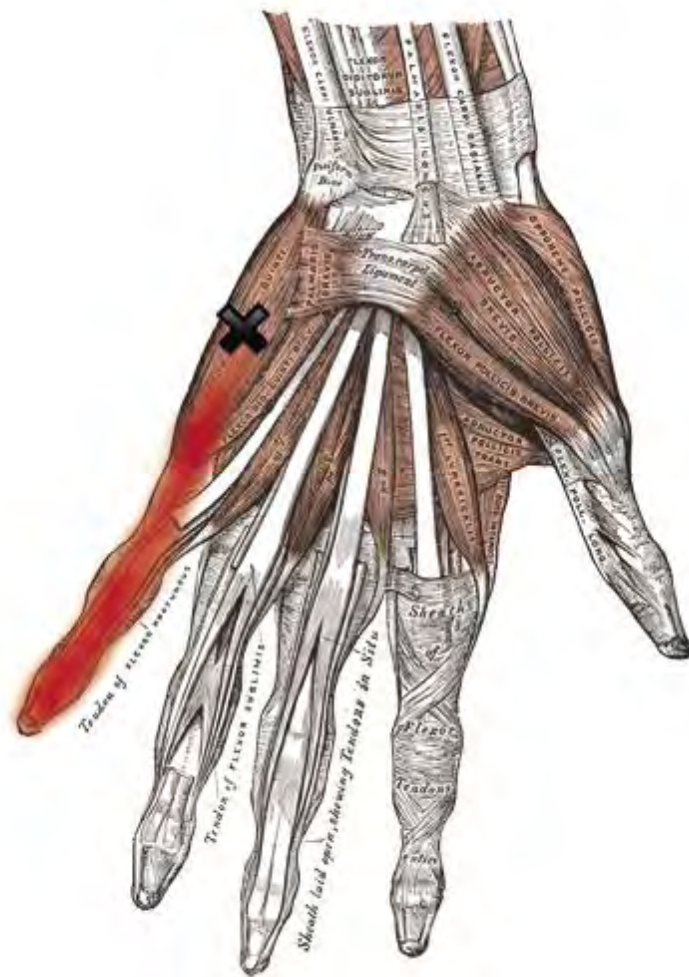
[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



Go to the next page to see trigger point pain patterns

[Home](#)

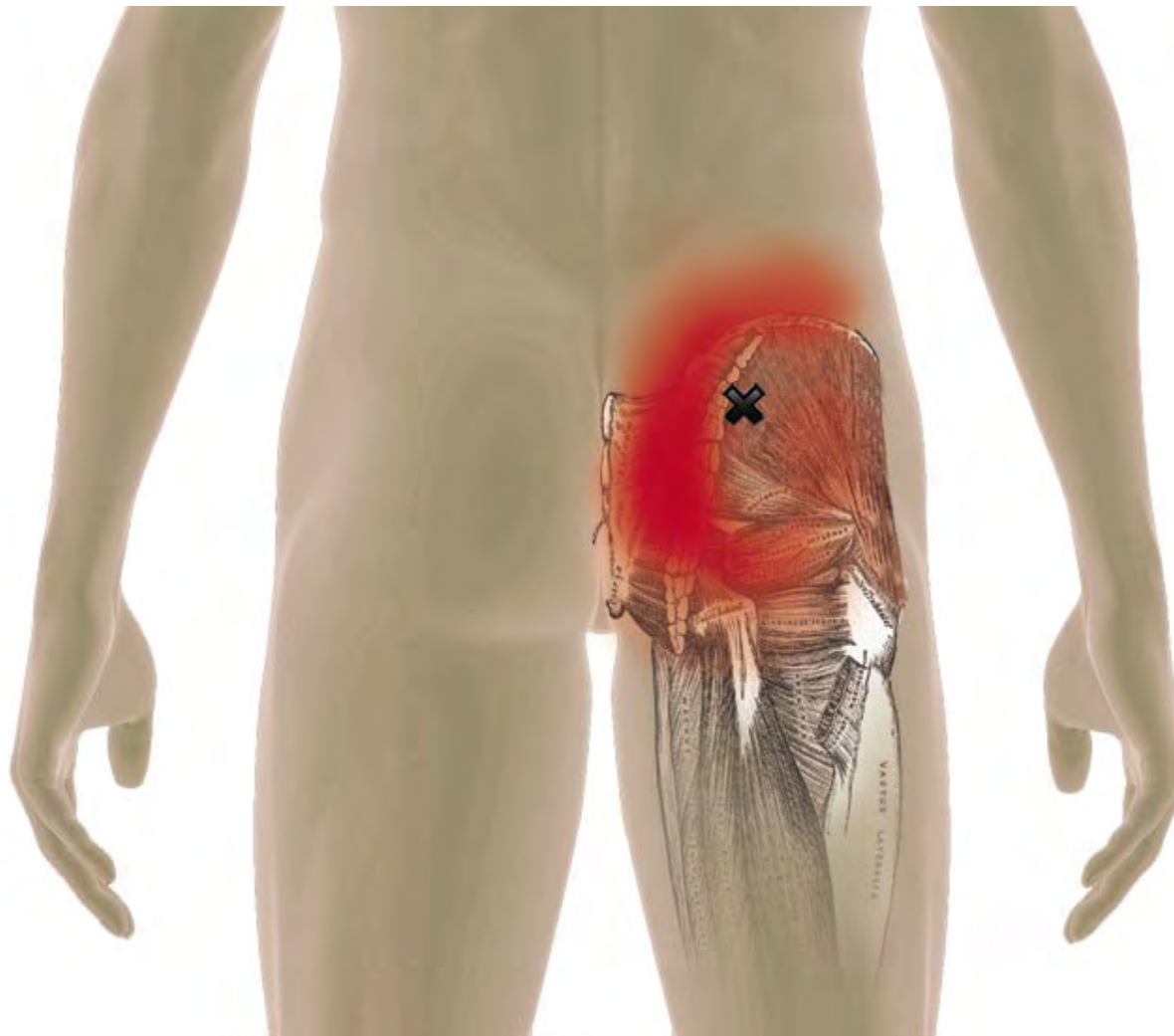
[Muscle List](#)

[Resources List](#)

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 |



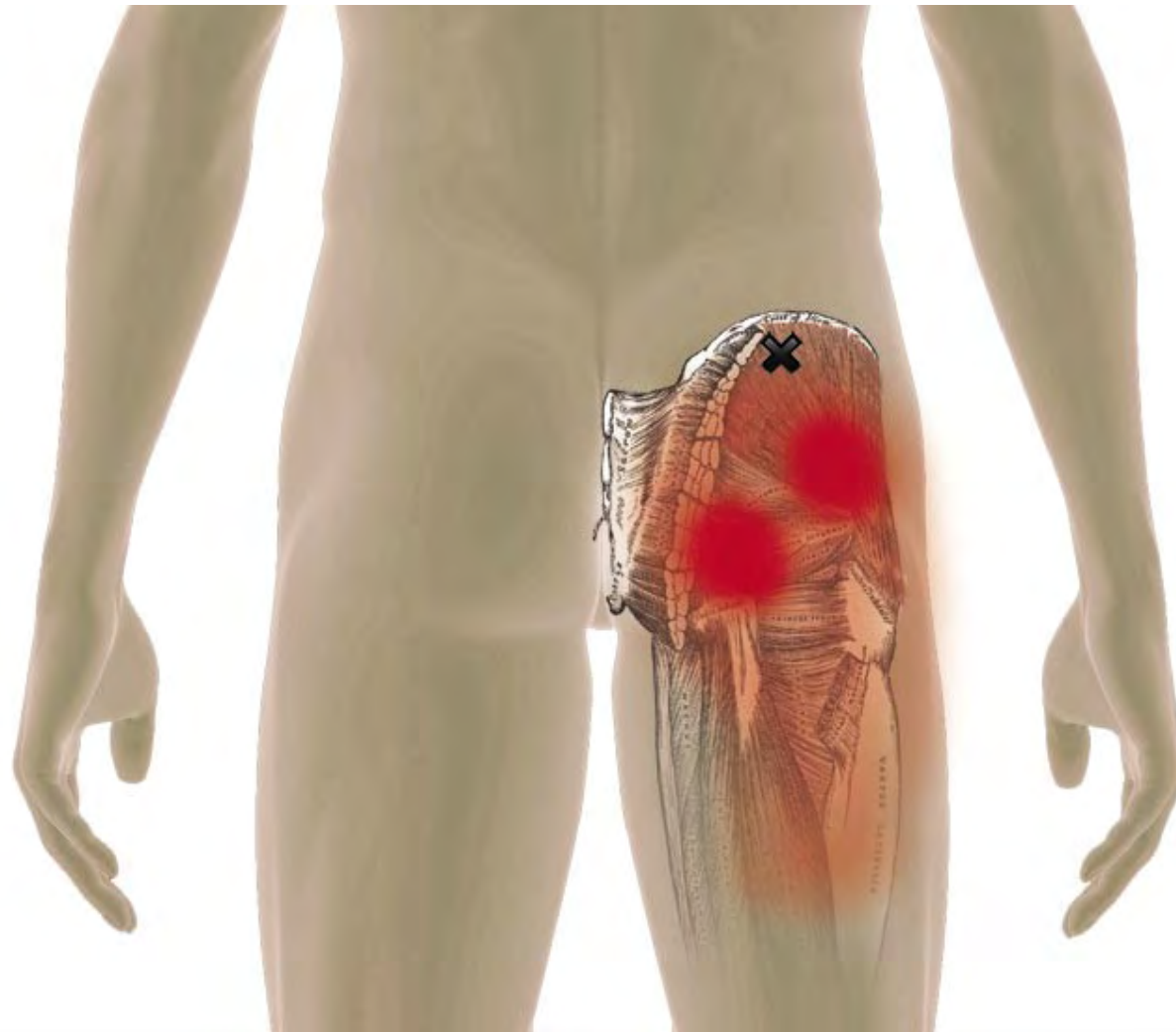
[Home](#)

