

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	Shoulder and Neck Pain
Buttock Pain	Chest Pain
Upper Arm Pain	Forearm Pain
Hand Pain	Abdominal Pain
Pelvic and Hip Pain	Thigh Pain
Knee Pain	Calf Pain
Foot Pain	Upper Back Pain
Lower Back Pain	Buttock Pain

Muscle List

**Just Click on the Links
below to get started**

<i>Muscle</i>	<i>page</i>	<i>Muscle</i>	<i>page</i>
Adductor Longus	64	Lateral Pterygoid	2
Adductor Magnus	66	Latissimus Dorsi	42
Anterior Deltoid	28	Levator Scapulae	45
Biceps	40	Longissimus	118
Biceps Femoris	143	Masseter	8
Foot Intrinsic	82	Medial Pterygoid	4
Forearm Extensors	91	Multifidi	137
Frontalis	6	Obliques	56
Gastrocnemius	146	Pectoralis Major	34
Gluteus Maximus	110	Pectoralis Minor	38
Gluteus Medius	103	Peroneus Muscles	79
Gluteus Minimus	107	Piriformis	127
Ilio Costalis	121	Popliteus	155
Infraspinatus	25	Posterior Deltoid	30
Intra Pelvic Muscles	130	Psoas	60
Intrinsic of the Hand	96	Quadratus Lumborum	114
		Rectus Abdominus	50
		Rhomboids	133
		Scalenes	23
		Semitendosis	125
		Soleus	151
		Sternocleidomastoid	18
		Suboccipitals	17
		Supraspinatus	32
		Temporalis	11
		Thenar Eminence	100
		Trapezius	14
		Triceps	86
		Vastus Lateralis	68
		Vastus Medialis	74

Resource Videos - Learn How to Self Treat Your Trigger Points

Click the links below to find out More:

[What's a Trigger Point?](#)

[How to Accurately Find Trigger Points](#)

[Muscle Basics - How to Tell the Difference Between Tendons and Muscles](#)

[How to Switch off Triggers - Pain Free Technique](#)

[Free Trigger Point Manual](#)

[The Treat Your Triggers Trigger Point Course](#)

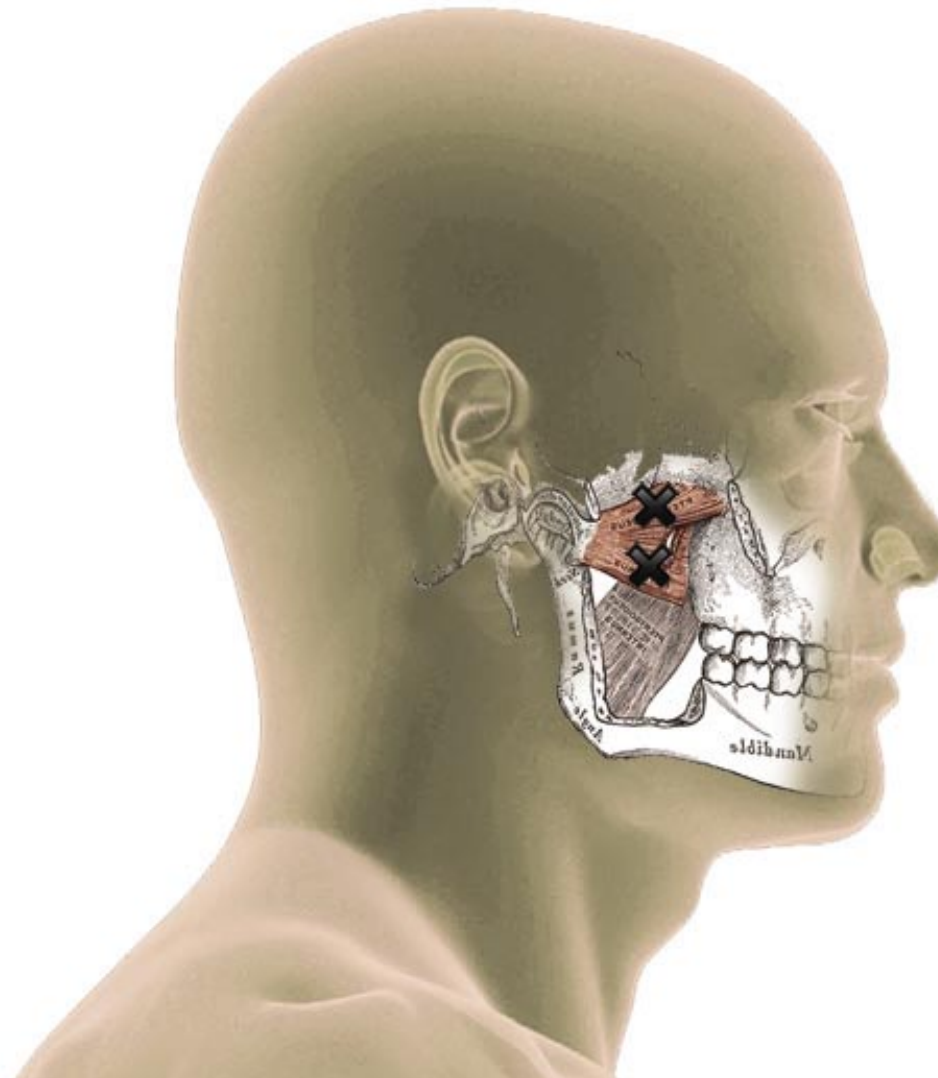
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Muscles Cause Head & Neck Pain:

(Click on the muscle names to see trigger point diagrams)

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

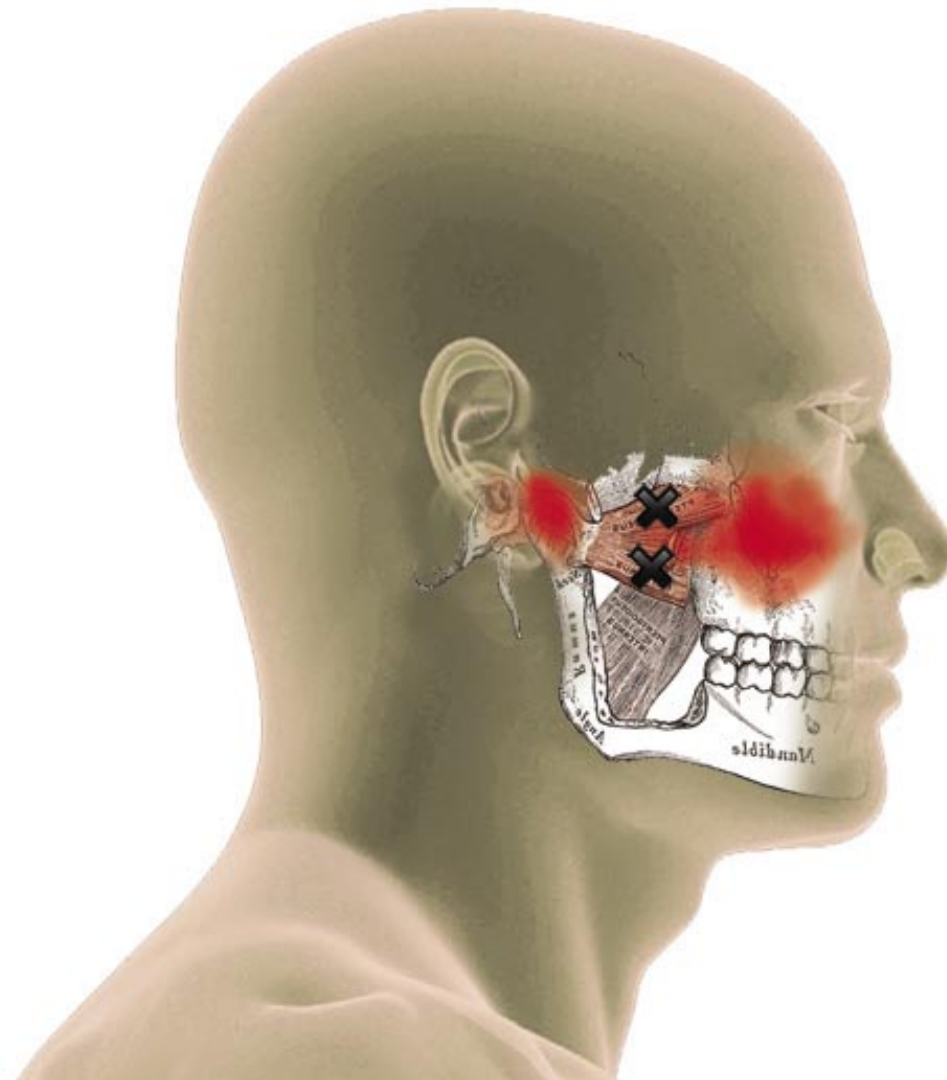
Lateral Pterygoid Trigger Points



