

Figure 1

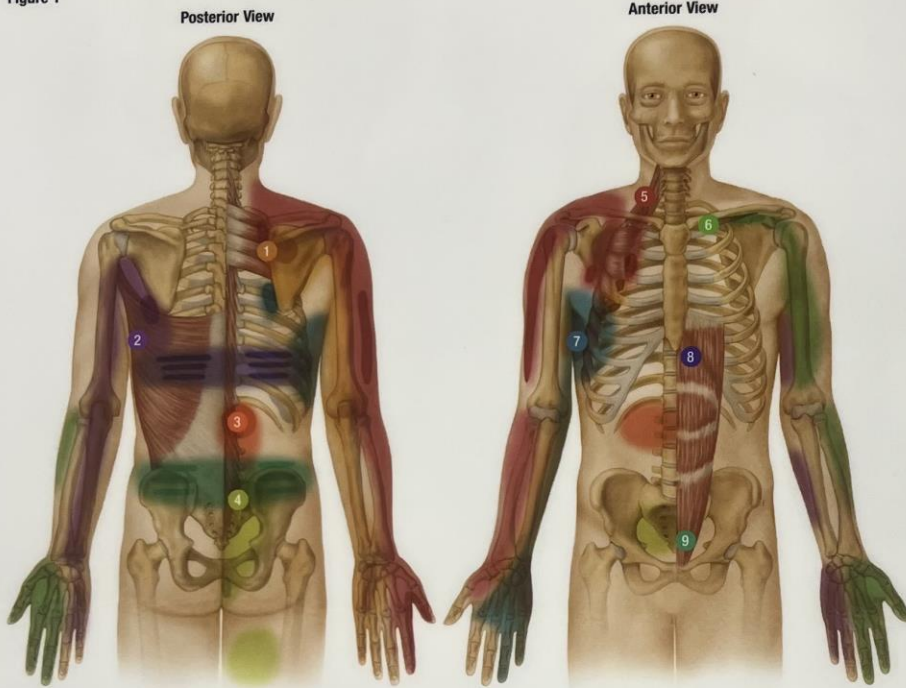


Figure 1

- 1 Serratus posterior superior
- 2 Latissimus dorsi
- 3 Multifidus (at L2)
- 4 Multifidus (at S1)
- 5 Scalene muscles
- 6 Subclavius
- 7 Serratus anterior
- 8 Rectus abdominis (upper)
- 9 Rectus abdominis (lower)

Figure 2

- 1 Trapezius (#1)
- 2 Trapezius (#2)
- 3 Trapezius (#3)
- 4 Trapezius (#4)
- 5 Trapezius (#5)
- 6 Trapezius (#6)
- 7 Trapezius (#7)
- 8 Splenius cervicis (upper)
- 9 Splenius cervicis (lower)

- Myofascial trigger points are hyper-irritable areas within muscle or fascia that refer pain to other areas in predictable patterns
- Knowing the referred pain patterns can be helpful, as it can assist in locating the origin of the pain and relieving the pain by applying pressure to the trigger point