[Muscle List](#)

[Resources List](#)

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



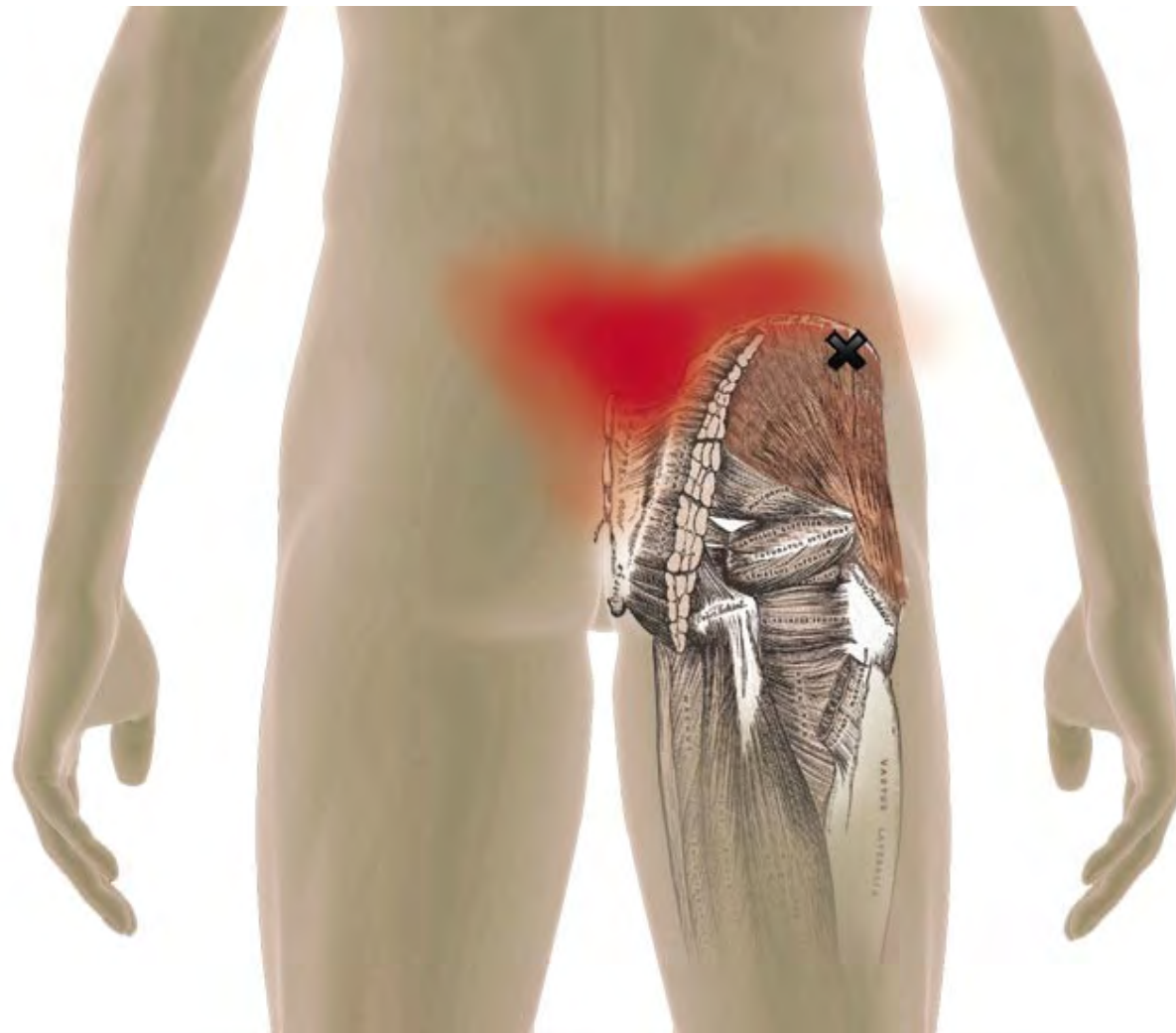
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

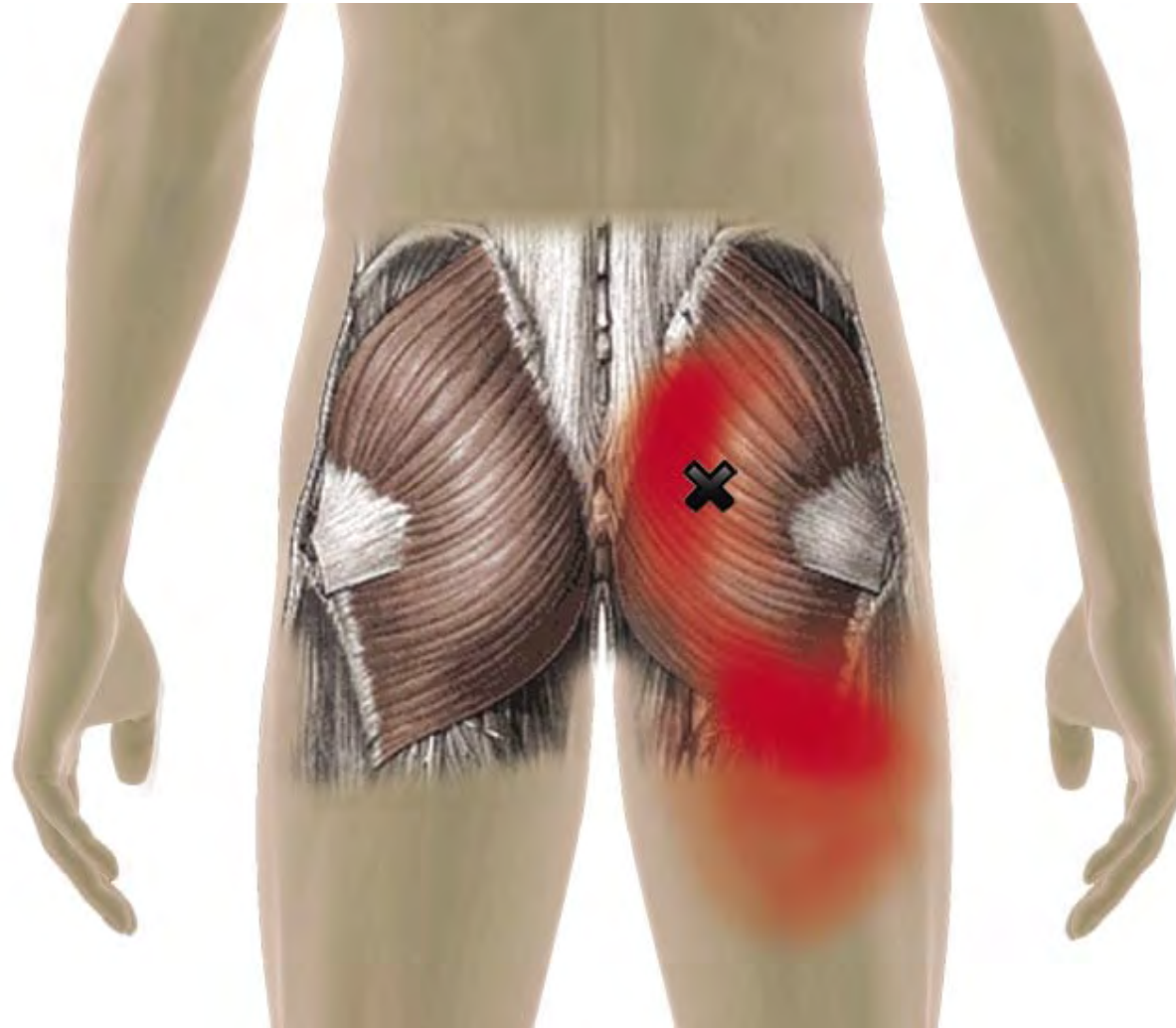
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