Go to the next page to see trigger point pain patterns

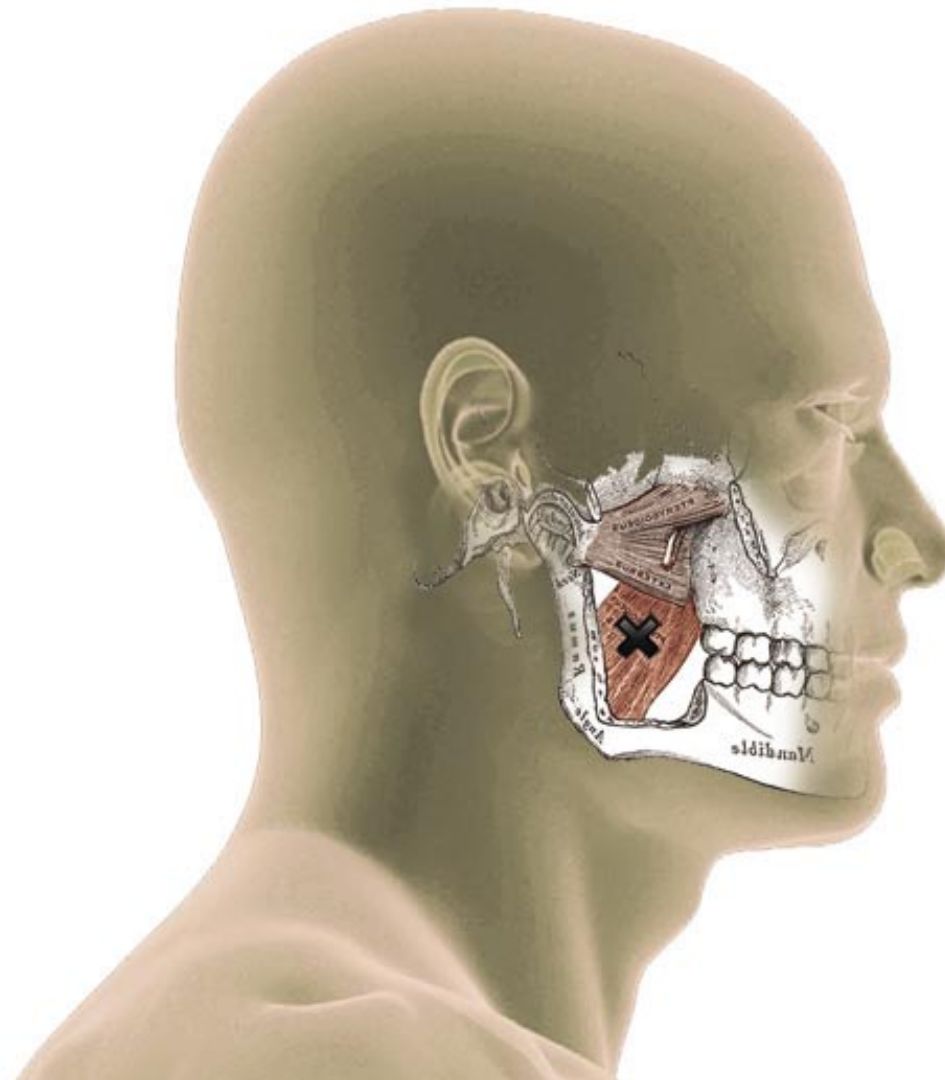
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Lateral Pterygoid Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

