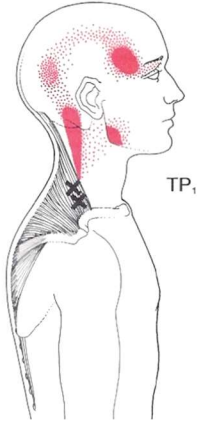
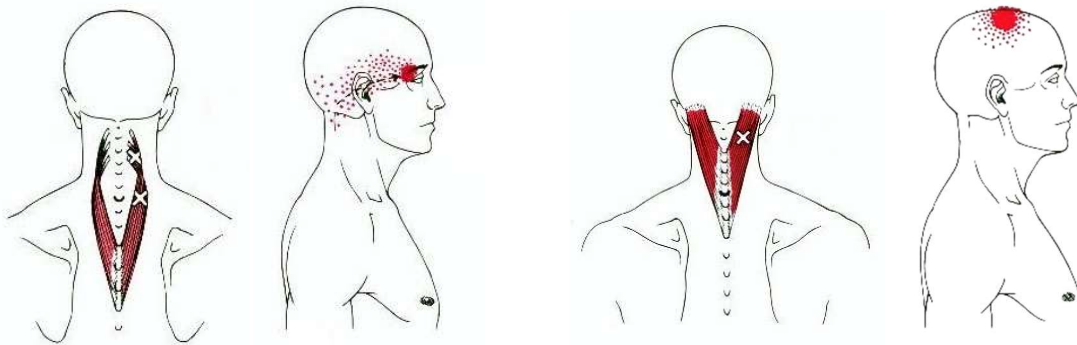


HEADACHE TRIGGER POINTS

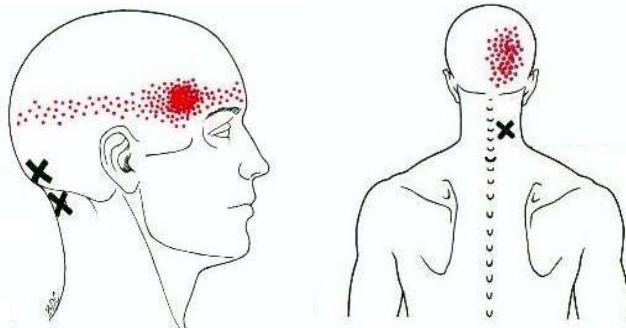
TRAPEZIUS



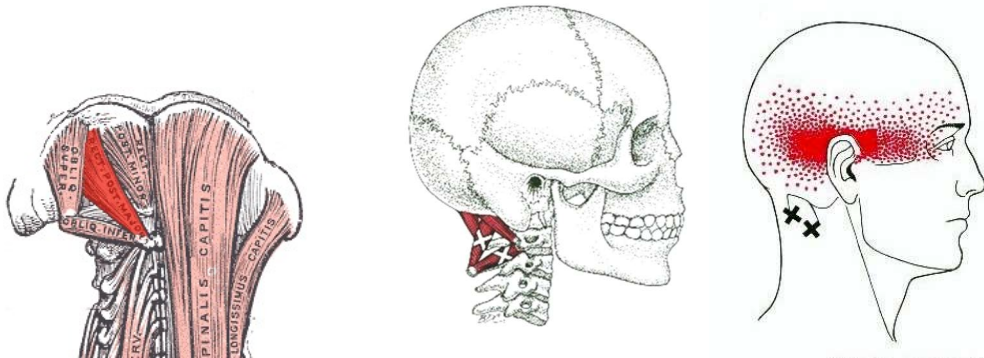
SPLenius CERVICUS & SPLenius CAPITUS



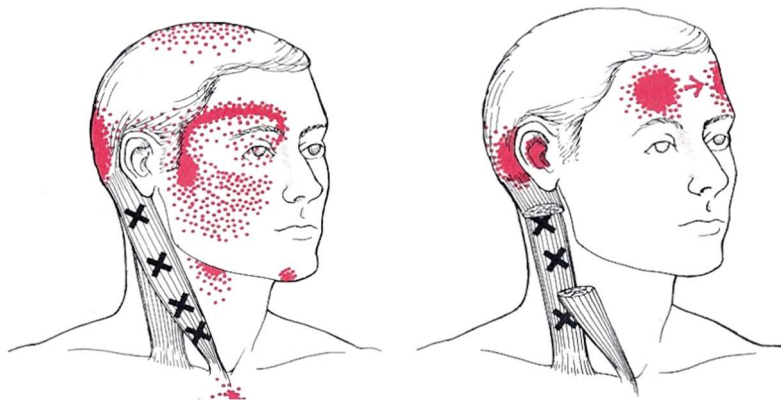
SEMISPINALIS



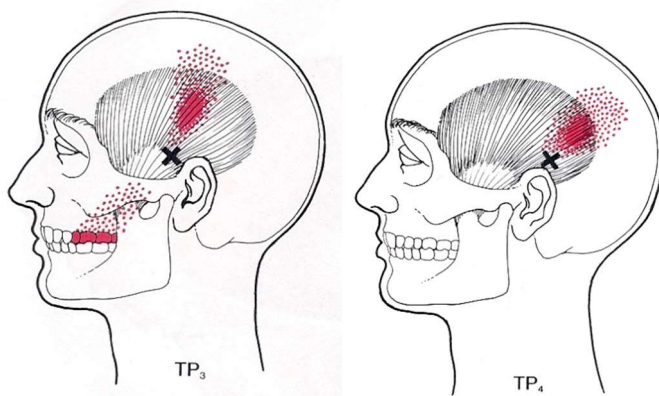
RECTUS CAPITIS & OBLIQUUS CAPITIS

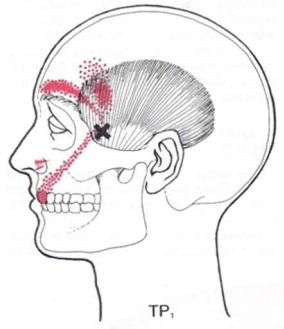


STERNOCLEIDOMASTOID

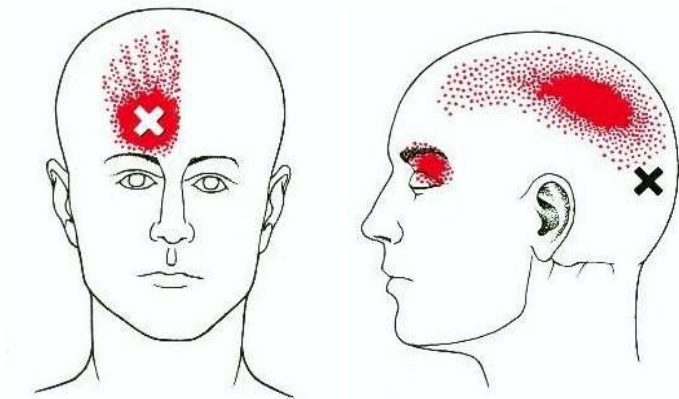


TEMPORALIS

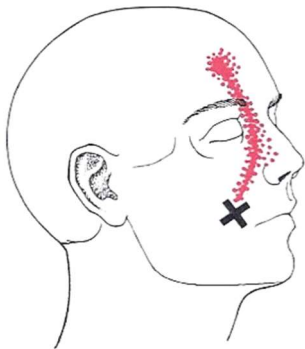




OCCIPITOFRONTALIS

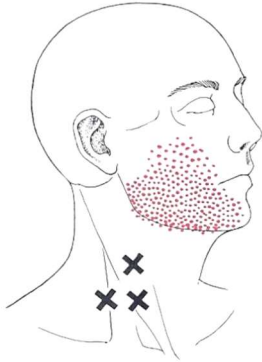


ZYGOMATICUS

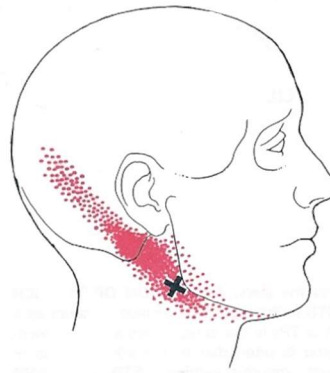
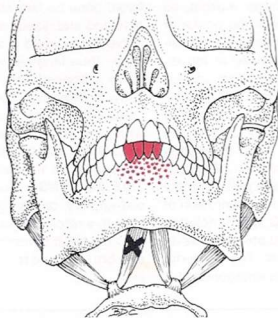


