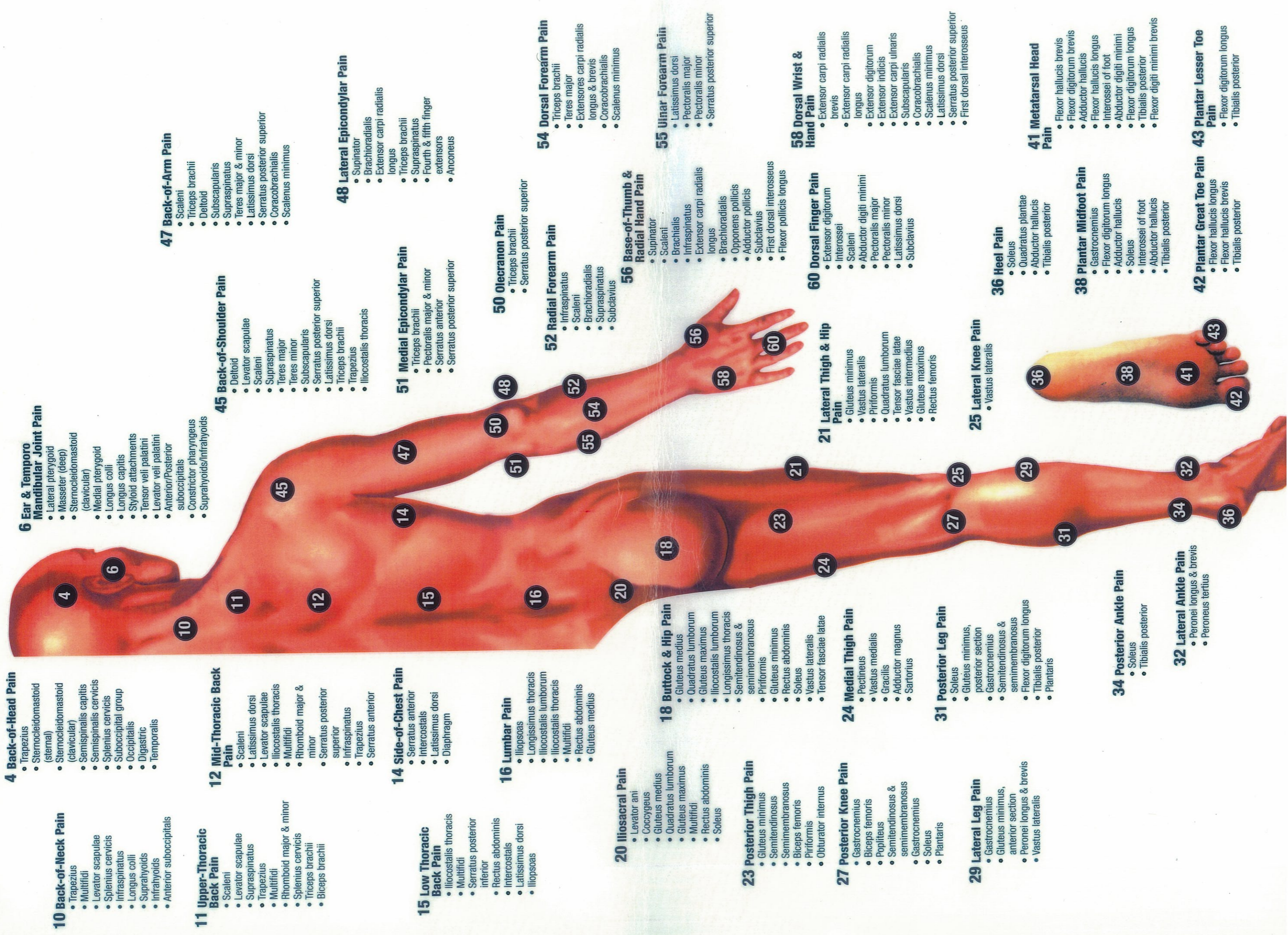


TRIGGER POINT REFERRED PAIN CHARTS



4 Back-of-Head Pain

- Trapezius
- Sternocleidomastoid (sternal)
- Sternocleidomastoid (clavicular)
- Semispinalis capitis
- Semispinalis cervicis
- Splenius cervicis
- Suboccipital group
- Occipitalis
- Digastric
- Temporalis

10 Back-of-Neck Pain

- Trapezius
- Multifidii
- Levator scapulae
- Splenius cervicis
- Infraspinatus
- Longus colli
- Suprathyoids
- Infrahyoids
- Anterior suboccipitalis

11 Upper-Thoracic Back Pain

- Scaleni
- Levator scapulae
- Supraspinatus
- Trapezius
- Multifidii
- Rhomboid major & minor
- Splenius cervicis
- Triceps brachii
- Biceps brachii

12 Mid-Thoracic Back Pain

- Scaleni
- Latissimus dorsi
- Levator scapulae
- Iliocostalis thoracis
- Multifidii
- Rhomboid major & minor
- Serratus posterior superior
- Serratus posterior inferior
- Trapezius
- Serratus anterior

14 Side-of-Chest Pain

- Serratus anterior
- Intercostals
- Latissimus dorsi
- Diaphragm

16 Lumbar Pain

- Iliopsoas
- Longissimus thoracis
- Iliocostalis lumborum
- Iliocostalis thoracis
- Multifidii
- Rectus abdominis
- Gluteus medius