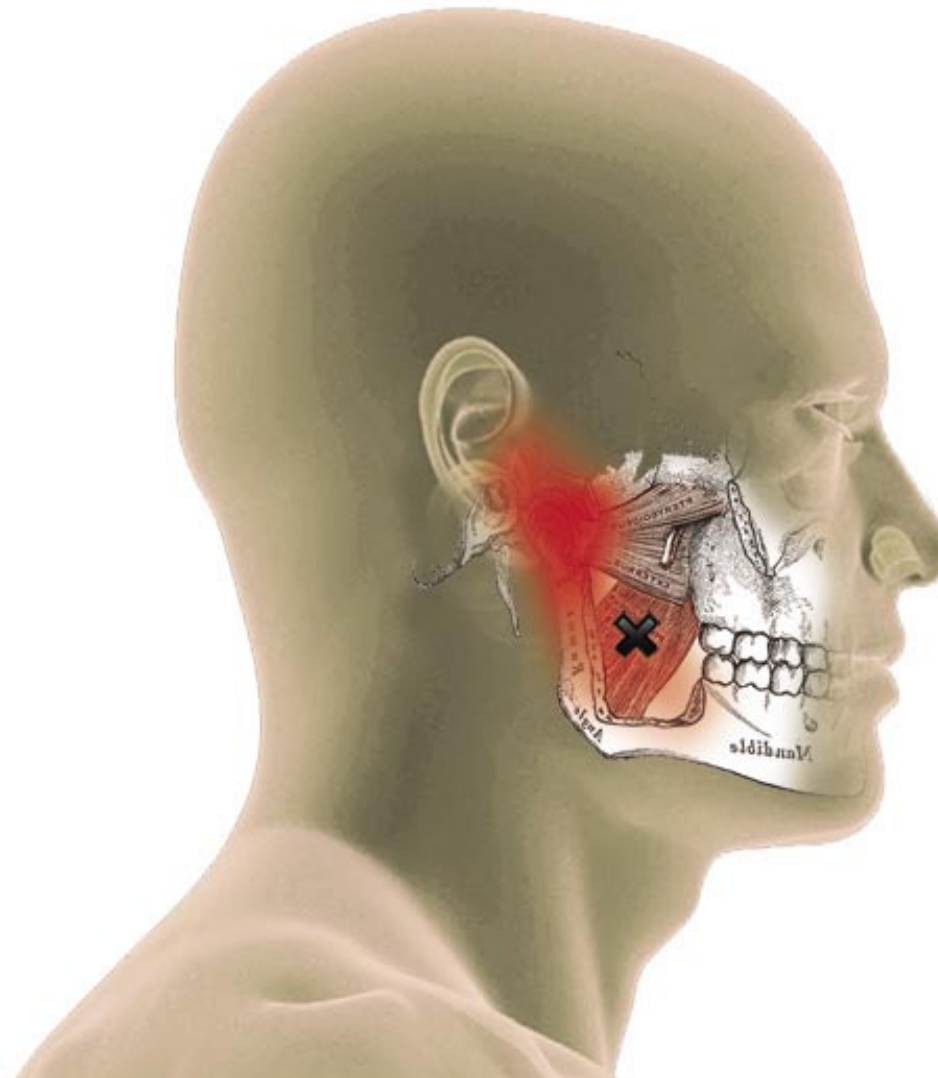
Medial Pterygoid Trigger Points



Go to the next page to see trigger point pain patterns

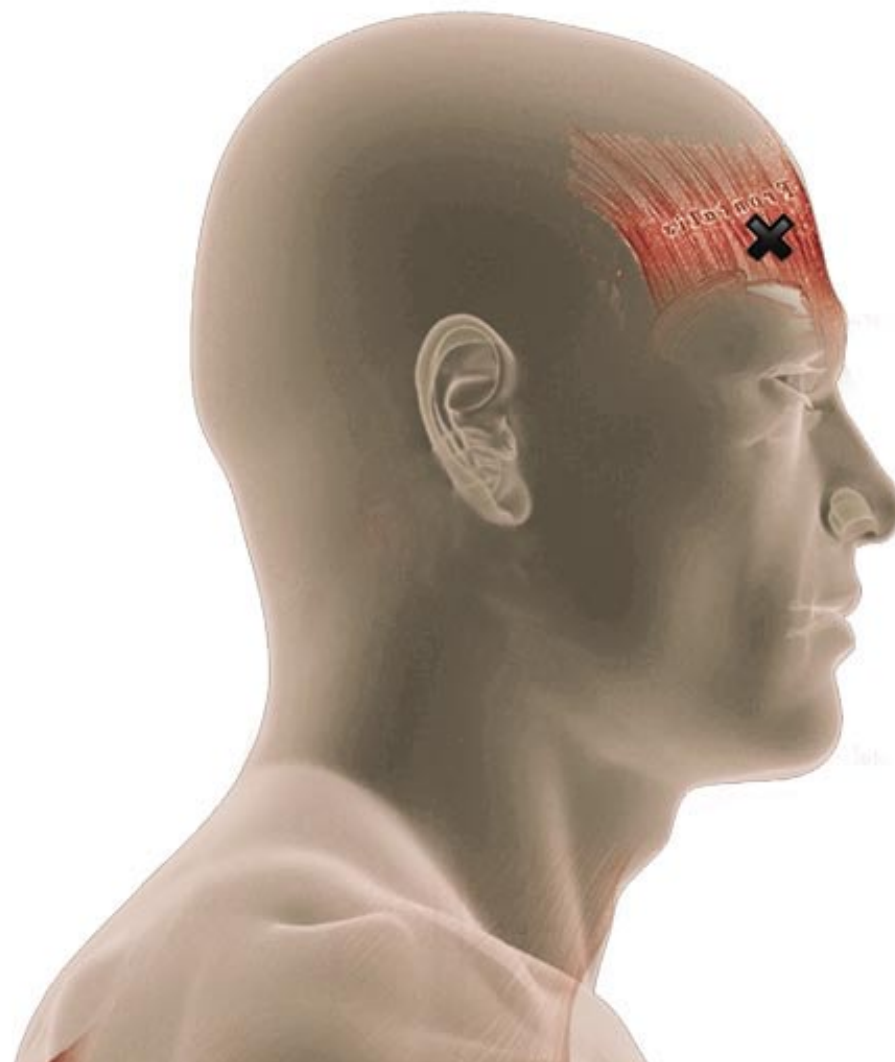
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Medial Pterygoid Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