TEMPOROMANDIBULAR JOINT TRIGGER POINTS

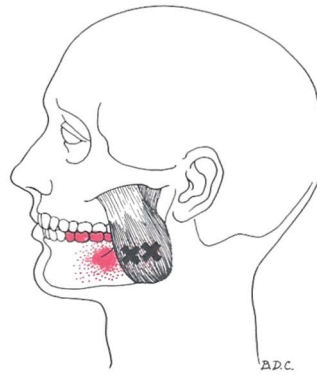
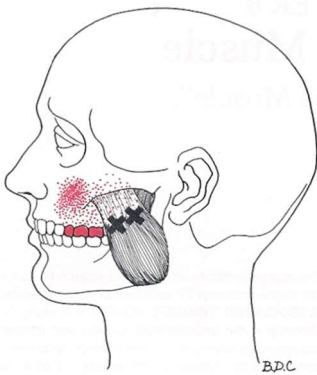
PLATYSMA

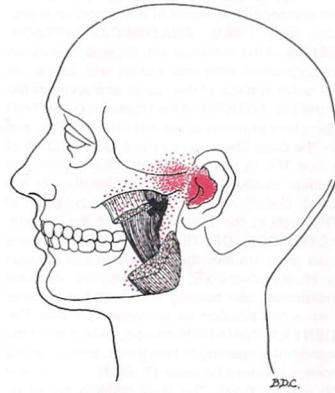
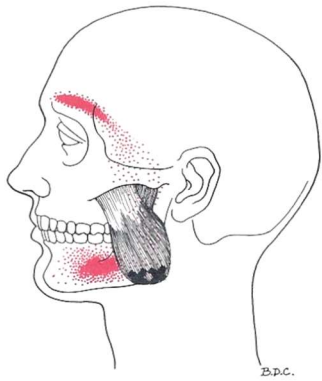


DIGASTRIC

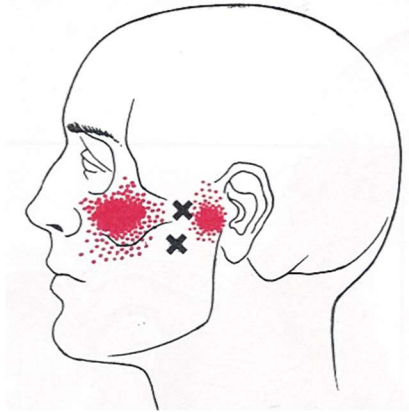


MASSETER





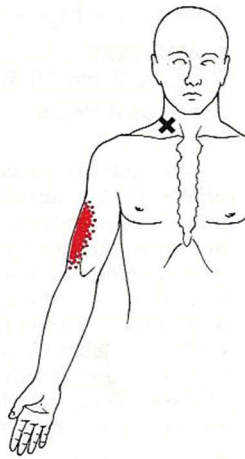
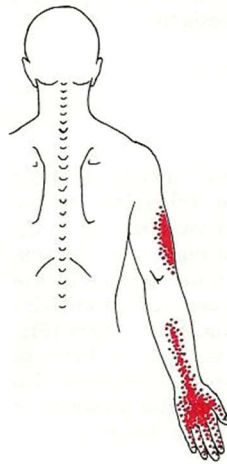
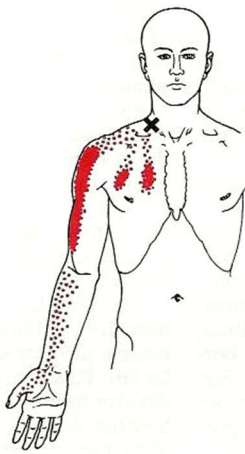
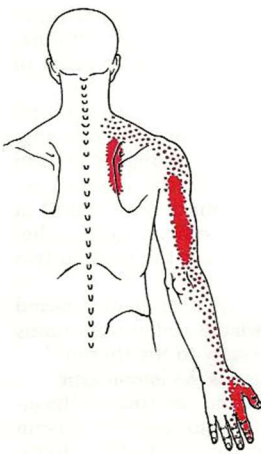
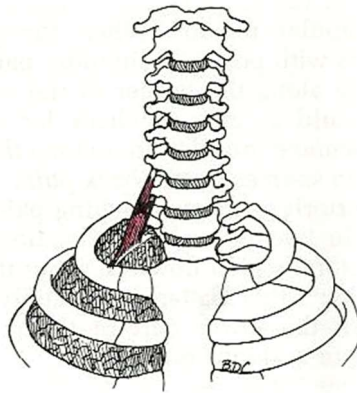
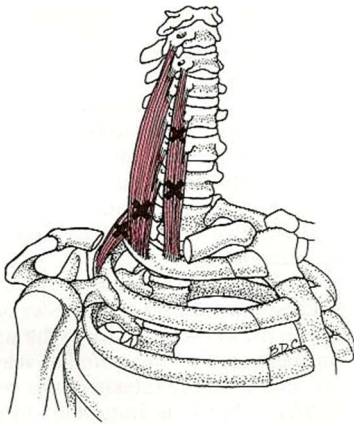
LATERAL PTERYGOID & MEDIAL PTERYGOID