15 Low Thoracic Back Pain

- Iliocostalis thoracis
- Multifidii
- Serratus posterior inferior
- Rectus abdominis
- Intercostals
- Latissimus dorsi
- Iliopsoas

20 Iliosacral Pain

- Levator ani
- Coccygeus
- Gluteus medius
- Quadratus lumborum
- Gluteus maximus
- Multifidii
- Rectus abdominis
- Soleus

23 Posterior Thigh Pain

- Gluteus minimus
- Semitendinosus
- Semimembranosus
- Biceps femoris
- Piriformis
- Obturator internus

27 Posterior Knee Pain

- Gastrocnemius
- Biceps femoris
- Popliteus
- Semitendinosus & semimembranosus
- Gastrocnemius
- Soleus
- Plantaris

29 Lateral Leg Pain

- Gastrocnemius
- Gluteus minimus, anterior section
- Peronei longus & brevis
- Vastus lateralis

18 Buttock & Hip Pain

- Gluteus medius
- Quadratus lumborum
- Gluteus maximus
- Iliocostalis lumborum
- Longissimus thoracis semimembranosus
- Piriformis
- Gluteus minimus
- Rectus abdominis
- Soleus
- Vastus lateralis
- Tensor fasciae latae

24 Medial Thigh Pain

- Pectineus
- Vastus medialis
- Gracilis
- Adductor magnus
- Sartorius

31 Posterior Leg Pain

- Soleus
- Gluteus minimus, posterior section
- Gastrocnemius
- Semitendinosus & semimembranosus
- Flexor digitorum longus
- Tibialis posterior
- Plantaris

34 Posterior Ankle Pain

- Soleus
- Tibialis posterior

32 Lateral Ankle Pain

- Peronei longus & brevis
- Peroneus tertius

6 Ear & Temporo Mandibular Joint Pain

- Lateral pterygoid
- Masseter (deep)
- Sternocleidomastoid (clavicular)
- Medial pterygoid
- Longus colli
- Styloid attachments
- Tensor veli palatini
- Levator veli palatini
- Anterior/Posterior suboccipitalis
- Constrictor pharyngeus
- Suprathyoids/Infrahyoids

47 Back-of-Arm Pain

- Scaleni
- Triceps brachii
- Deltoid
- Subscapularis
- Supraspinatus
- Teres major & minor
- Latissimus dorsi
- Serratus posterior superior
- Coracobrachialis
- Scalenus minimus

45 Back-of-Shoulder Pain

- Deltoid
- Levator scapulae
- Scaleni
- Supraspinatus
- Teres major
- Teres minor
- Subscapularis
- Serratus posterior superior
- Latissimus dorsi
- Triceps brachii
- Trapezius
- Iliocostalis thoracis

51 Medial Epicondylar Pain

- Triceps brachii
- Pectoralis major & minor
- Serratus anterior
- Serratus posterior superior

48 Lateral Epicondylar Pain

- Supinator
- Brachioradialis
- Extensor carpi radialis longus
- Triceps brachii
- Supraspinatus
- Fourth & fifth finger extensors
- Anconeus

50 Olecranon Pain

- Triceps brachii
- Serratus posterior superior

52 Radial Forearm Pain

- Infraspinatus
- Scaleni
- Brachioradialis
- Supraspinatus
- Subclavius

54 Dorsal Forearm Pain

- Triceps brachii
- Teres major
- Extensores carpi radialis longus & brevis
- Coracobrachialis
- Scalenus minimus

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

55 Ulnar Forearm Pain

- Latissimus dorsi
- Pectoralis major
- Pectoralis minor
- Serratus posterior superior

60 Dorsal Finger Pain

- Extensor digitorum
- Interossei
- Scaleni
- Abductor digiti minimi
- Pectoralis major
- Pectoralis minor
- Latissimus dorsi
- Subclavius

21 Lateral Thigh & Hip Pain

- Gluteus minimus
- Vastus lateralis
- Piriformis
- Quadratus lumborum
- Tensor fasciae latae
- Vastus intermedius
- Gluteus maximus
- Rectus femoris

58 Dorsal Wrist & Hand Pain

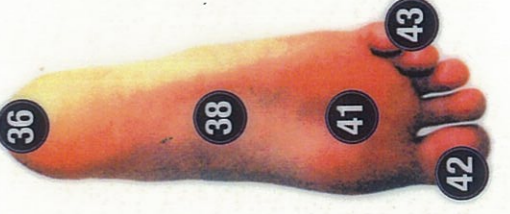
- Extensor carpi radialis brevis
- Extensor carpi radialis longus
- Extensor digitorum
- Extensor indicis
- Extensor carpi ulnaris
- Subscapularis
- Coracobrachialis
- Scalenus minimus
- Latissimus dorsi
- Serratus posterior superior
- First dorsal interosseus

36 Heel Pain

- Soleus
- Quadratus plantae
- Abductor hallucis
- Tibialis posterior

38 Planter Midfoot Pain

- Gastrocnemius
- Flexor digitorum longus
- Adductor hallucis
- Soleus
- Interossei of foot
- Abductor hallucis
- Tibialis posterior



42 Planter Great Toe Pain

- Flexor hallucis longus
- Flexor hallucis brevis
- Tibialis posterior

43 Planter Lesser Toe Pain

- Flexor digitorum longus
- Tibialis posterior