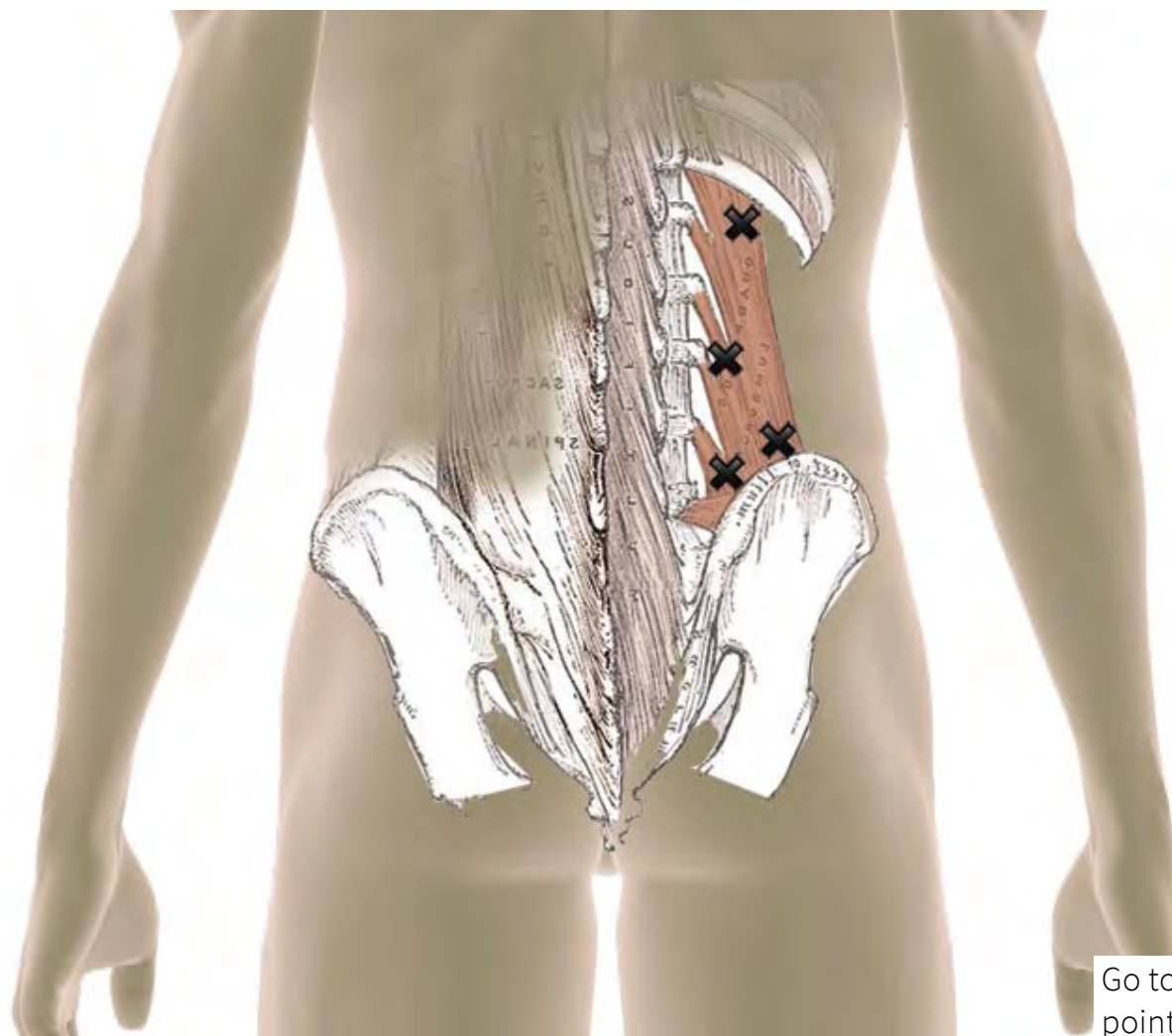
[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

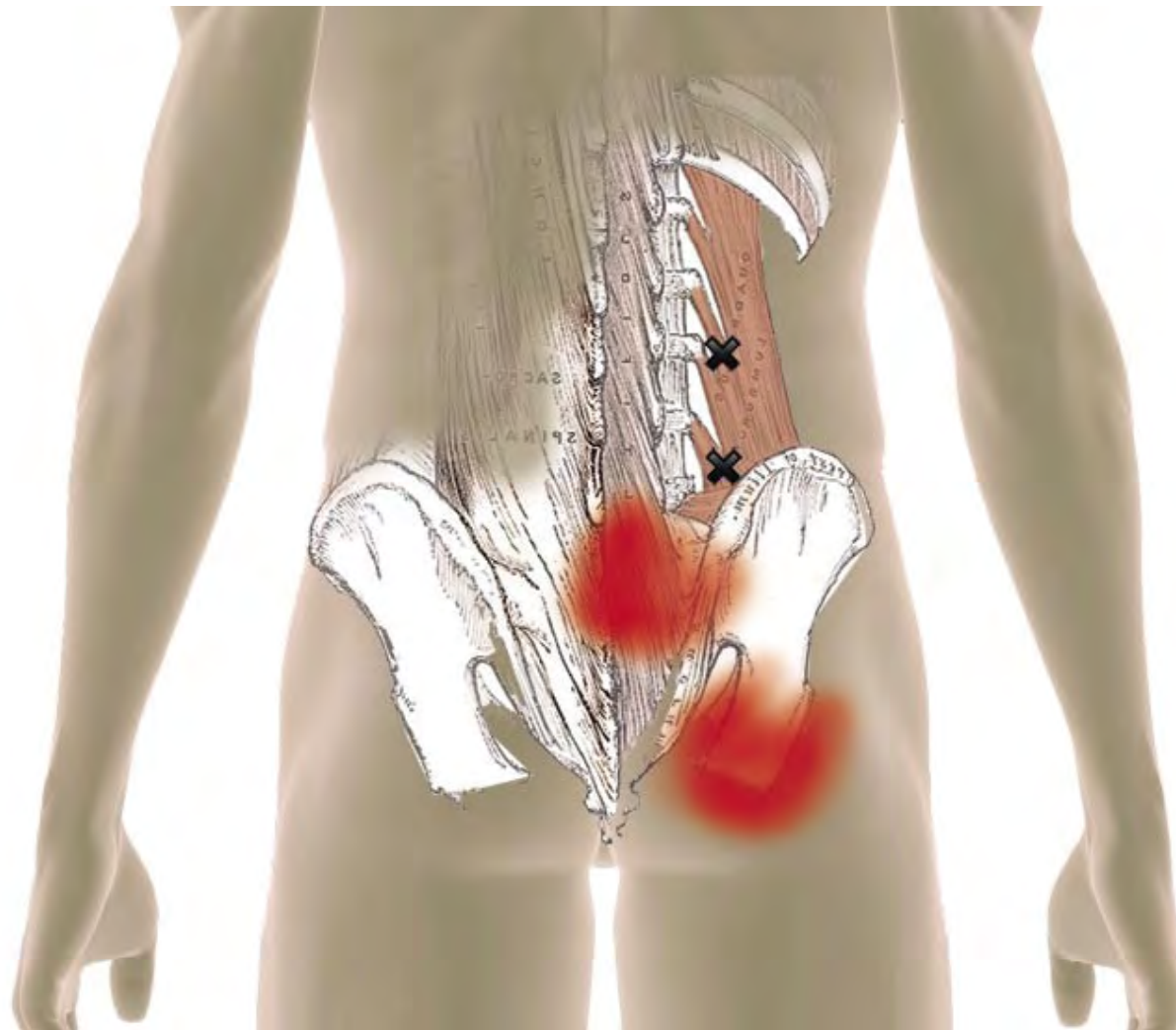
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

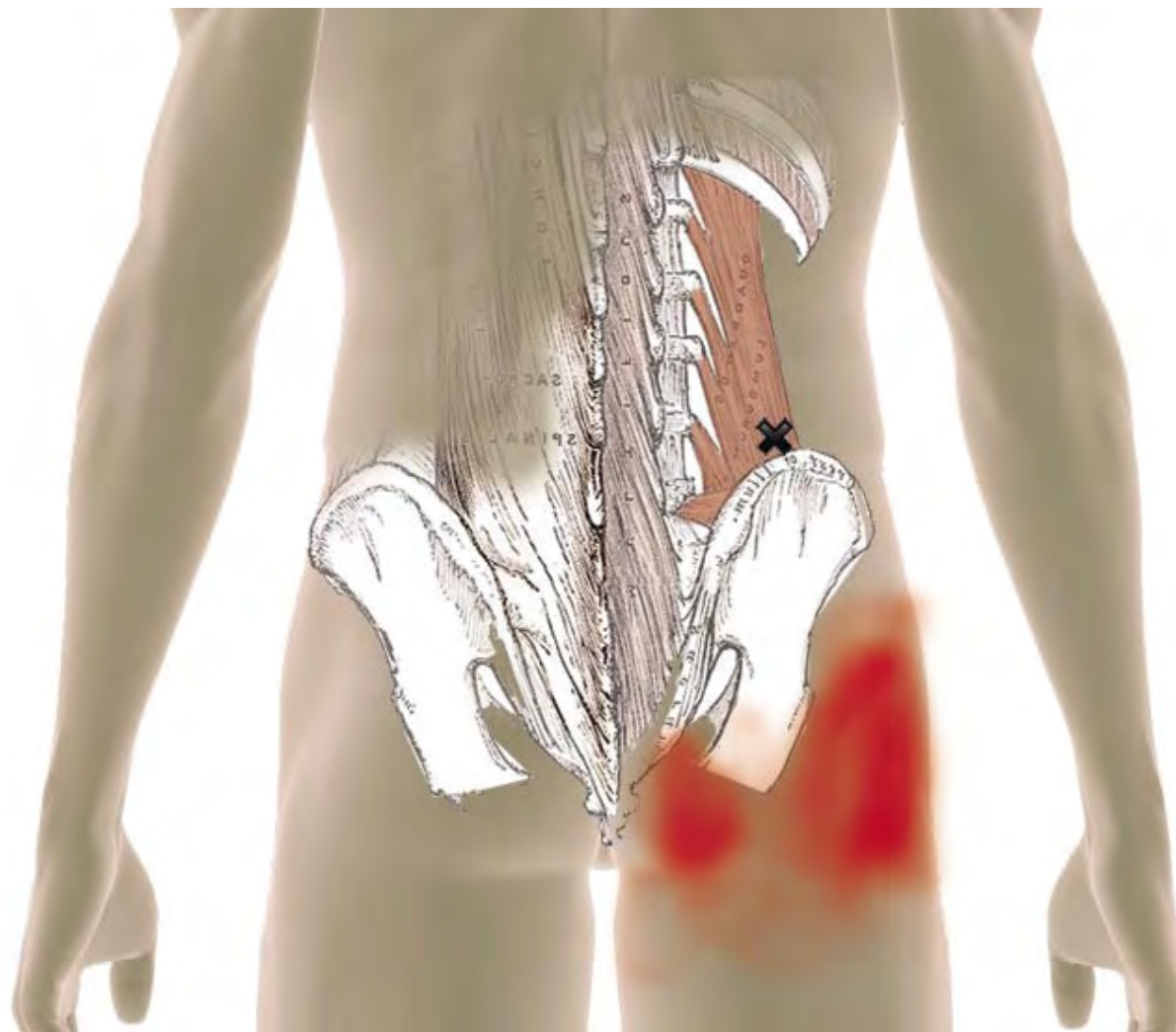
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

