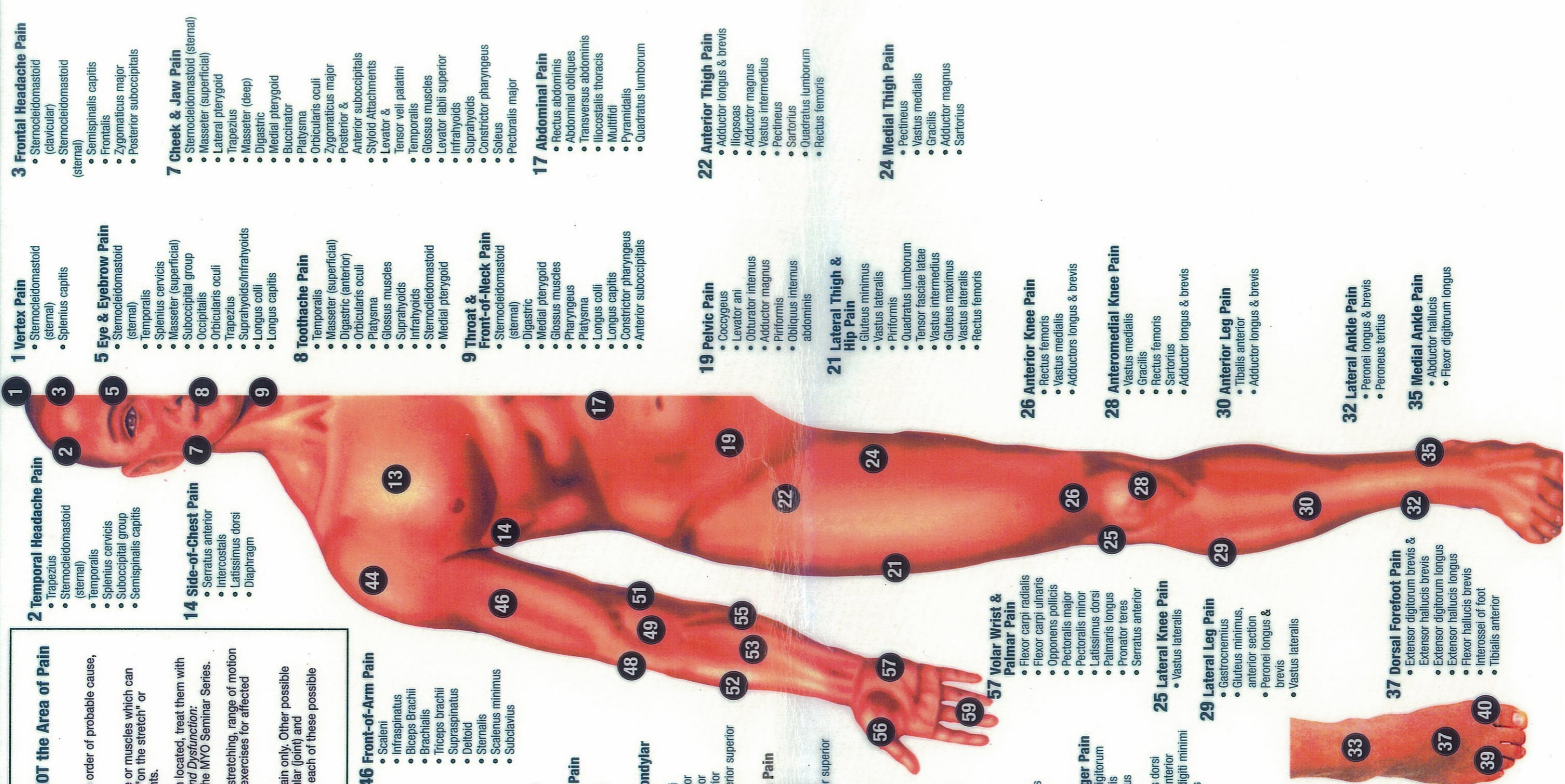


TRIGGER POINT REFERRED PAIN CHARTS

How to Treat the Muscles Causing the Pain, NOT the Area of Pain

1. Identify the region on the body closest to the patient's pain.
2. Check the muscles at the top of the list first. They are listed in order of probable cause, although any of the muscles may be involved.
3. Check each muscle for restricted range of motion. The muscle or muscles which can not achieve full stretch or full shortening, or which cause pain "on the stretch" or "on the short" should be palpated and checked for trigger points.
4. Once taut bands of muscle containing trigger points have been located, treat them with trigger point elimination techniques found in *Myofascial Pain and Dysfunction: The Trigger Point Manual*, Travell and Simons; or as taught in the MYO Seminar Series.
5. Always follow trigger point elimination techniques with proper stretching, range of motion exercise and self-care training. Do not attempt strengthening exercises for affected muscles until trigger points and referred pain are eliminated.
6. These Pain Charts denote referral of *myofascial trigger point* pain only. Other possible non-myofascial causes of pain include visceral, vascular, articular (joint) and neurological pain. In any comprehensive differential diagnosis, each of these possible causes and others must be considered.



- 1 Vertex Pain**
- Sternocleidomastoid (sternal)
 - Splenius capitis

- 5 Eye & Eyebrow Pain**
- Sternocleidomastoid (sternal)
 - Temporalis
 - Splenius cervicis
 - Masseter (superficial)
 - Suboccipital group
 - Orbicularis oculi
 - Trapezius
 - Suprahyoids/Infrahyoids
 - Longus colli
 - Longus capitis

- 8 Toothache Pain**
- Temporalis
 - Masseter (superficial)
 - Digastric (anterior)
 - Orbicularis oculi
 - Platysma
 - Suprahyoids
 - Infrahyoids
 - Sternocleidomastoid
 - Medial pterygoid