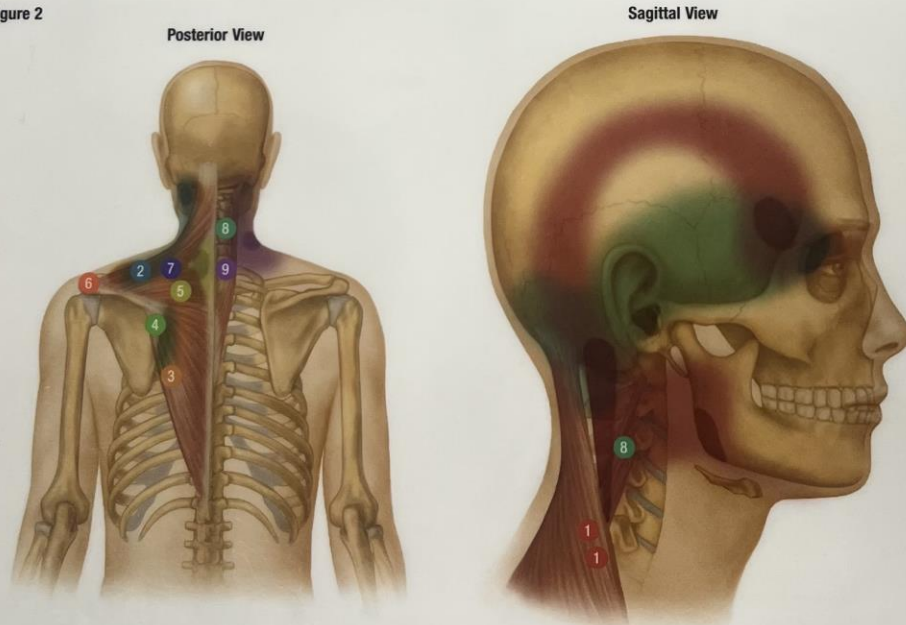
- Healthy muscle tissue does not contain trigger points
- Myofascial pain can be caused by a variety of factors such as stress, fatigue, immobility or poor nutrition
- In addition to pain, trigger points may cause dizziness, sweating, vasoconstriction, and muscle stiffness and weakness
- When left untreated, a chain reaction may occur, in which secondary (or satellite) trigger points develop in reference areas of chronically active trigger points and give rise to more pain

- In these figures, the trigger points are represented by colored dots, with numbers used to identify their names
- Each trigger point is color-coded to match its own area of symptom referral
- The pain referral areas may have both light and dark shades of the trigger point color
- The darker shade represents the primary area of symptom referral, while the lighter shade represents the secondary area of symptom referral

Notes: A trigger point and its corresponding pain pattern is always found within the same figure (in some cases, there are two images per figure)

- Different figures may have the same colors, but they do not represent the same trigger point

Figure 2



Sagittal View

Figure 3

- 1 Levator scapulae
- 2 Teres minor
- 3 Rhomboideus major/minor
- 4 Teres major
- 5 Longissimus thoracis (T10-11)
- 6 Serratus posterior inferior
- 7 Iliocostalis lumborum (L1)
- 8 Longissimus thoracis (L1)

Figure 3

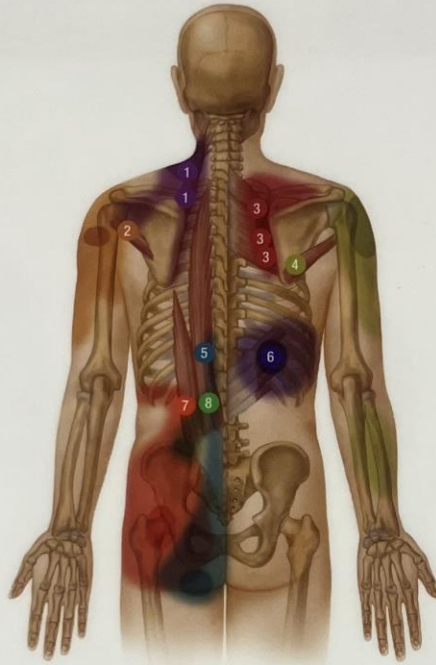


Figure 4

- 1 Temporalis (#1)
- 2 Temporalis (#2)
- 3 Temporalis (#3)
- 4 Temporalis (#4)
- 5 Lateral pterygoid
- 6 Splenius capitis
- 7 Digastric (posterior belly)
- 8 Digastric (anterior belly)

Figure 4



Figure 5

- 1 Orbicularis oculi
- 2 Masseter (deep layer, upper part)
- 3 Masseter (superficial layer, upper part)
- 4 Suboccipital muscles
- 5 Masseter (superficial layer, mid belly)
- 6 Masseter (superficial layer, lower part)