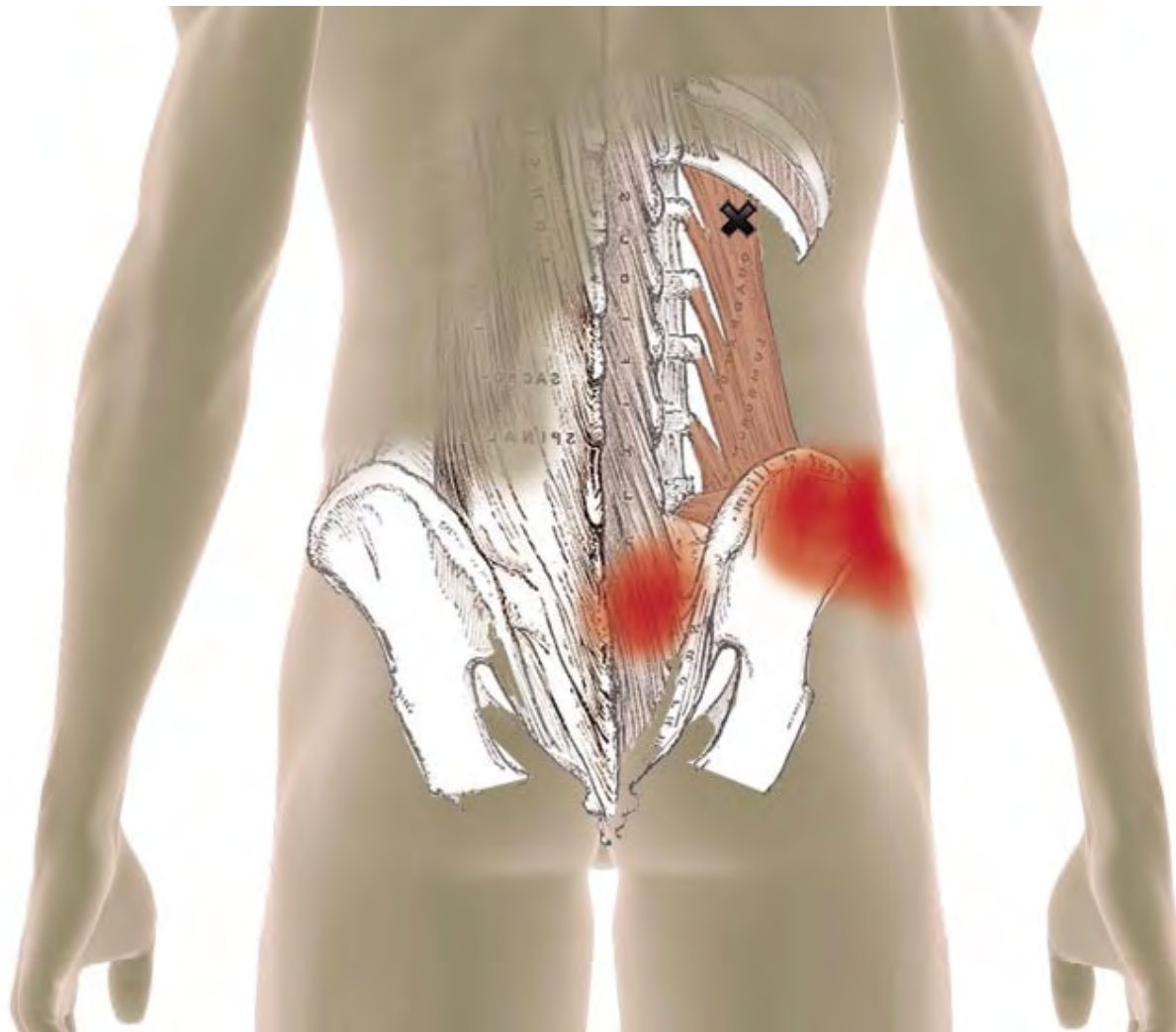
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

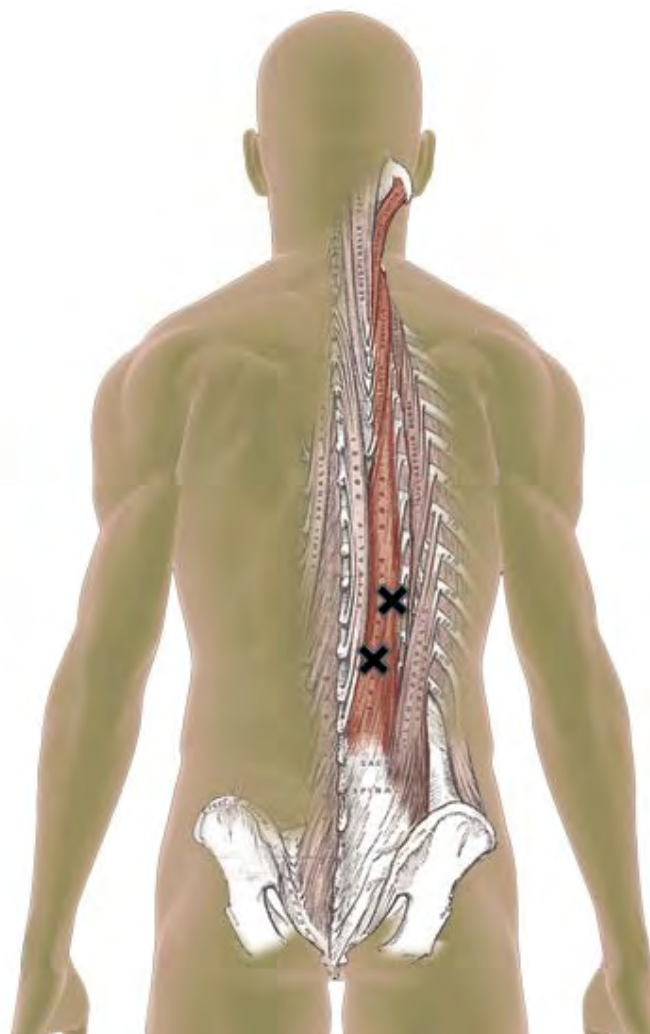
[Muscle List](#)

[Resources List](#)

LONGISSIMUS 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



Go to the next page to see trigger point pain patterns

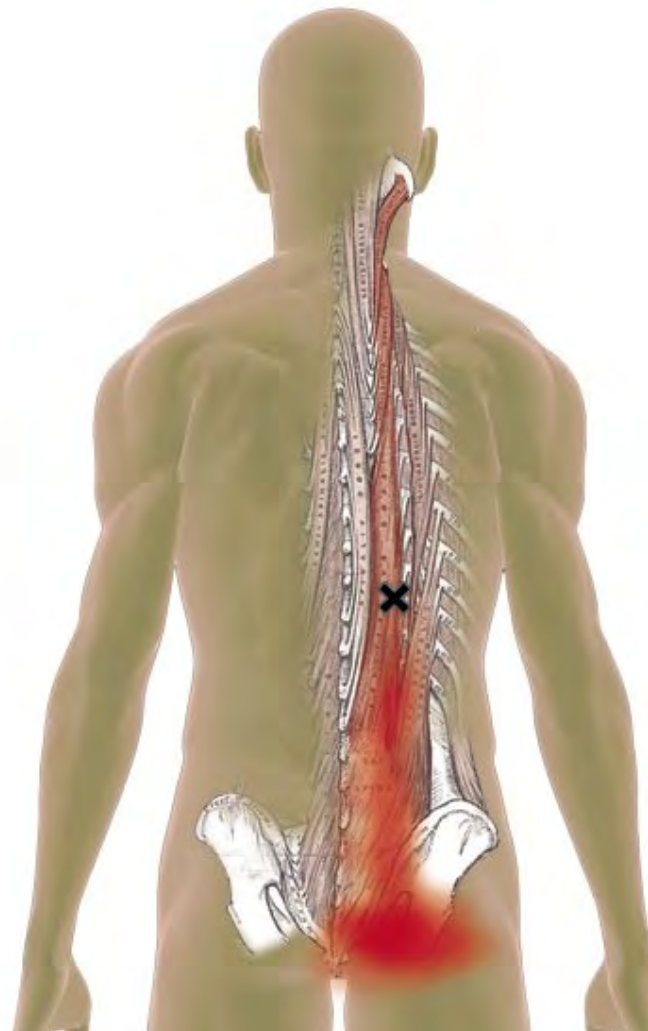
[Home](#)