SEE ALSO TRAPEZIUS, TEMPORALIS AND SCM

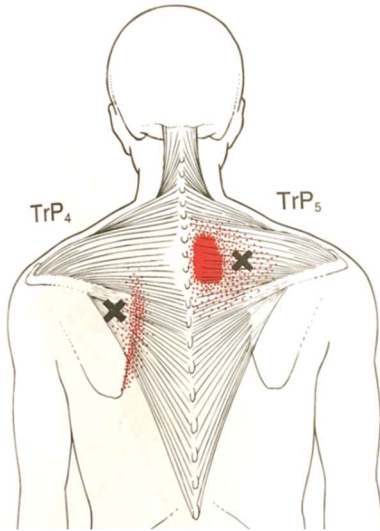
THORACIC OUTLET TRIGGER POINTS

SCALENES

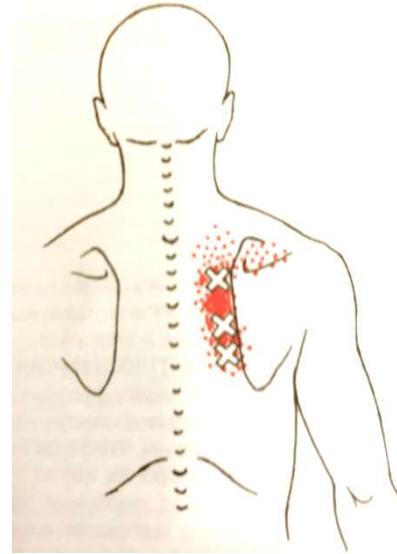


TRIGGER POINTS IN THE MID-BACK

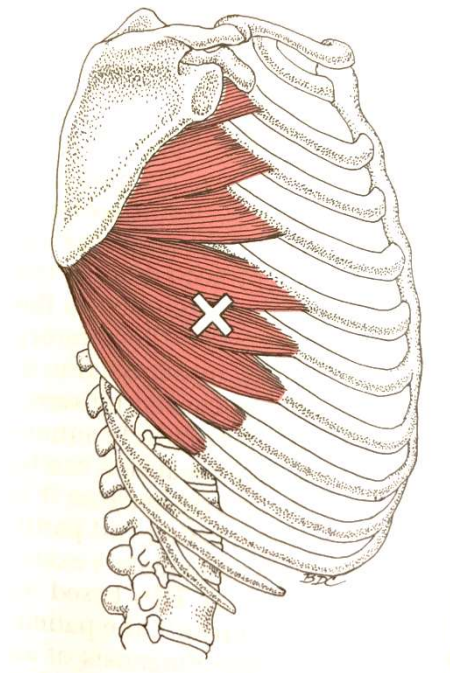
MIDDLE TRAPEZIUS

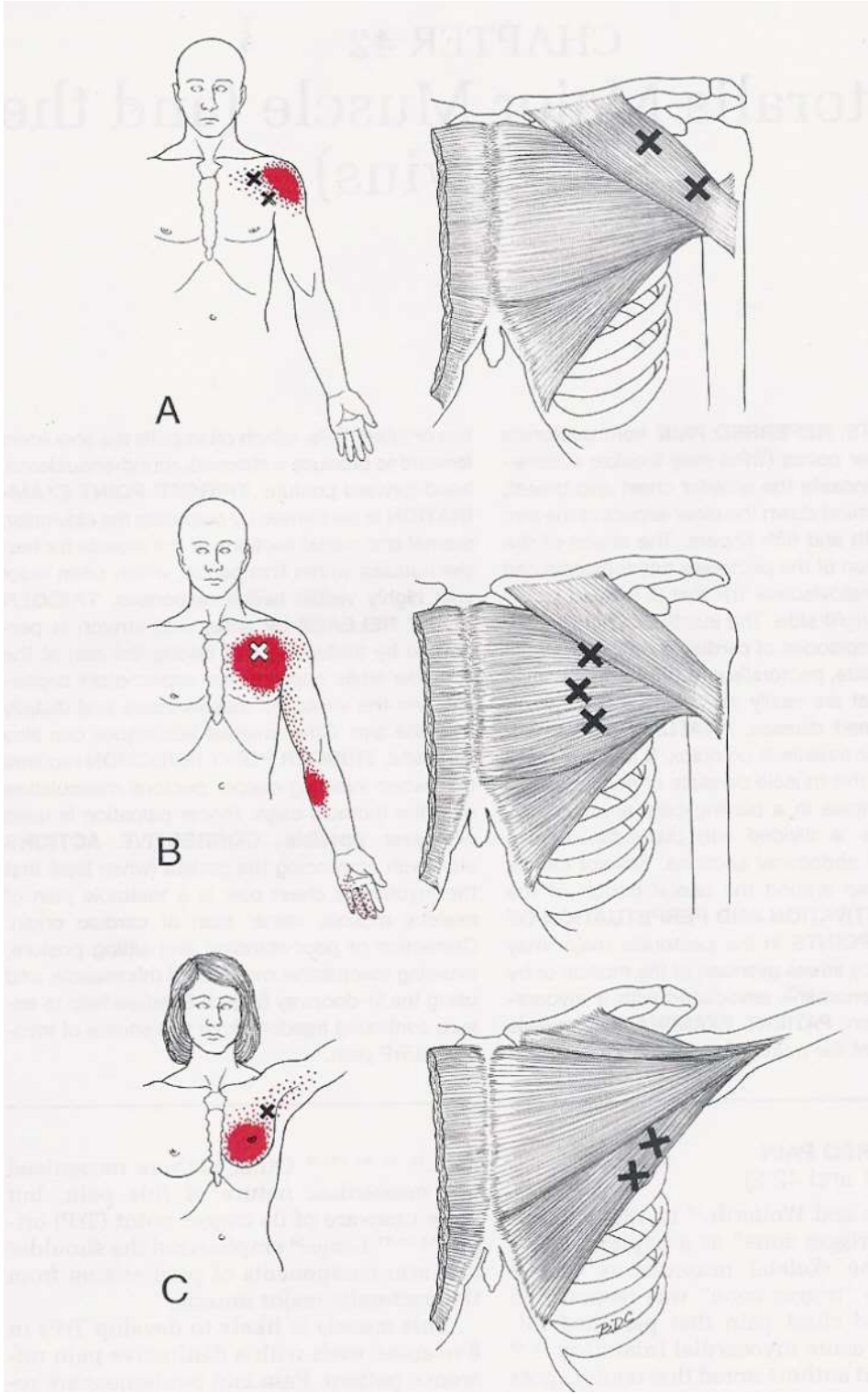


RHOMBOIDS



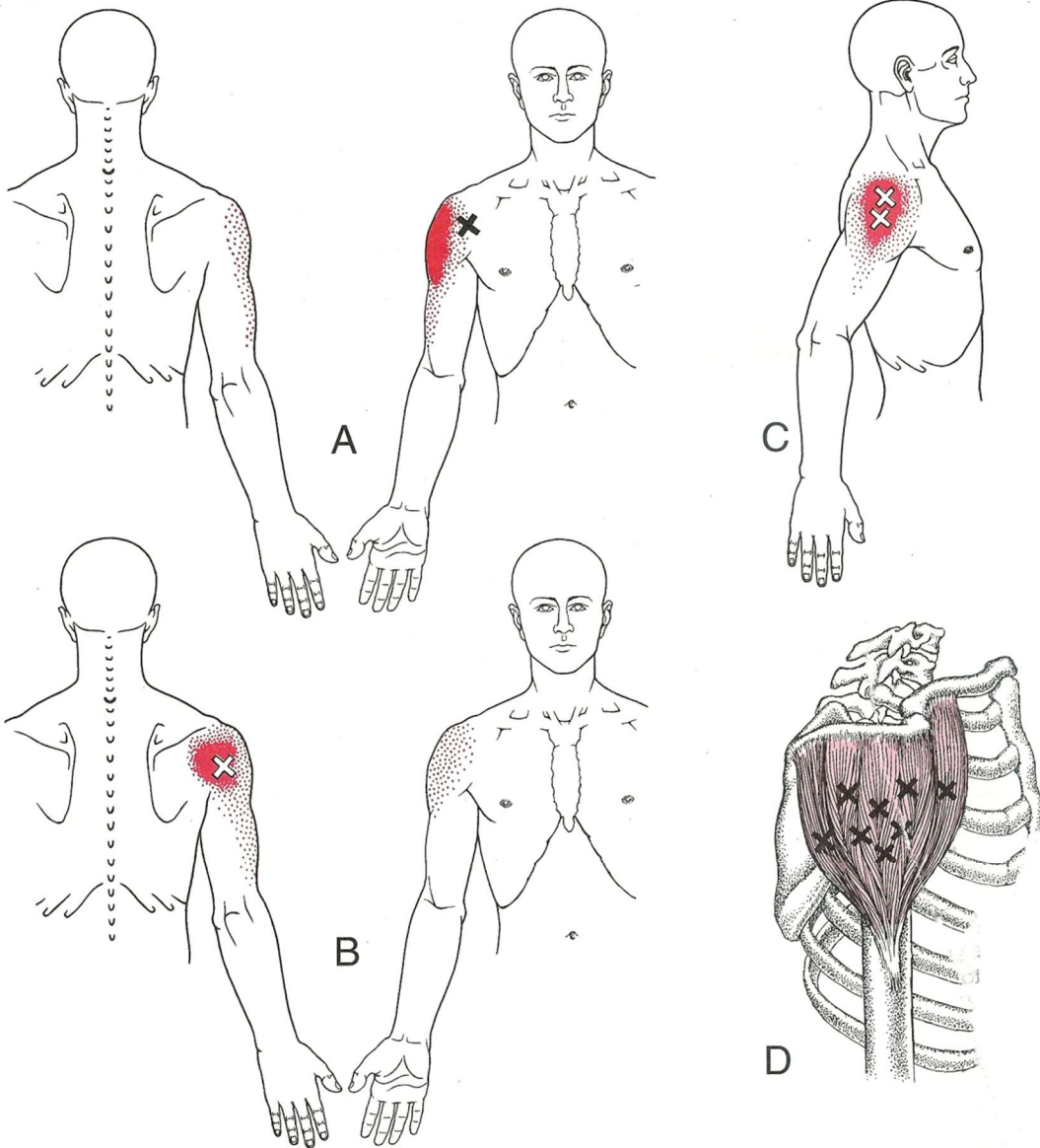
SEE ALSO PECTORALIS MAJOR & SERRATUS ANTERIOR