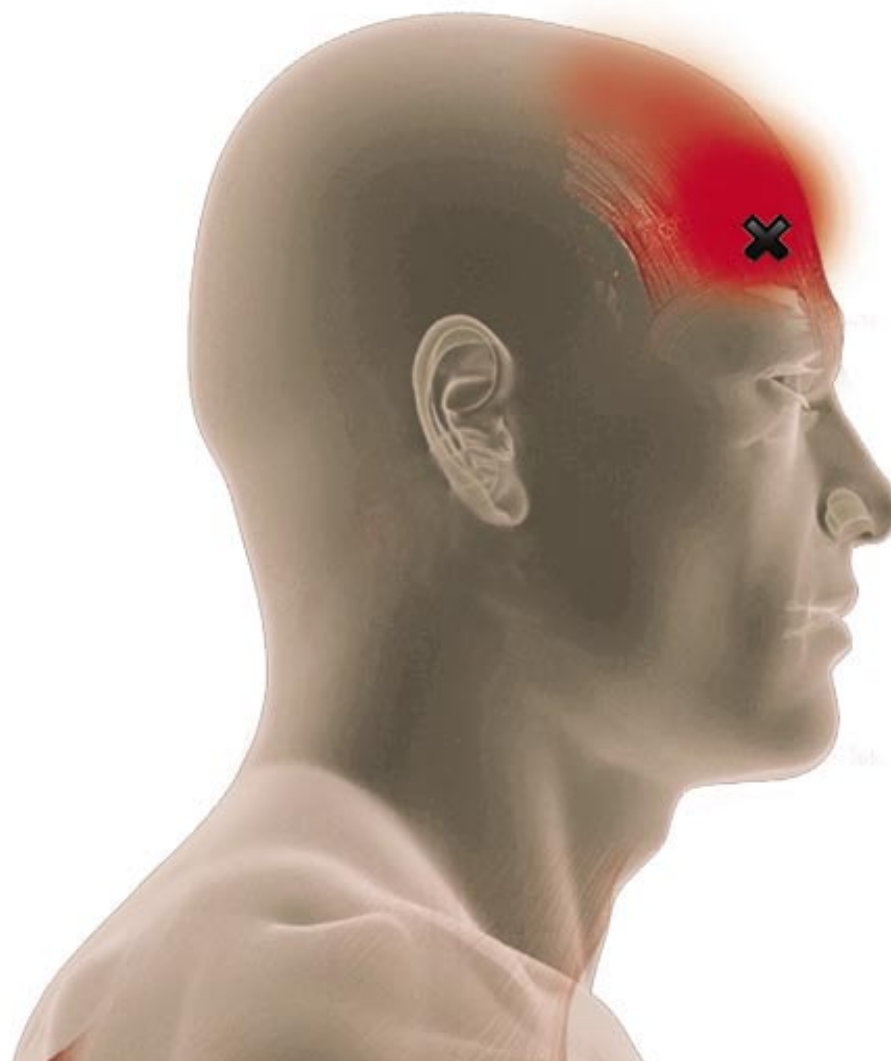
Frontalis Trigger Points



Go to the next page to see trigger point pain patterns

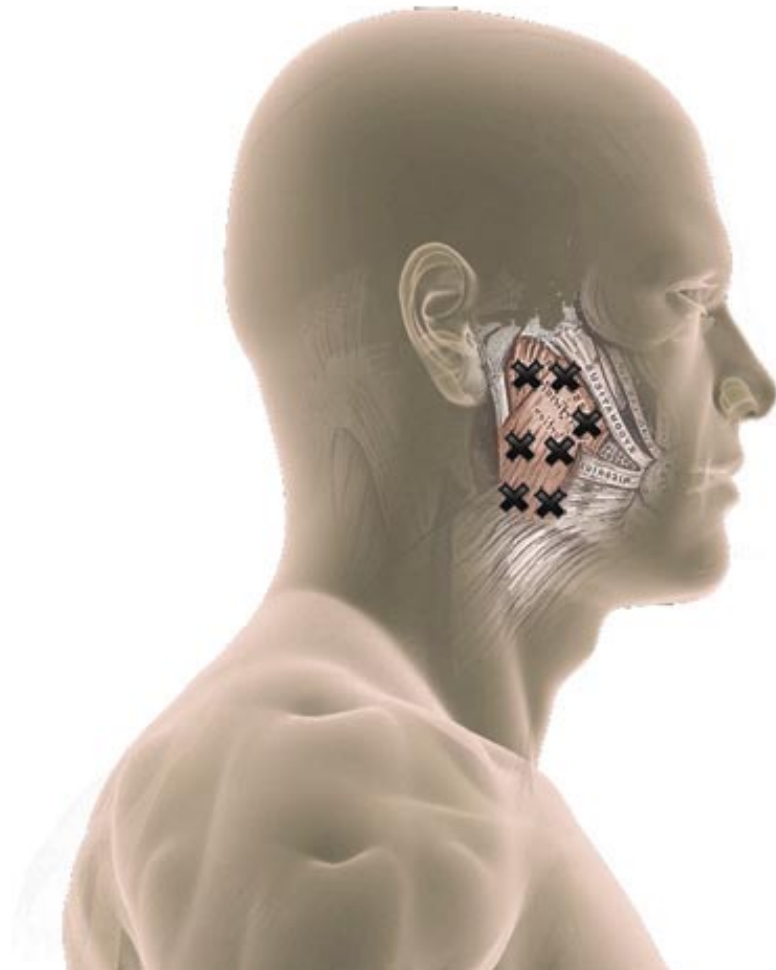
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
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72	Thigh
73	Knee
76	Foot
78	Calf
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90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Frontalis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
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76	Foot
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142	Lower Back