[Muscle List](#)

[Resources List](#)

LONGISSUMUS 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



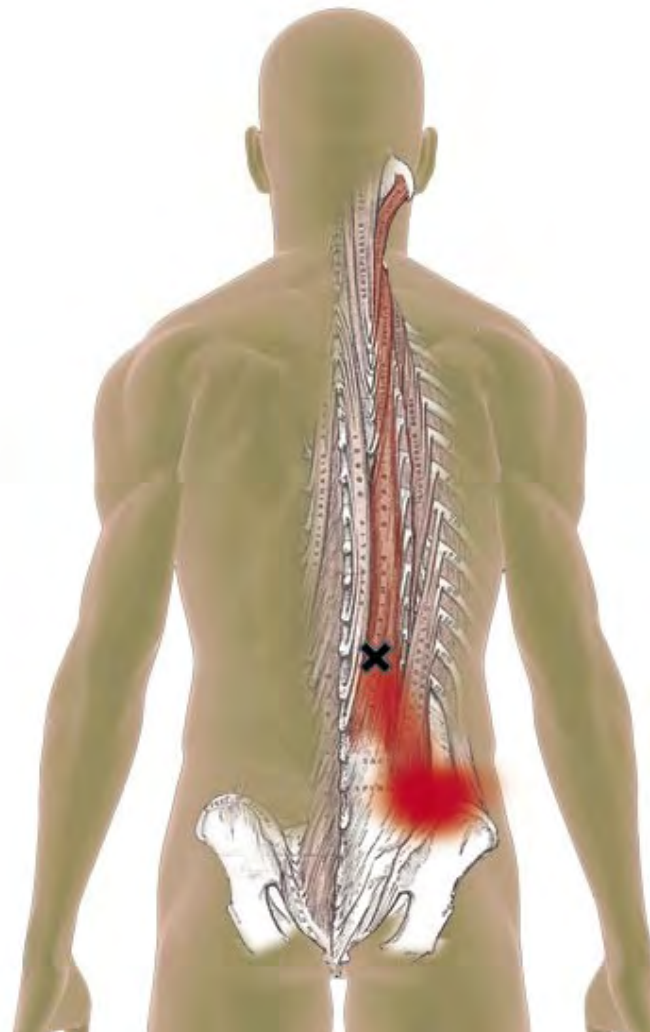
[Home](#)

[Muscle List](#)

[Resources List](#)

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



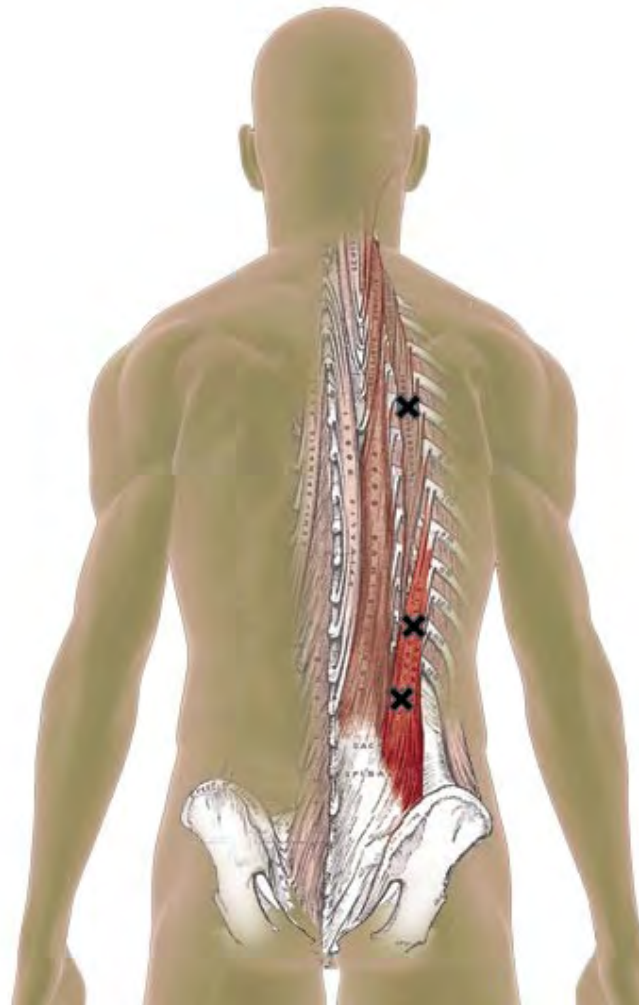
[Home](#)

[Muscle List](#)

[Resources List](#)

ILIO COSTALIS 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



Go to the next page to see trigger point pain patterns

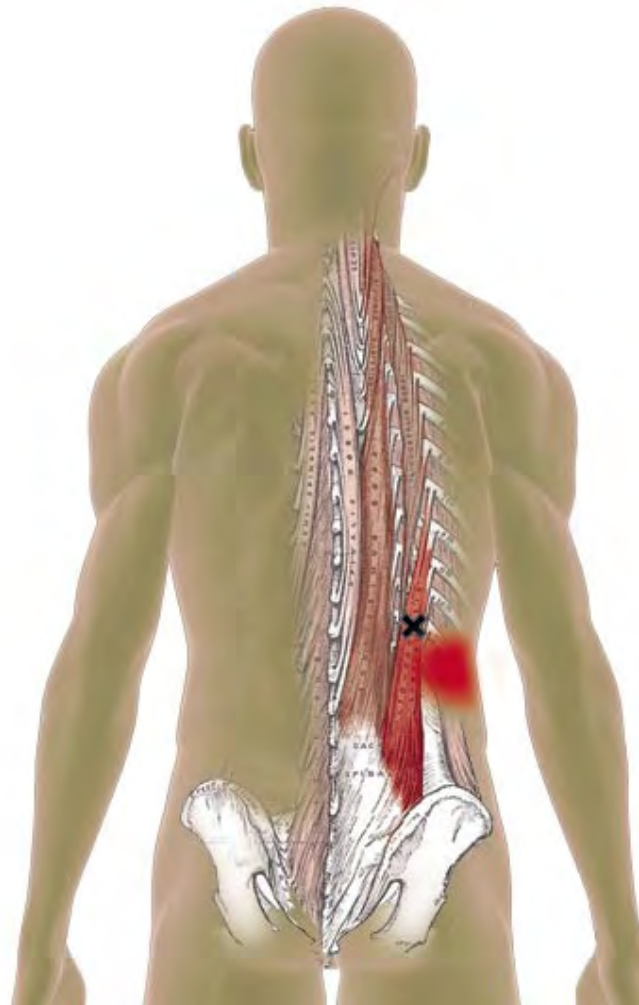
[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



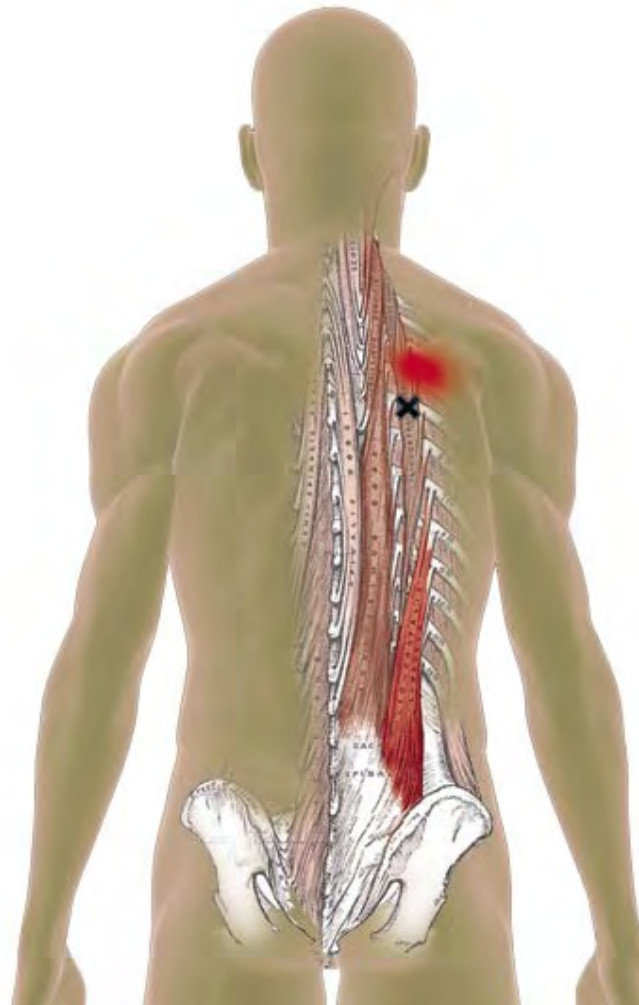
[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