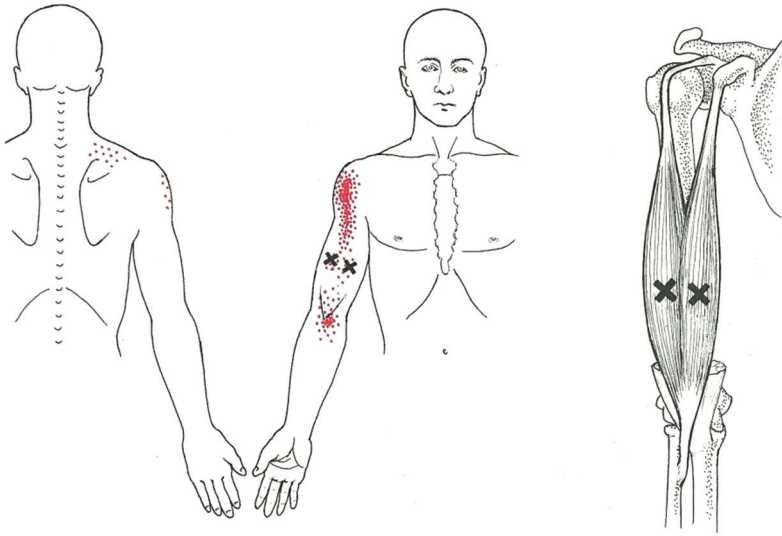


TRIGGER POINTS IN THE SHOULDER REGION

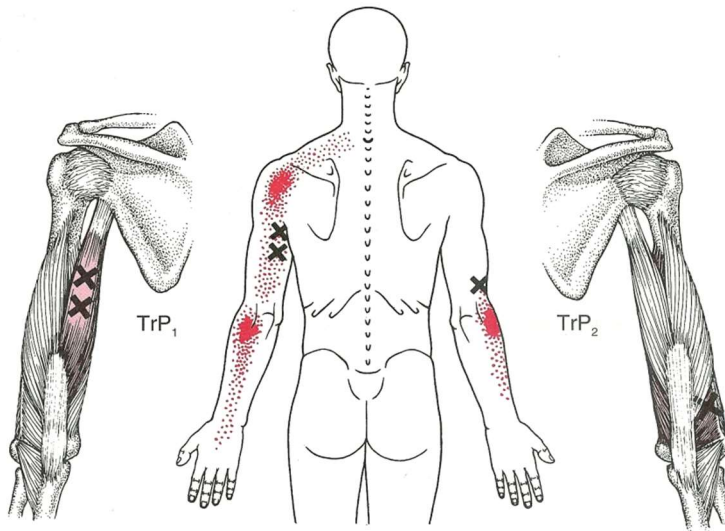
DELTOID



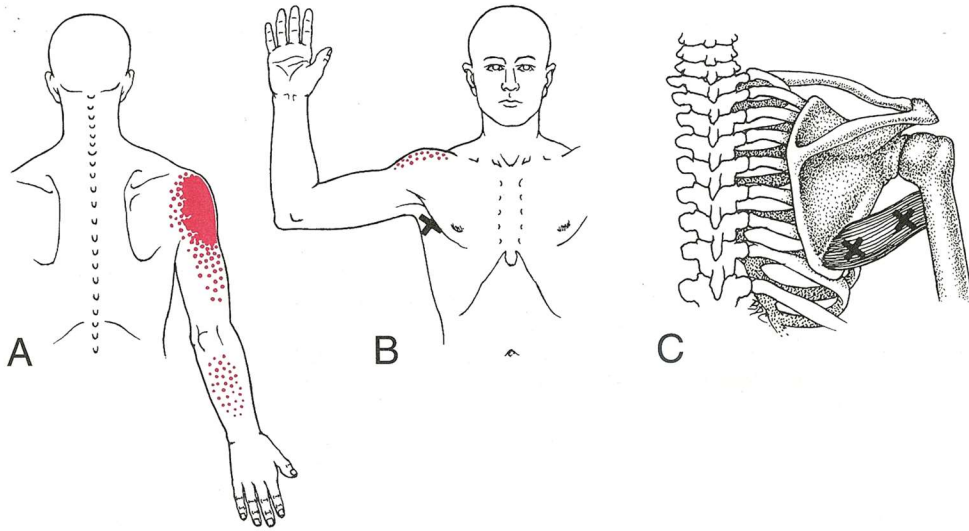
BICEPS BRACHII



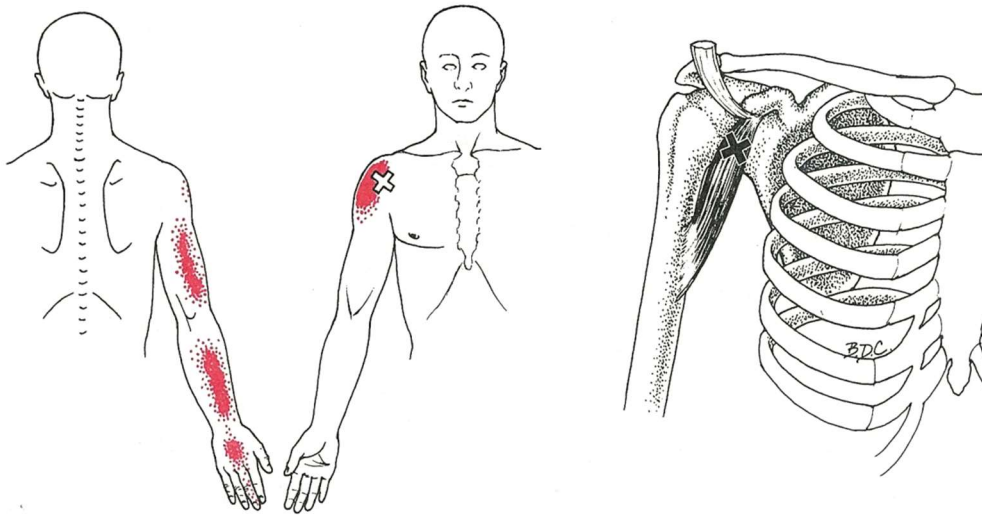
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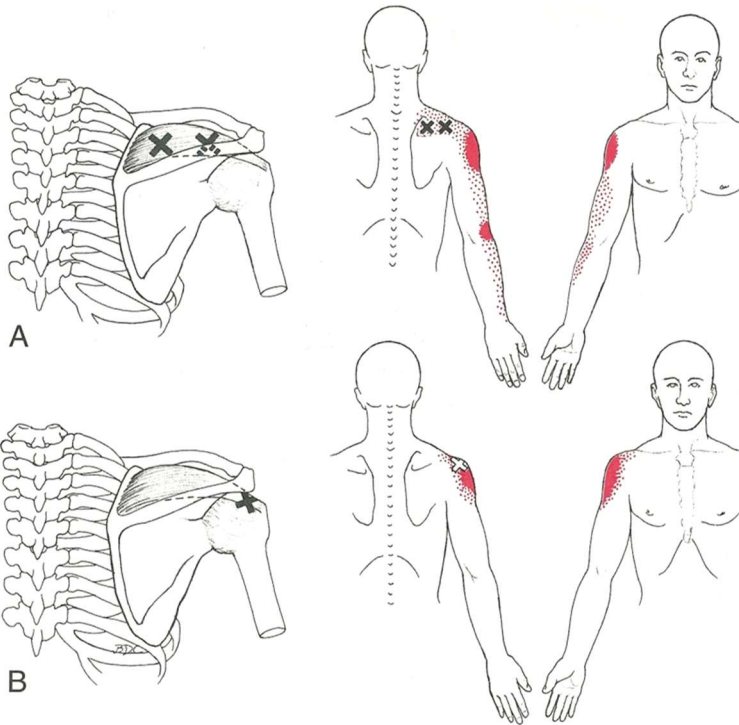
TERES MAJOR