Figure 5

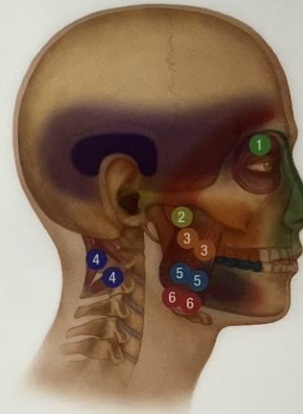


Figure 6

- 1 Pectoralis major (clavicular section)
- 2 Pectoralis major (intermediate sternal section)
- 3 Sternalis
- 4 Pectoralis minor
- 5 Pectoralis major (lateral free margin)
- 6 External oblique (upper part)
- 7 External oblique (lower part)

Figure 6



Figure 7

- 1 Occipitalis
- 2 Frontalis
- 3 Zygomaticus major
- 4 Sternocleidomastoid (superficial part)
- 5 Sternocleidomastoid (deep part)

Figure 7



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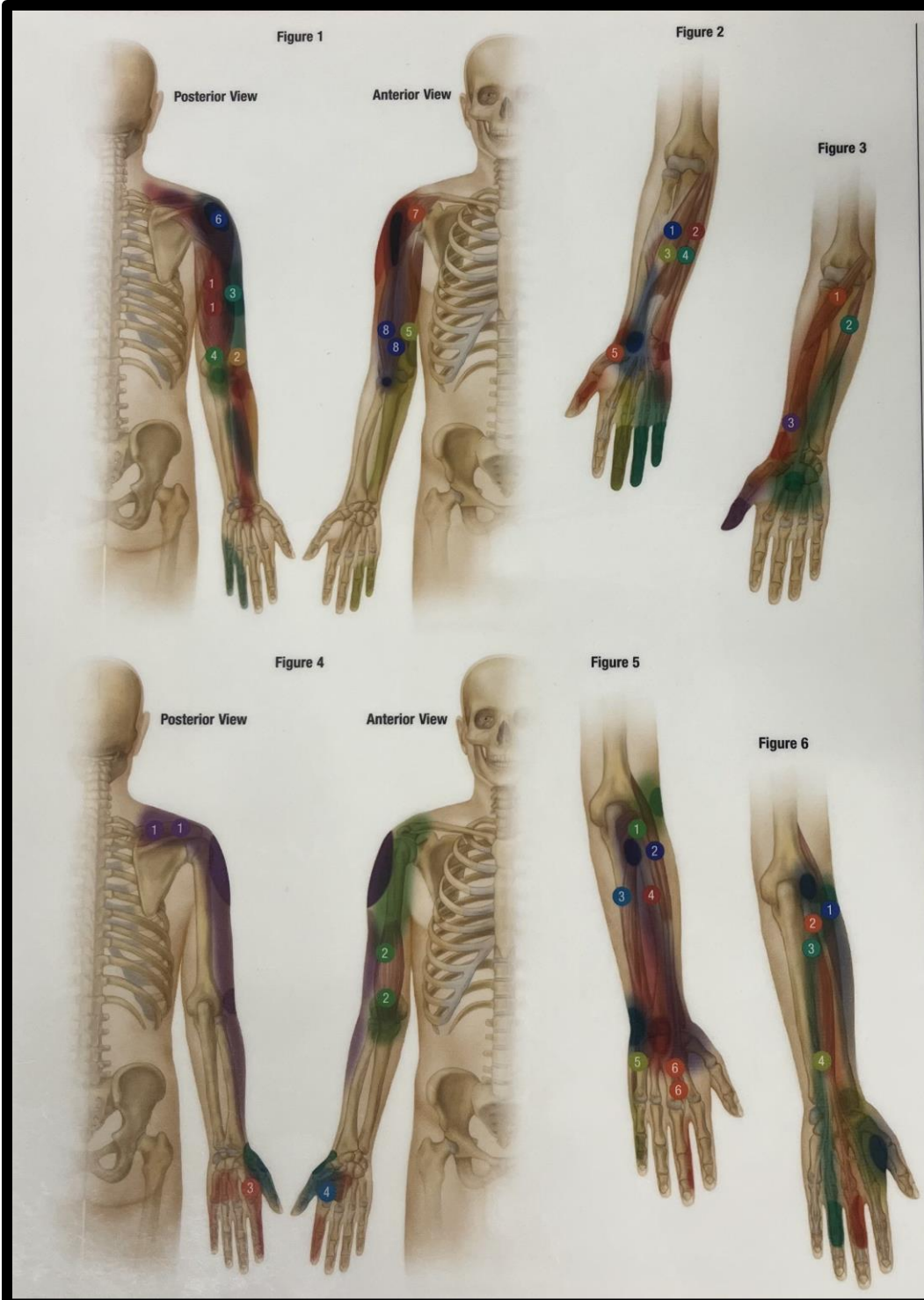