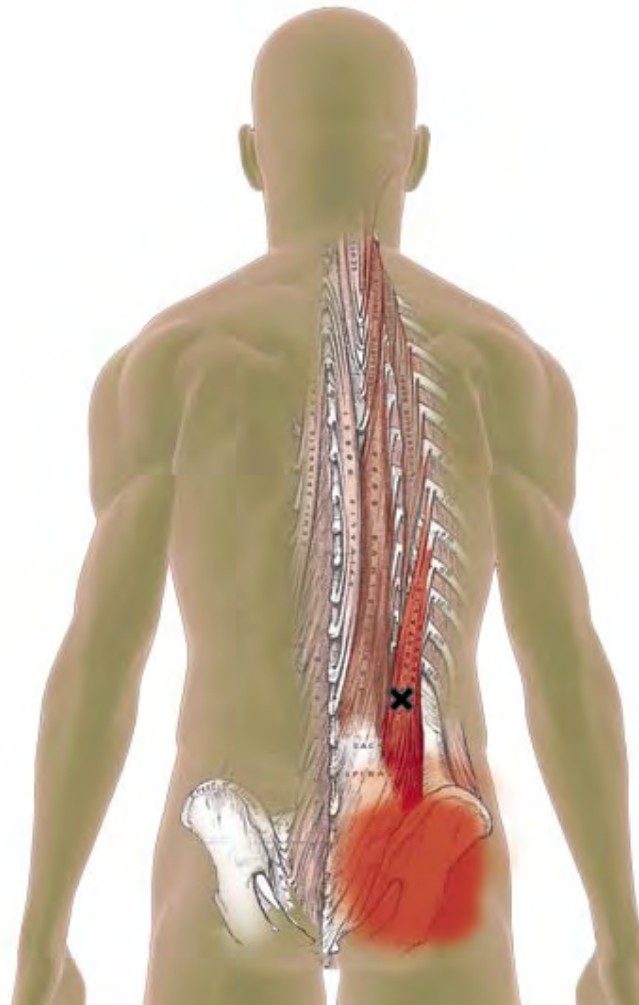
[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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
132	Upper Back
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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 |
| 142 | Lower Back |



Go to the next page to see trigger point pain patterns

[Home](#)

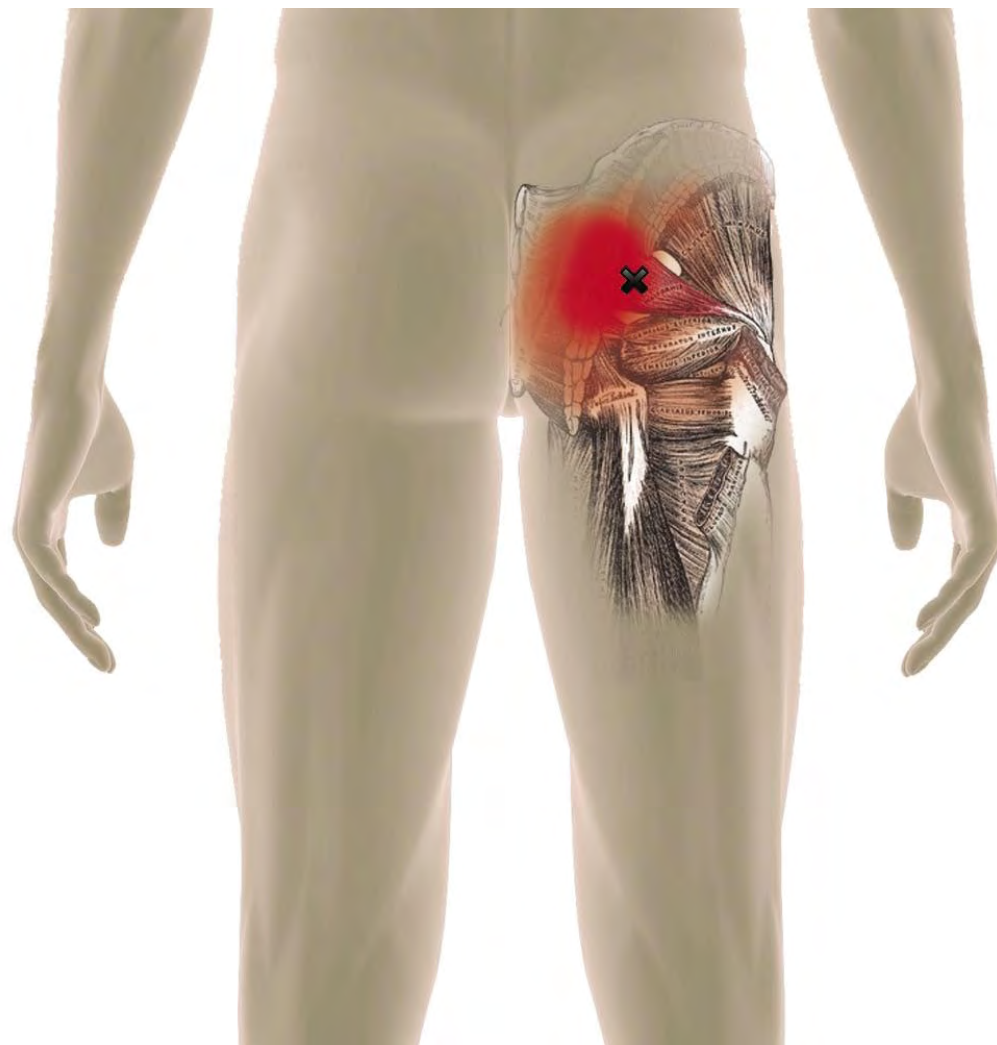
[Muscle List](#)

[Resources List](#)

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 |
| 142 | Lower Back |



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

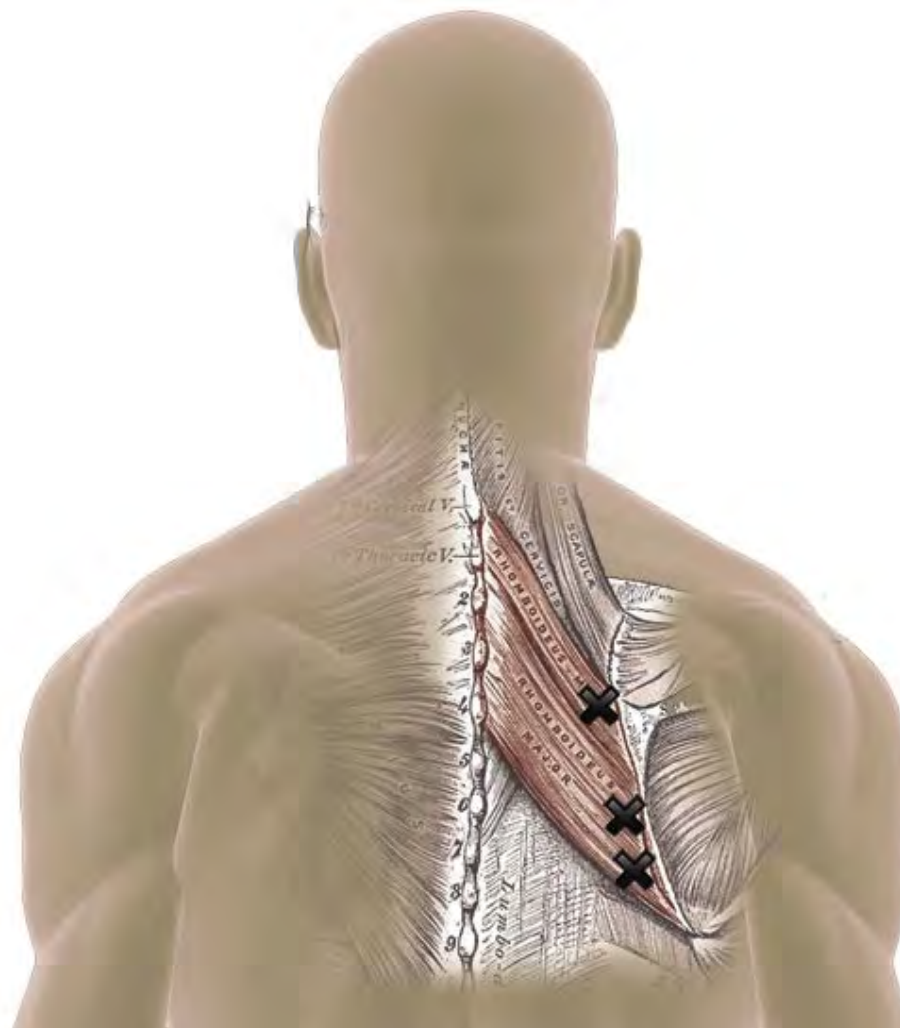
[Muscle List](#)

[Resources List](#)