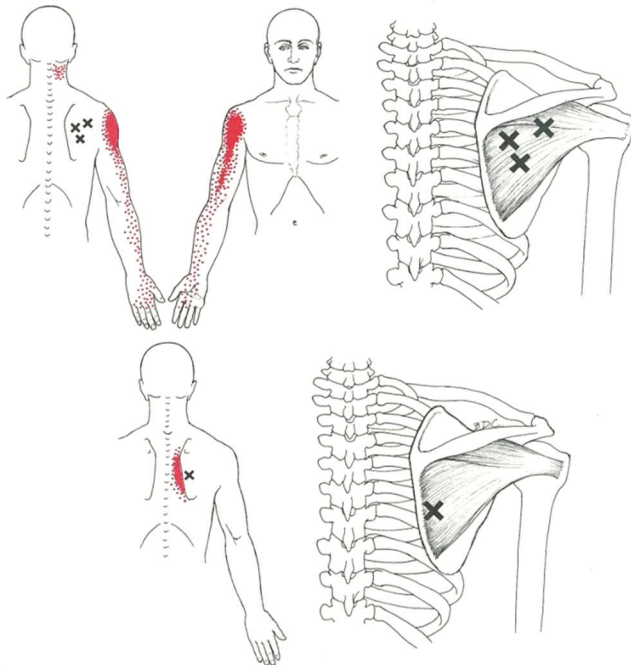
CORACOBRACHIALIS



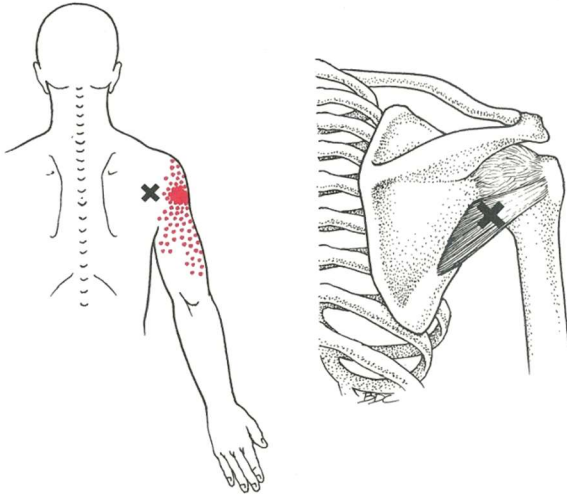
THE ROTATOR CUFF - SUPRASPINATUS



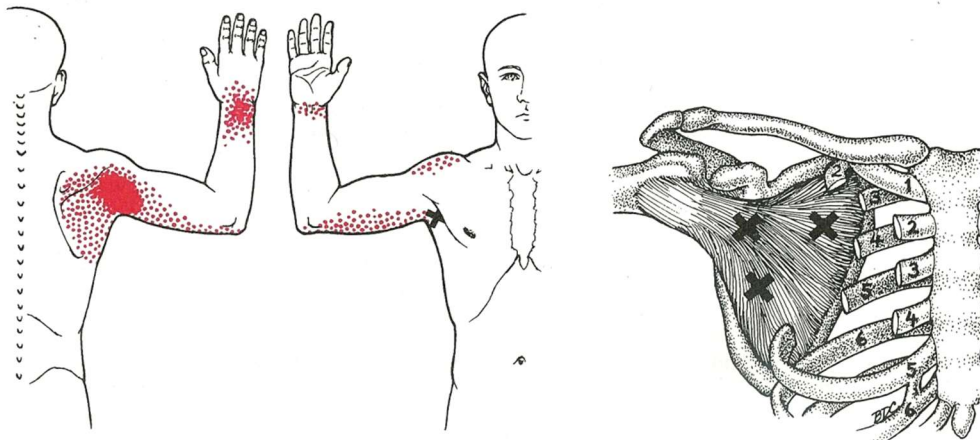
INFRASPINATUS



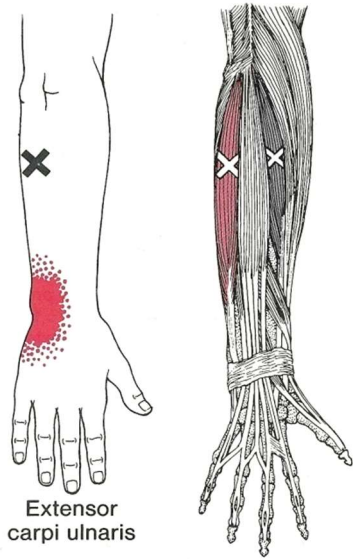
TERES MINOR



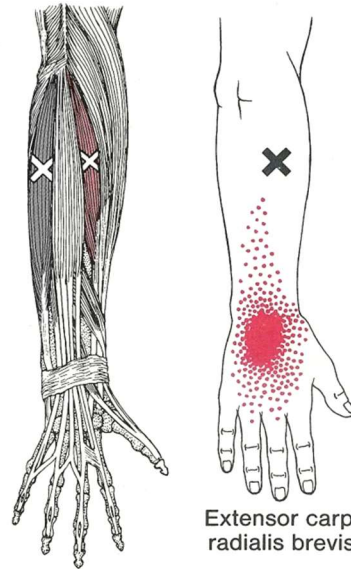
SUBSCAPULARIS



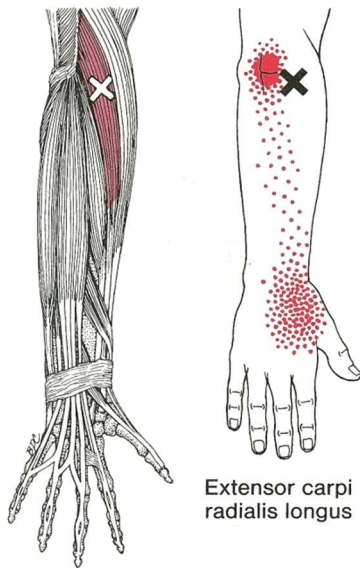
WRIST & FINGER EXTENSORS



Extensor carpi ulnaris

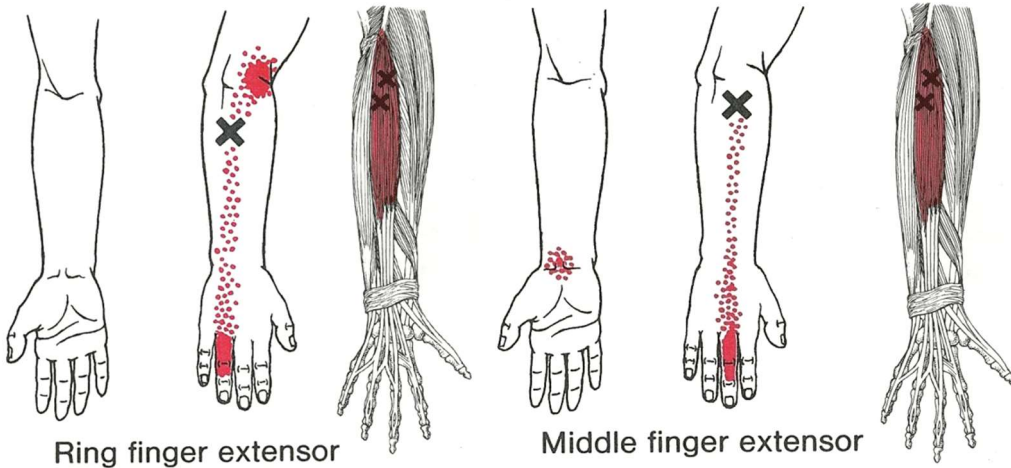


Extensor carpi radialis brevis

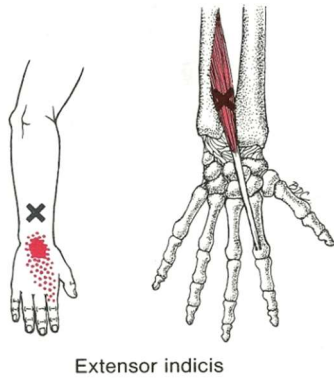


Extensor carpi radialis longus

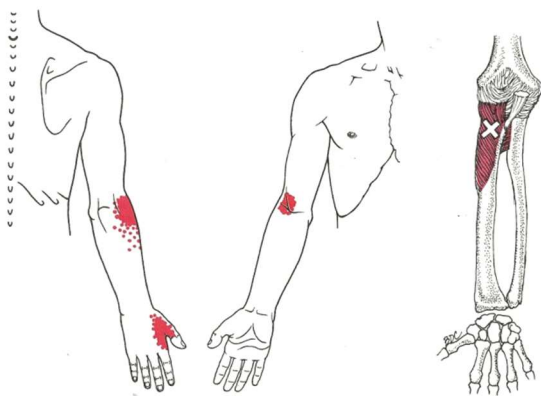
EXTENSOR DIGITORUM



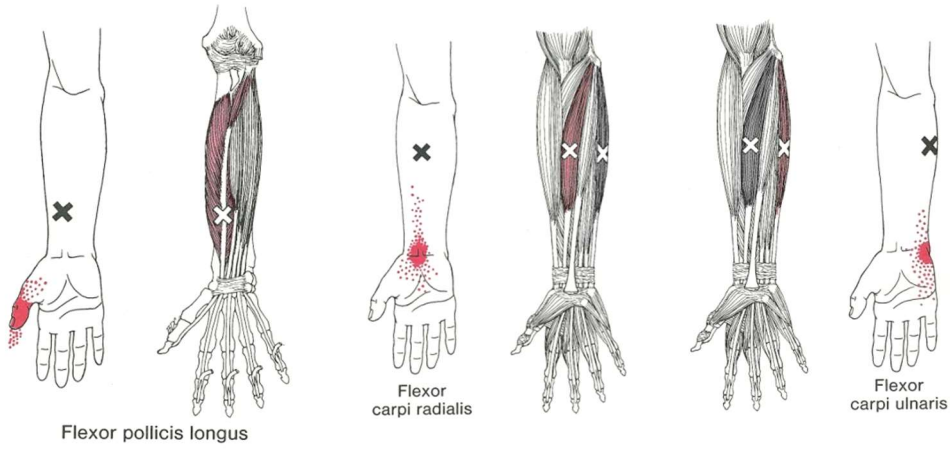