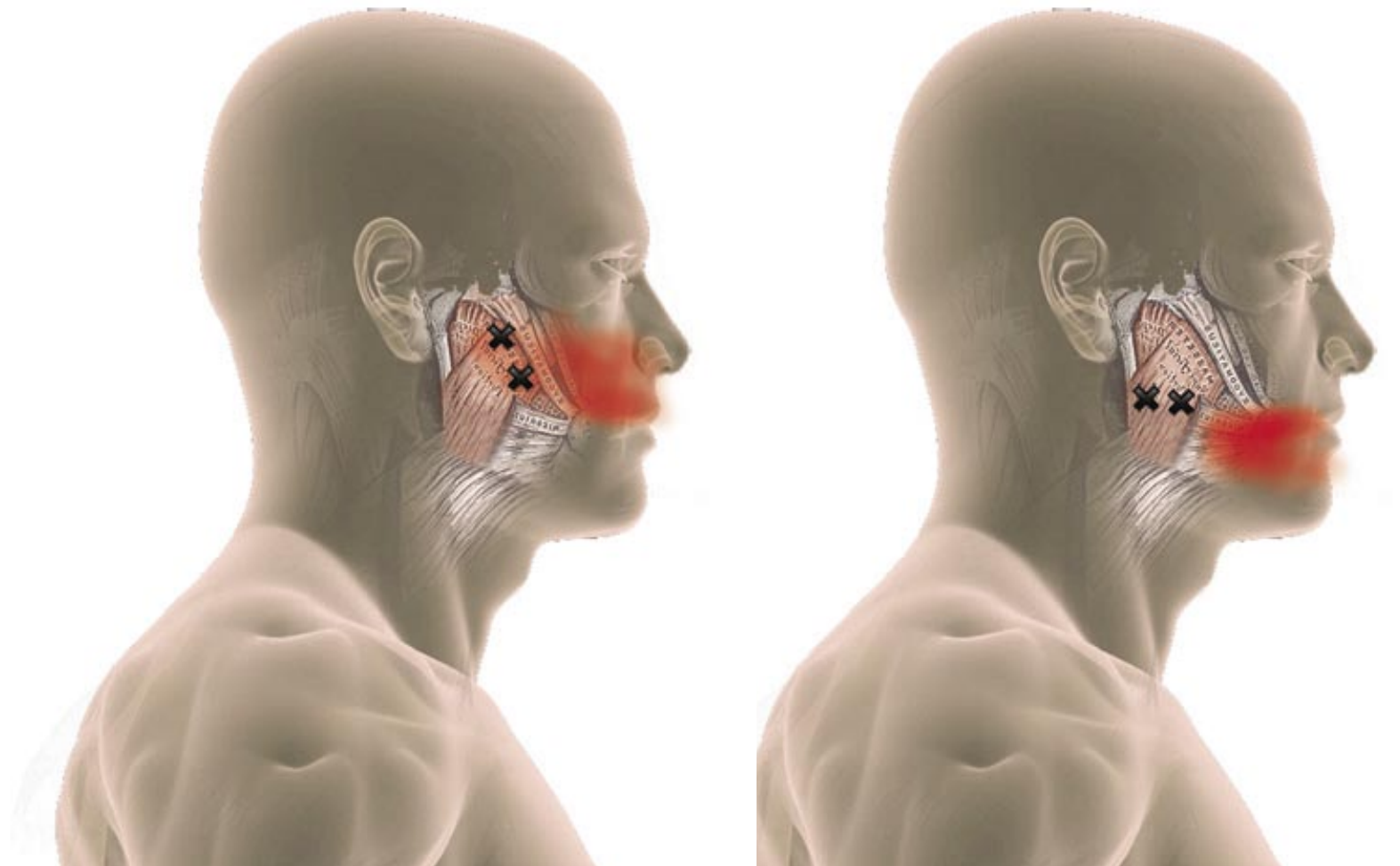
Masseter Trigger Points



Go to the next page to see trigger
point pain patterns

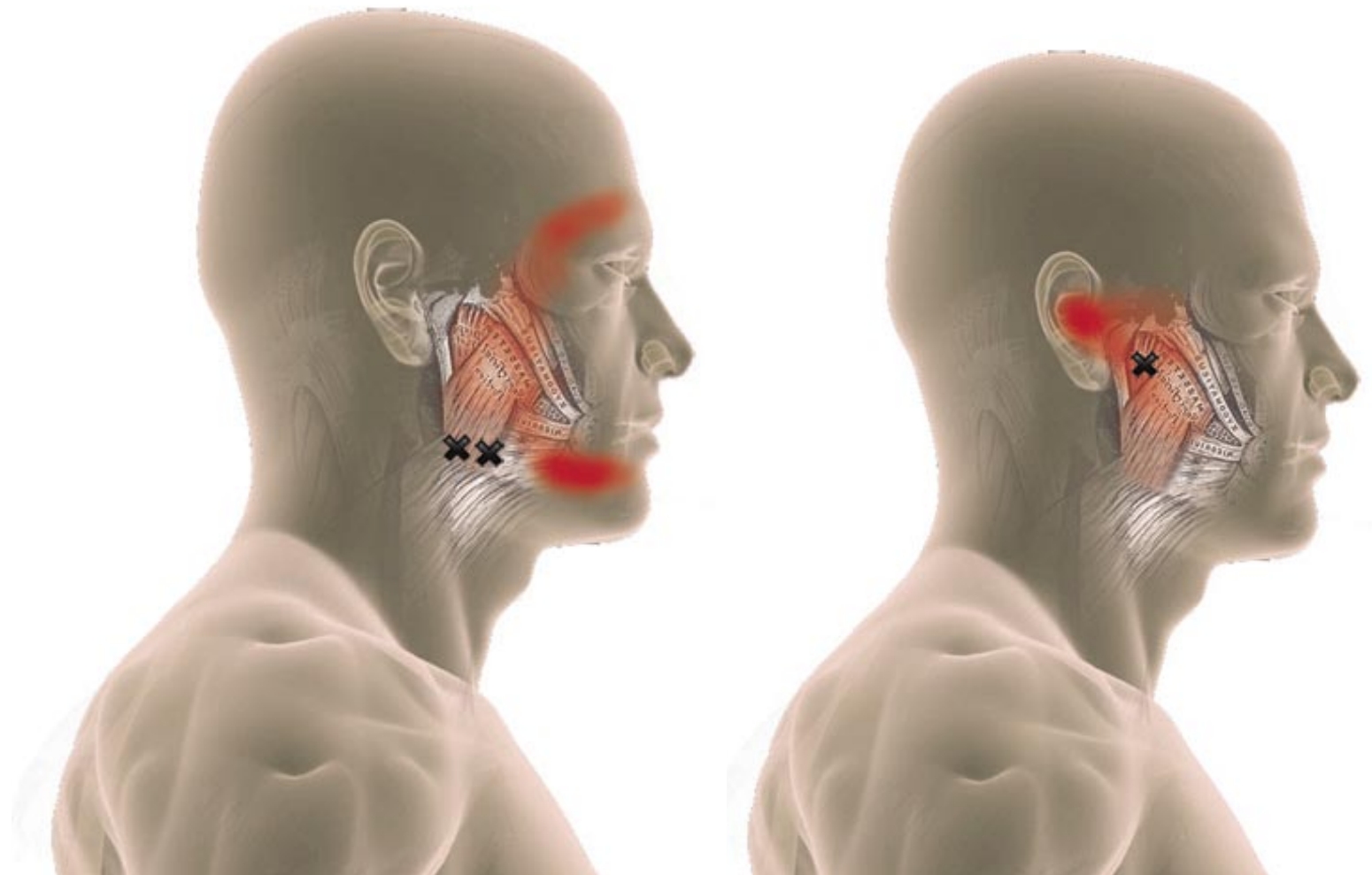
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
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76	Foot
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95	Hand
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142	Lower Back