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



Go to the next page to see trigger point pain patterns

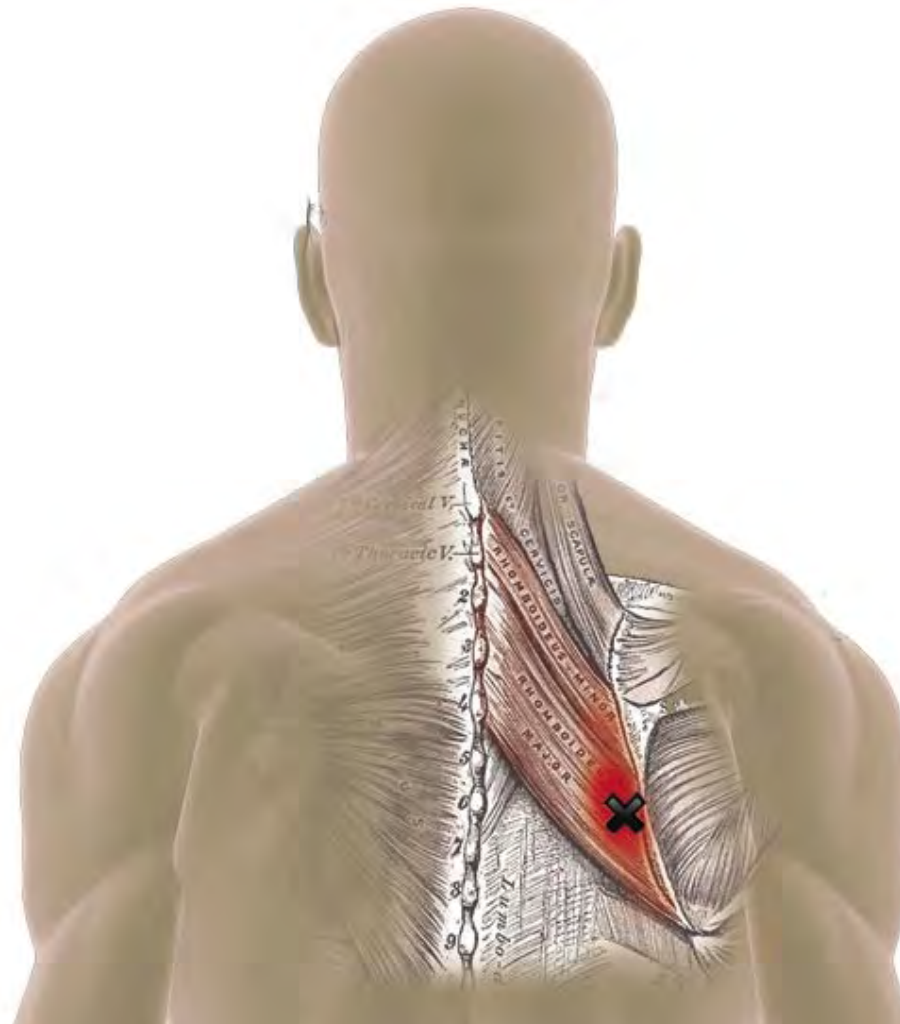
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

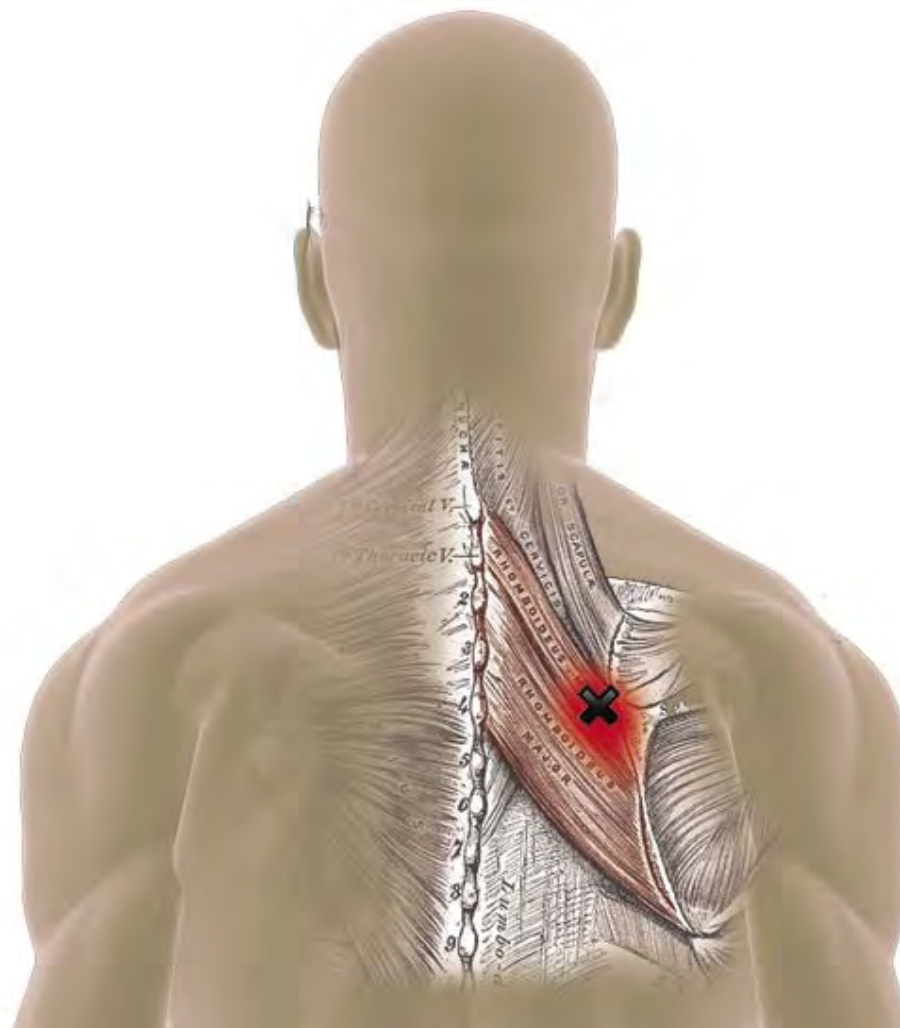
[Muscle List](#)

[Resources List](#)

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 |



[Home](#)

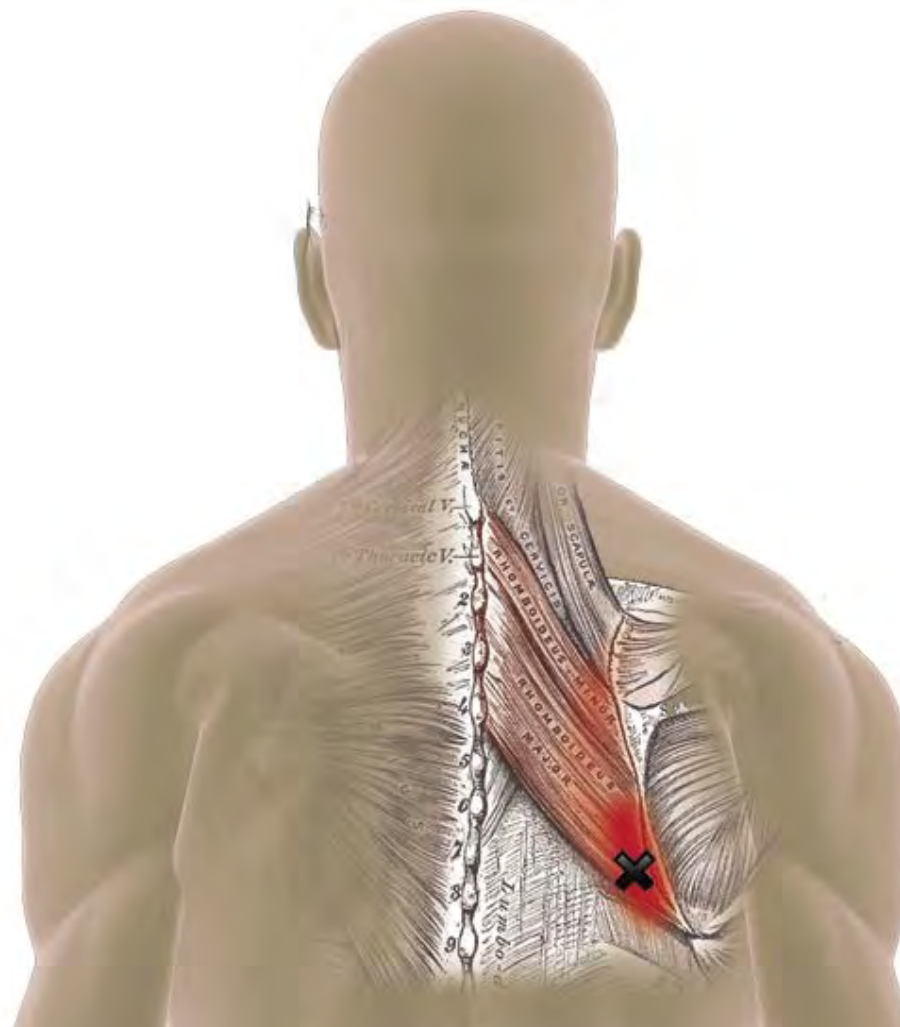
[Muscle List](#)

[Resources List](#)