EXTENSOR INDICES



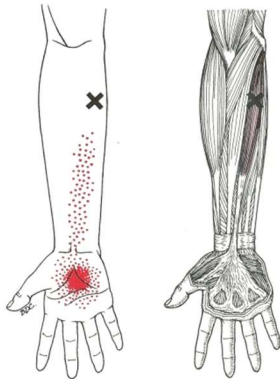
SUPINATOR



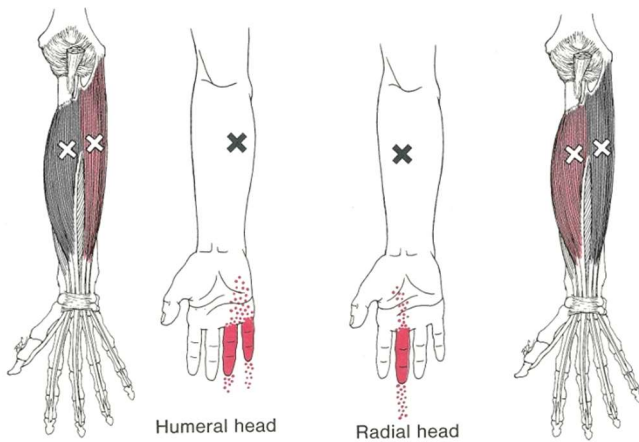
WRIST & FINGER FLEXORS



PALMARIS LONGUS

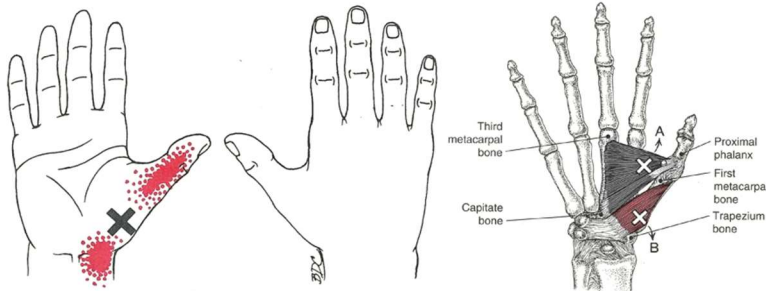
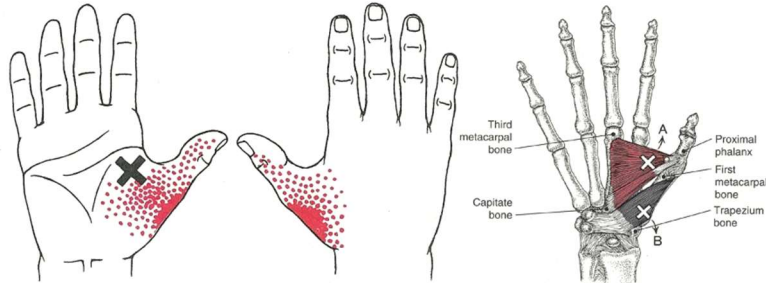


FLEXOR DIGITORUM SUPERFICIALIS

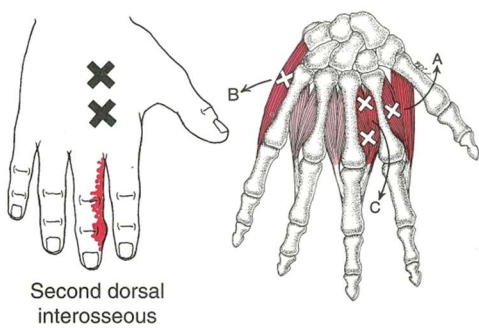
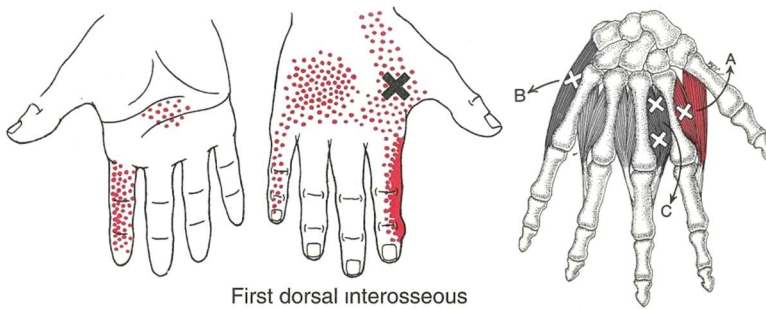


FINGER ADDUCTORS & ABDUCTORS

ADDUCTOR POLLICIS

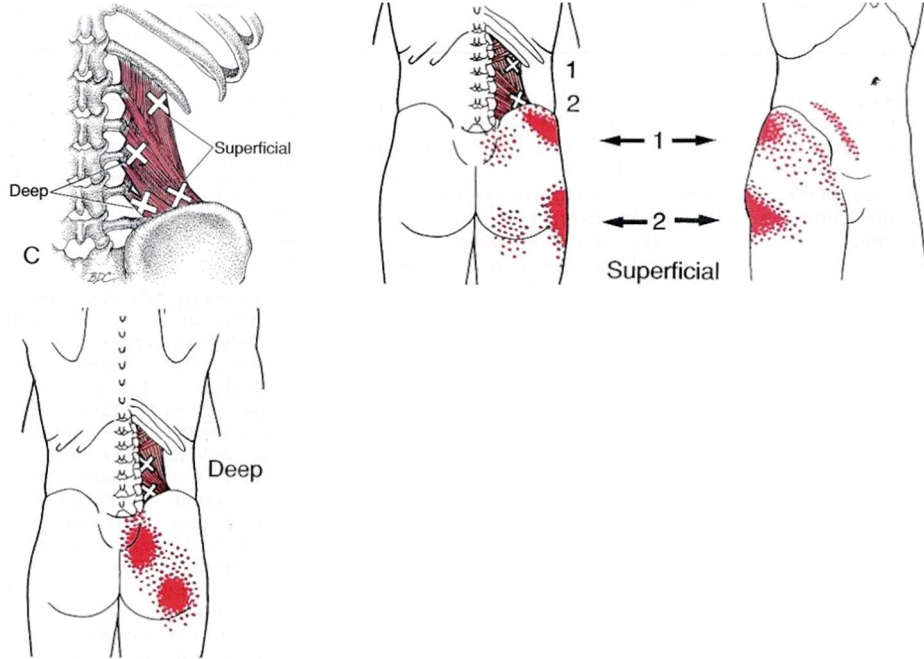


DORSAL INTEROSSEI & ABDUCTOR DIGITI MINIMI

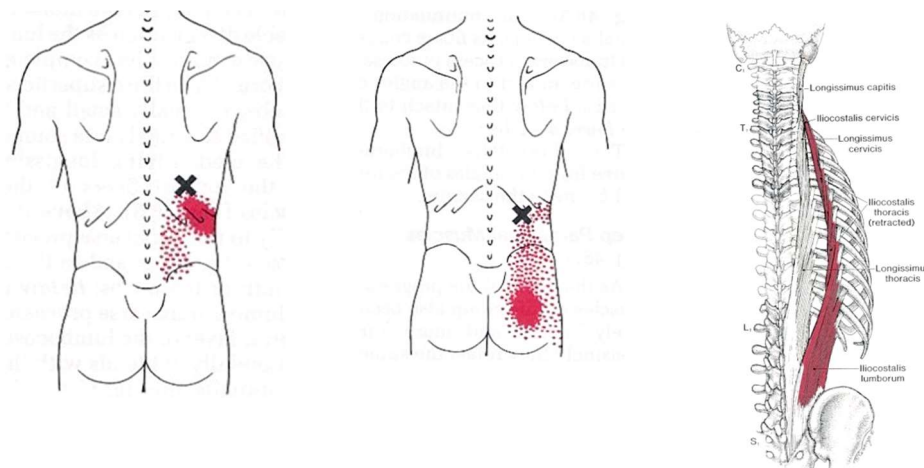


LOW BACK TRIGGER POINTS

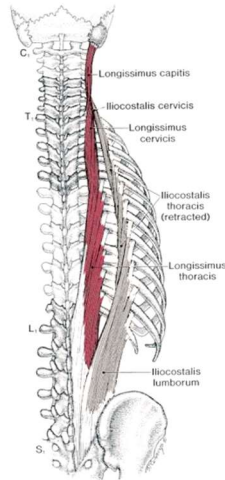
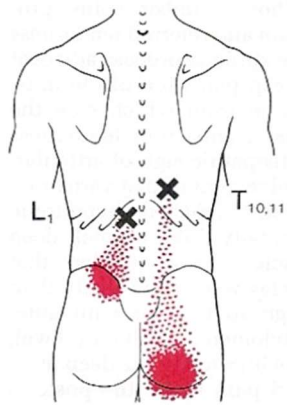
QUADRATUS LUMBORUM