- 9 Throat & Front-of-Neck Pain**
- Sternocleidomastoid (sternal)
 - Digastric
 - Medial pterygoid
 - Glossus muscles
 - Pharyngeus
 - Platysma
 - Longus colli
 - Longus capitis
 - Constrictor pharyngeus
 - Anterior suboccipitals

- 17 Abdominal Pain**
- Rectus abdominis
 - Abdominal obliques
 - Transversus abdominis
 - Iliocostalis thoracis
 - Multifidii
 - Pyramidalis
 - Quadratus lumborum

- 19 Pelvic Pain**
- Coccygeus
 - Levator ani
 - Obturator internus
 - Adductor magnus
 - Piriformis
 - Obliquus internus abdominis

- 21 Lateral Thigh & Hip Pain**
- Gluteus minimus
 - Vastus lateralis
 - Piriformis
 - Quadratus lumborum
 - Tensor fasciae latae
 - Vastus intermedius
 - Gluteus maximus
 - Vastus lateralis
 - Rectus femoris

- 22 Anterior Thigh Pain**
- Adductor longus & brevis
 - Iliopsoas
 - Adductor magnus
 - Vastus intermedius
 - Pectineus
 - Sartorius
 - Quadratus lumborum
 - Rectus femoris

- 24 Medial Thigh Pain**
- Pectineus
 - Vastus medialis
 - Gracilis
 - Adductor magnus
 - Sartorius

- 26 Anterior Knee Pain**
- Rectus femoris
 - Vastus medialis
 - Adductors longus & brevis

- 28 Anteromedial Knee Pain**
- Vastus medialis
 - Gracilis
 - Rectus femoris
 - Sartorius
 - Adductor longus & brevis

- 30 Anterior Leg Pain**
- Tibialis anterior
 - Adductor longus & brevis

- 32 Lateral Ankle Pain**
- Peronei longus & brevis
 - Peroneus tertius

- 35 Medial Ankle Pain**
- Abductor hallucis
 - Flexor digitorum longus

- 2 Temporal Headache Pain**
- Trapezius
 - Sternocleidomastoid (sternal)
 - Temporalis
 - Splenius cervicis
 - Suboccipital group
 - Semispinalis capitis

- 14 Side-of-Chest Pain**
- Serratus anterior
 - Intercostals
 - Latissimus dorsi
 - Diaphragm

- 44 Front-of-Shoulder Pain**
- Infraspinatus
 - Deltoid
 - Scaleni
 - Supraspinatus
 - Pectoralis major
 - Pectoralis minor
 - Biceps brachii
 - Coracobrachialis
 - Sternalis
 - Subclavius
 - Latissimus dorsi