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 |



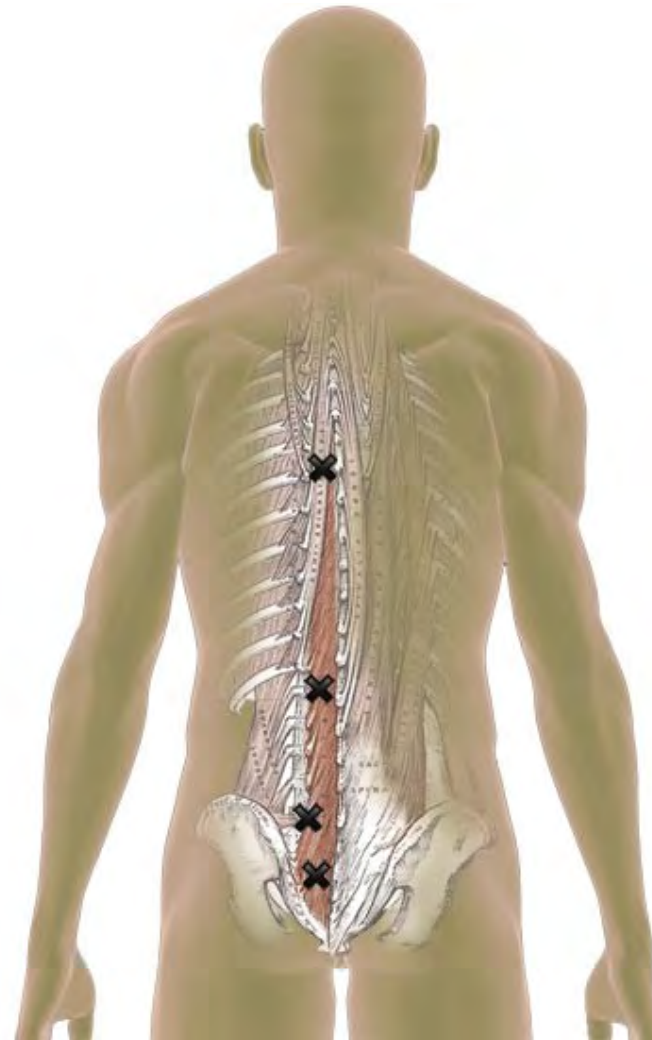
[Home](#)

[Muscle List](#)

[Resources List](#)

MULTIFIDI 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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |



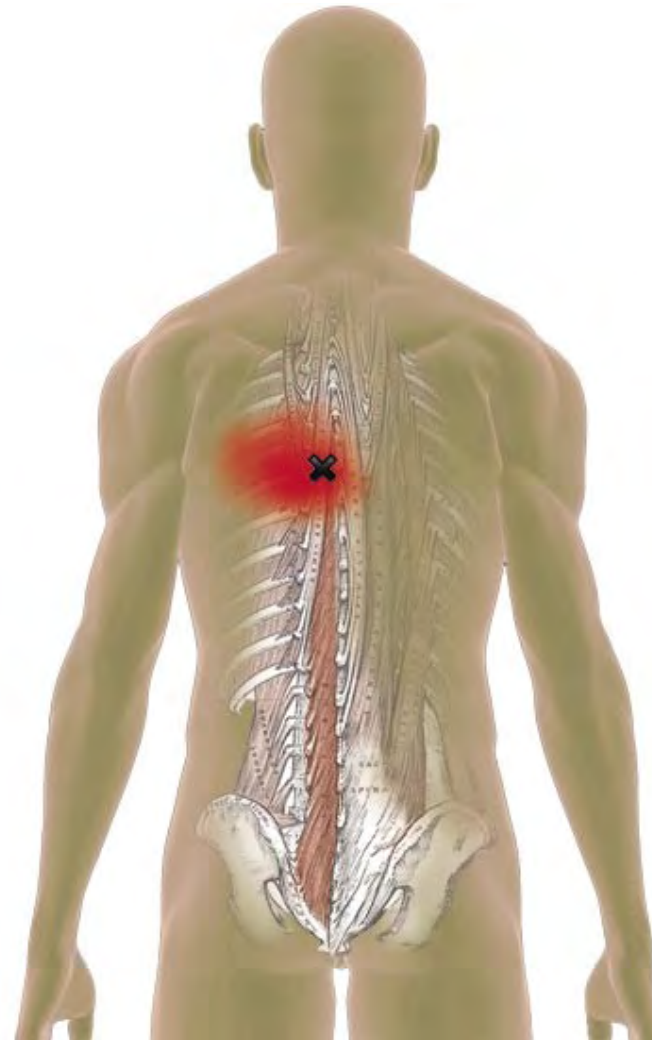
[Home](#)

[Muscle List](#)

[Resources List](#)

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



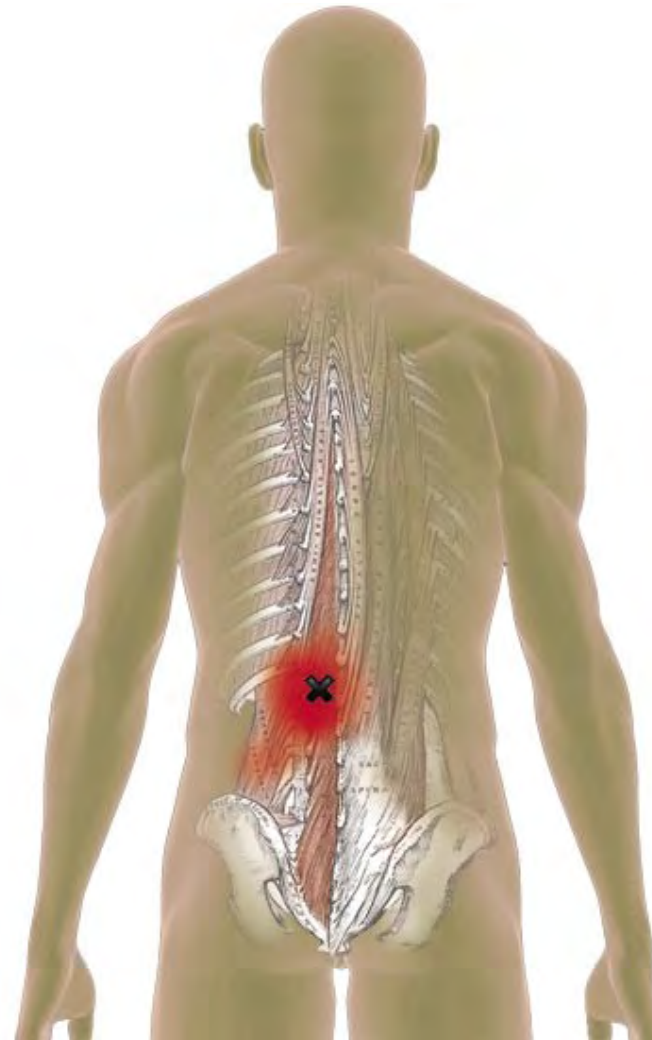
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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

[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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 |
| 102 | Buttock |
| 132 | Upper Back |
| 142 | Lower Back |



[Home](#)

[Muscle List](#)

[Resources List](#)

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
102	Buttock
132	Upper Back
142	Lower Back



[Home](#)

[Muscle List](#)

[Resources List](#)

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
102	Buttock
132	Upper Back
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



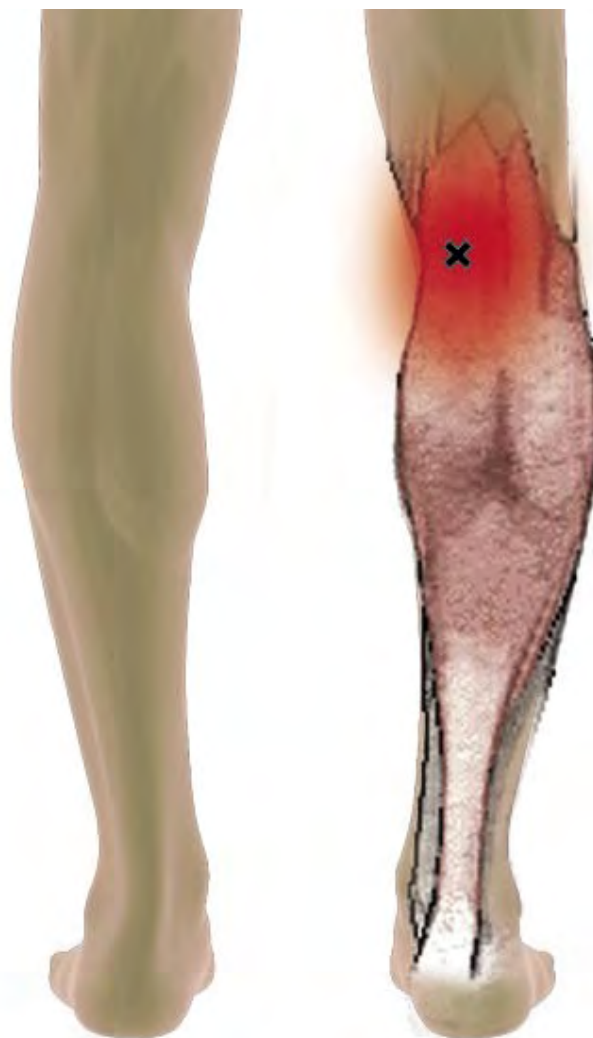
[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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



[Home](#)

[Muscle List](#)

[Resources List](#)

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
142	Lower Back



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

SOLEUS 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



[Home](#)

[Muscle List](#)

[Resources List](#)

SOLEUS 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



[Home](#)

[Muscle List](#)

[Resources List](#)

SOLEUS 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



[Home](#)

[Muscle List](#)

[Resources List](#)

POPLITEUS 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



Go to the next page to see trigger point pain patterns

[Home](#)

[Muscle List](#)

[Resources List](#)

POPLITEUS 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