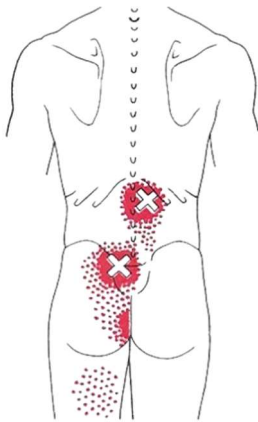
ILIOCOSTALIS



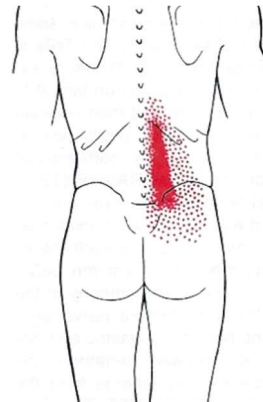
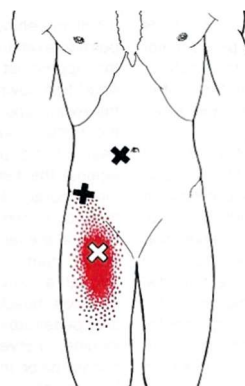
LONGISSIMUS



MULTIFIDUS & ROTATOIRES

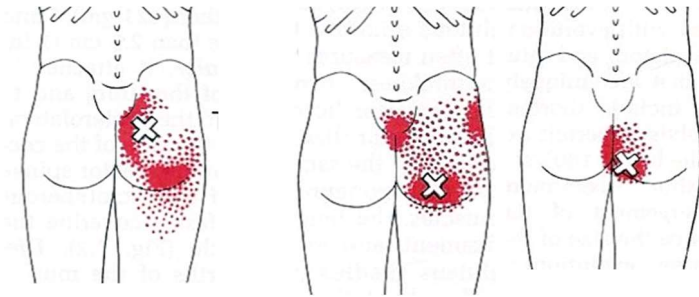
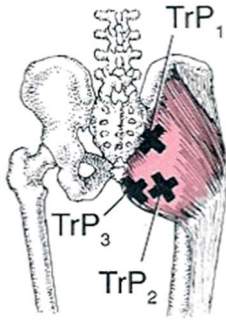


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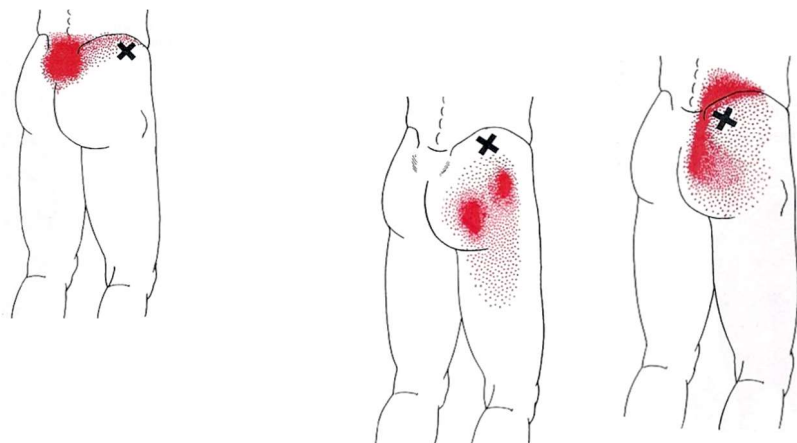
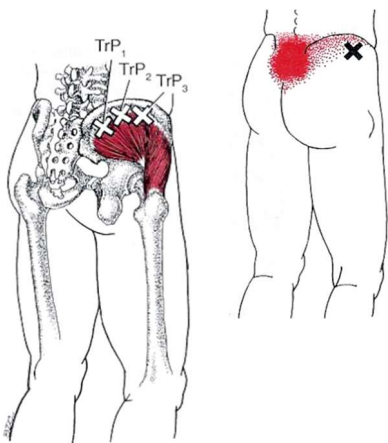