- 46 Front-of-Arm Pain**
- Scaleni
 - Infraspinatus
 - Biceps Brachii
 - Brachialis
 - Triceps brachii
 - Supraspinatus
 - Deltoid
 - Sternalis
 - Scalenus minimus
 - Subclavius

- 48 Lateral Epicondylar Pain**
- Supinator
 - Brachioradialis
 - Extensor carpi radialis longus
 - Triceps brachii
 - Supraspinatus
 - Fourth & fifth finger extensors
 - Anconeus

- 51 Medial Epicondylar Pain**
- Triceps brachii
 - Pectoralis major
 - Pectoralis minor
 - Serratus anterior
 - Serratus posterior superior

- 52 Radial Forearm Pain**
- Infraspinatus
 - Scaleni
 - Brachioradialis
 - Supraspinatus
 - Subclavius

- 53 Volar Forearm Pain**
- Palmaris longus
 - Pronator teres
 - Serratus anterior
 - Triceps brachii

- 55 Ulnar Forearm Pain**
- Latissimus dorsi
 - Pectoralis major
 - Pectoralis minor
 - Serratus posterior superior

- 56 Base-of-Thumb & Radial Hand Pain**
- Supinator
 - Scaleni
 - Brachialis
 - Infraspinatus
 - Extensor carpi radialis longus
 - Brachioradialis
 - Opponens pollicis
 - Adductor pollicis
 - Subclavius
 - First dorsal interosseus
 - Flexor pollicis longus

- 57 Volar Wrist & Palmar Pain**
- Flexor carpi radialis
 - Flexor carpi ulnaris
 - Opponens pollicis
 - Pectoralis major
 - Pectoralis minor
 - Latissimus dorsi
 - Palmaris longus
 - Pronator teres
 - Serratus anterior

- 59 Volar Finger Pain**
- Flexores digitorum superficialis & profundus
 - Interossei
 - Latissimus dorsi
 - Serratus anterior
 - Abductor digiti minimi
 - Subclavius

- 59 Volar Finger Pain**
- Flexores digitorum superficialis & profundus
 - Interossei
 - Latissimus dorsi
 - Serratus anterior
 - Abductor digiti minimi
 - Subclavius

- 13 Front-of-Chest Pain**
- Pectoralis major
 - Pectoralis minor
 - Scaleni
 - Sternocleidomastoid (sternal)
 - Sternalis
 - Intercostals
 - Iliocostalis cervicis
 - Subclavius
 - External abdominal oblique
 - Diaphragm

- 49 Antecubital Pain**
- Brachialis
 - Biceps brachii

- 33 Anterior Ankle Pain**
- Tibialis anterior
 - Peroneus tertius
 - Extensor digitorum longus
 - Extensor hallucis longus

- 39 Dorsal Lesser Toe Pain**
- Interossei of foot
 - Extensor digitorum longus

- 37 Dorsal Forefoot Pain**
- Extensor digitorum brevis & Extensor hallucis brevis
 - Extensor digitorum longus
 - Extensor hallucis longus
 - Flexor hallucis brevis
 - Interossei of foot
 - Tibialis anterior

- 40 Dorsal Great Toe Pain**
- Tibialis anterior
 - Extensor hallucis longus
 - Flexor hallucis brevis

- 37 Dorsal Forefoot Pain**
- Extensor digitorum brevis & Extensor hallucis brevis
 - Extensor digitorum longus
 - Extensor hallucis longus
 - Flexor hallucis brevis
 - Interossei of foot
 - Tibialis anterior

- 25 Lateral Knee Pain**
- Vastus lateralis

- 29 Lateral Leg Pain**
- Gastrocnemius
 - Gluteus minimus, anterior section
 - Peronei longus & brevis
 - Vastus lateralis

- 33 Anterior Ankle Pain**
- Tibialis anterior
 - Peroneus tertius
 - Extensor digitorum longus
 - Extensor hallucis longus

- 39 Dorsal Lesser Toe Pain**
- Interossei of foot
 - Extensor digitorum longus

- 37 Dorsal Forefoot Pain**
- Extensor digitorum brevis & Extensor hallucis brevis
 - Extensor digitorum longus
 - Extensor hallucis longus
 - Flexor hallucis brevis
 - Interossei of foot
 - Tibialis anterior

- 40 Dorsal Great Toe Pain**
- Tibialis anterior
 - Extensor hallucis longus
 - Flexor hallucis brevis