Figure 1

Figure 2

Figure 3

Figure 4

Figure 5

Figure 6

Figure 1

- 1 Triceps brachii (#1)
- 2 Triceps brachii (#2)
- 3 Triceps brachii (#3)
- 4 Triceps brachii (#4)
- 5 Triceps brachii (#5)
- 6 Deltoid (posterior part)
- 7 Deltoid (anterior part)
- 8 Biceps brachii

Figure 2

- 1 Flexor carpi radialis
- 2 Flexor carpi ulnaris
- 3 Flexor digitorum superficialis (radial part)
- 4 Flexor digitorum superficialis (ulnar part)
- 5 Opponens pollicis

Figure 3

- 1 Pronator teres
- 2 Palmaris longus
- 3 Flexor pollicis longus

Figure 4

- 1 Supraspinatus
- 2 Brachialis
- 3 First dorsal interosseus
- 4 Adductor pollicis

Figure 5

- 1 Anconeus
- 2 Extensor carpi radialis longus
- 3 Extensor carpi ulnaris
- 4 Extensor carpi radialis brevis
- 5 Abductor digiti minimi
- 6 Second dorsal interosseus

Figure 6

- 1 Brachioradialis
- 2 Middle finger extensor
- 3 Ring finger extensor
- 4 Extensor indicis

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Figure 7

- 1 Infraspinatus
- 2 Subscapularis
- 3 Supinator

Figure 8

- 1 Adductor longus
- 2 Vastus medialis
- 3 Tibialis anterior
- 4 Extensor digitorum longus

Figure 9

- 1 Gluteus minimus (anterior part)
- 2 Tensor fasciae latae
- 3 Vastus lateralis
- 4 Peroneus longus
- 5 Extensor digitorum brevis

Figure 10

- 1 Piriformis
- 2 Gluteus minimus (posterior part)
- 3 Biceps femoris
- 4 Gastrocnemius
- 5 Soleus
- 6 Abductor hallucis

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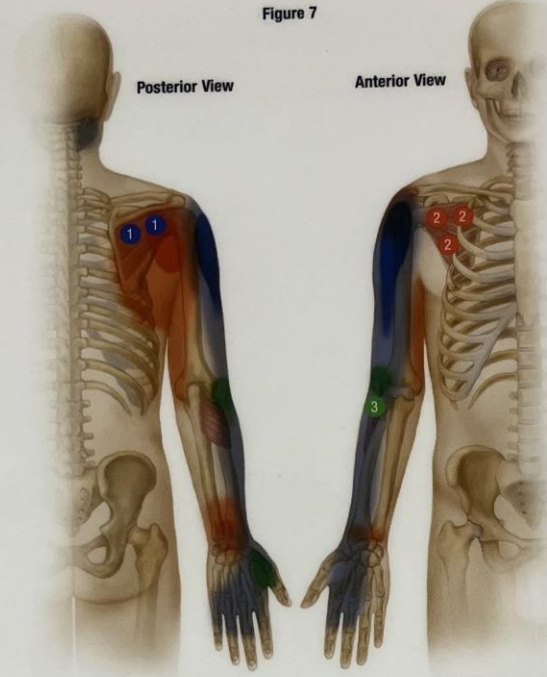


Figure 8



Figure 9



Figure 10