LOW BACK PAIN & SCIATICA

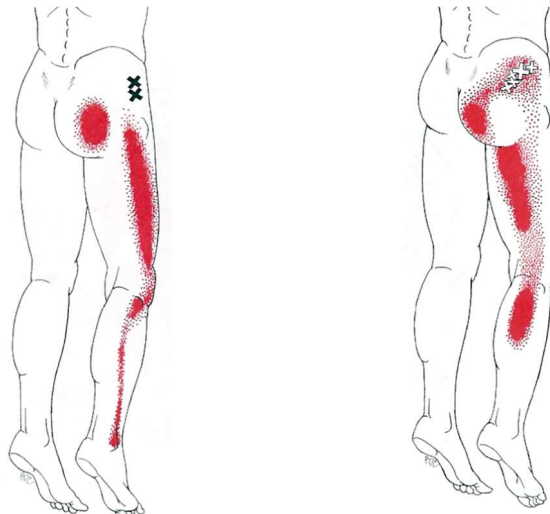
GLUTEUS MAXIMUS



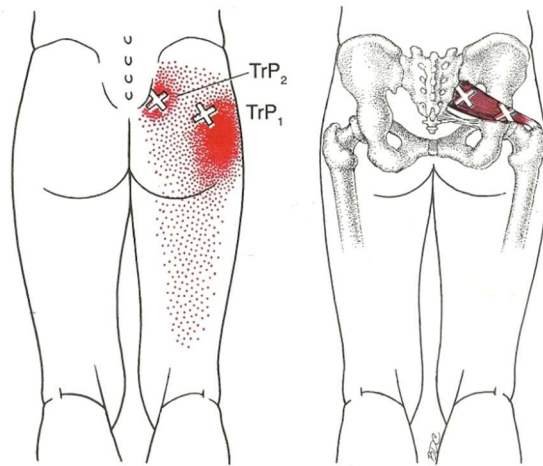
GLUTEUS MEDIUS



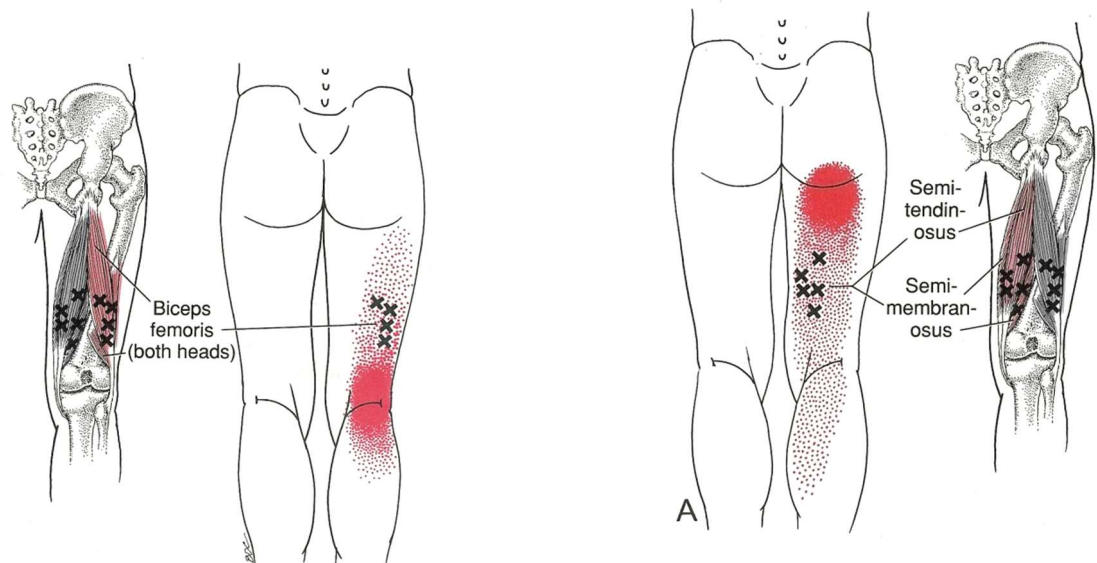
GLUTEUS MINIMUS



PIRIFORMIS MUSCLE

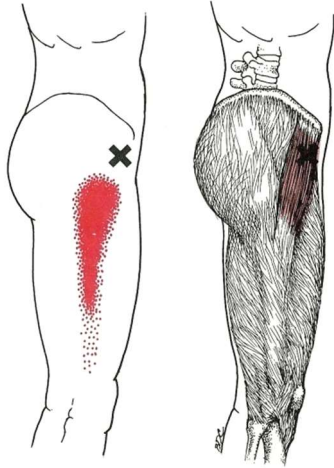


HAMSTRINGS - BICEPS FEMORIS, SEMIMEMBRANOSUS & SEMITENDINOSUS



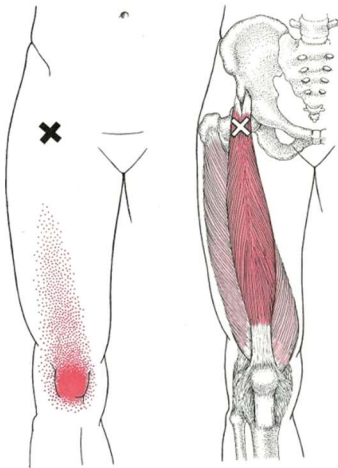
LOWER EXTREMITY TRIGGER POINTS

TENSOR FASCIA LATAE

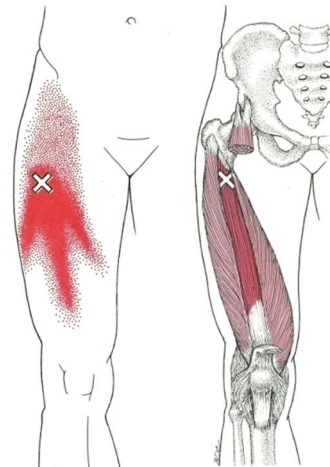


QUADRICEPS FEMORIS

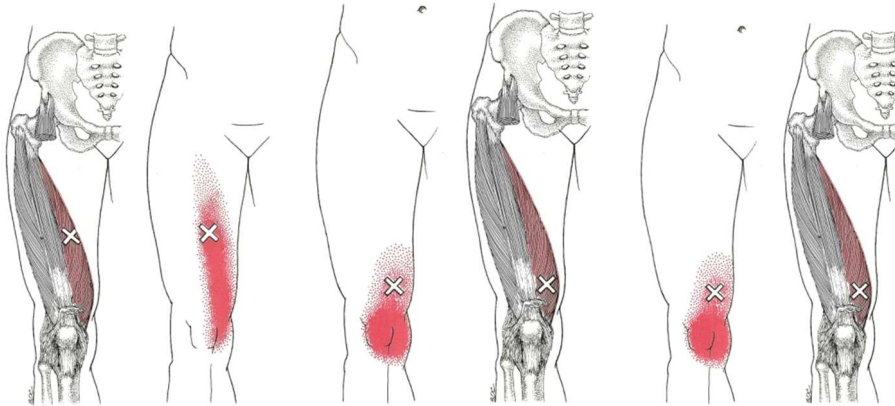
RECTUS FEMORIS



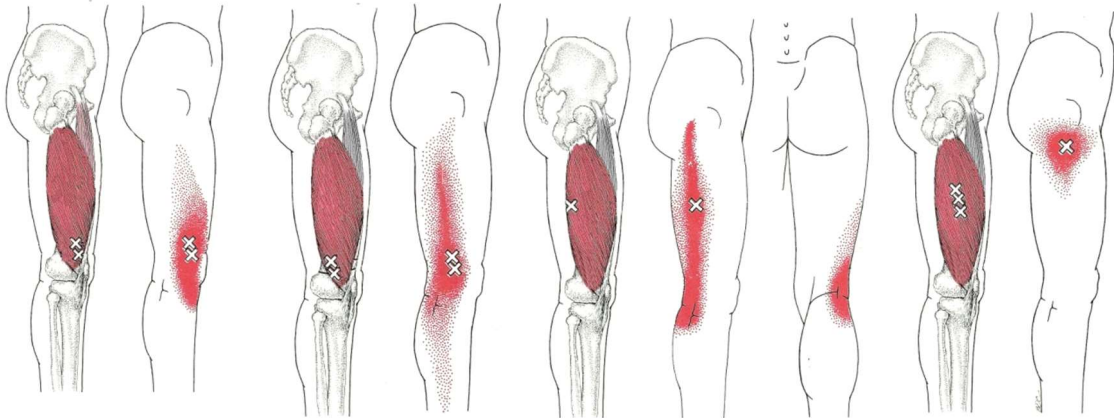
VASTUS INTERMEDIUS



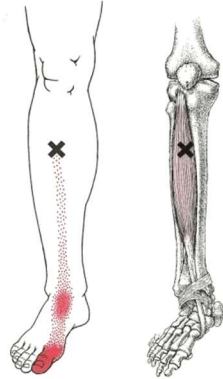
VASTUS MEDIALIS



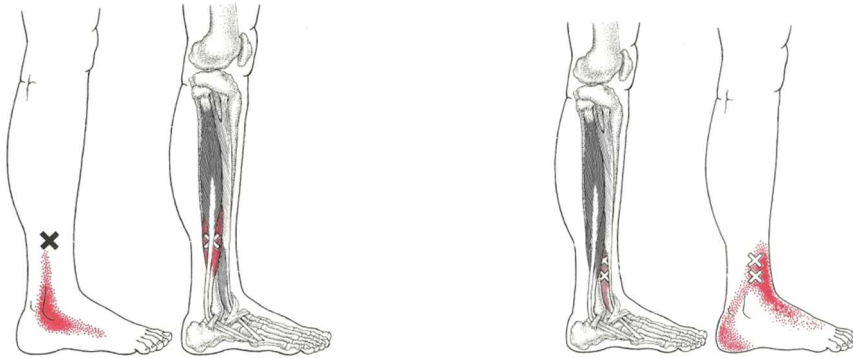
VASTUS LATERALIS



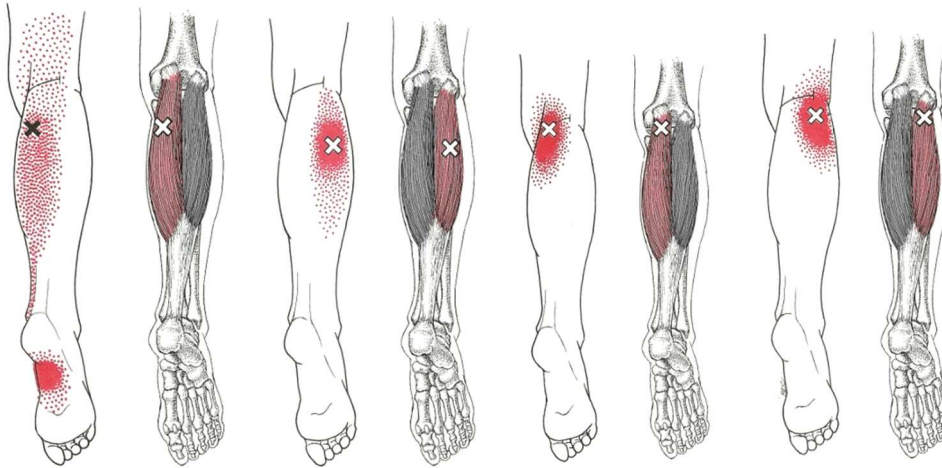
TIBIALIS ANTERIOR



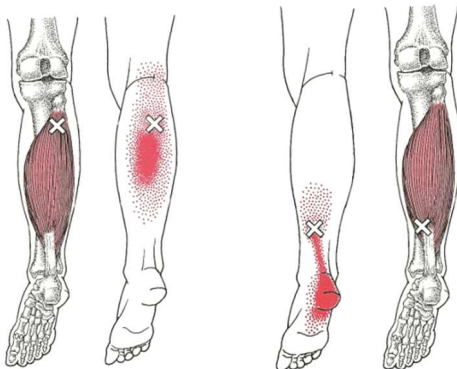
PERONEAL MUSCLES



GASTROCNEMIUS



SOLEUS



Information contained within this section is from:

Simons D, Travell J. *Travell & Simon's Myofascial Pain & Dysfunction The Trigger Point Manual, Volume 1*, 2nd ed. Baltimore: Williams & Wilkins, 1999