1. Masseter Pain Patterns

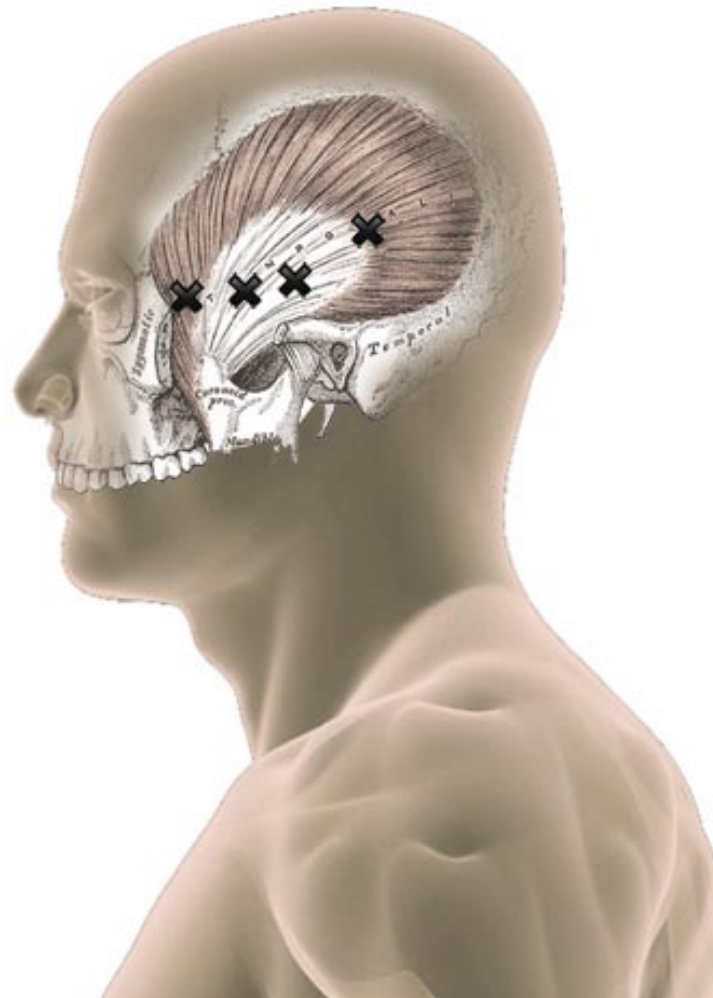


<i>Pages</i>	<i>Areas of Pain</i>
1	Head
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2. Masseter Pain Patterns



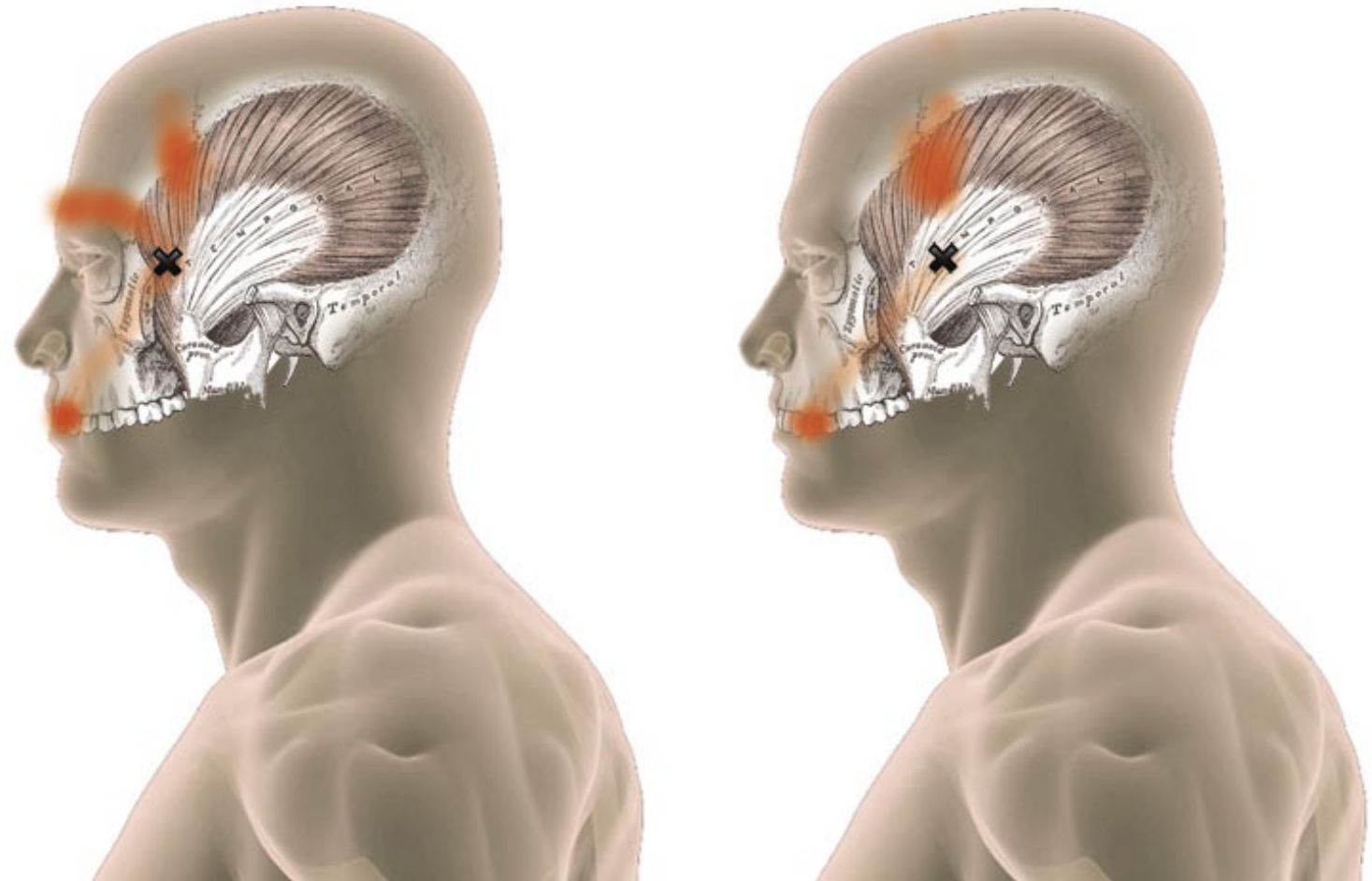
Temporalis Trigger Points



Go to the next page to see trigger
point pain patterns

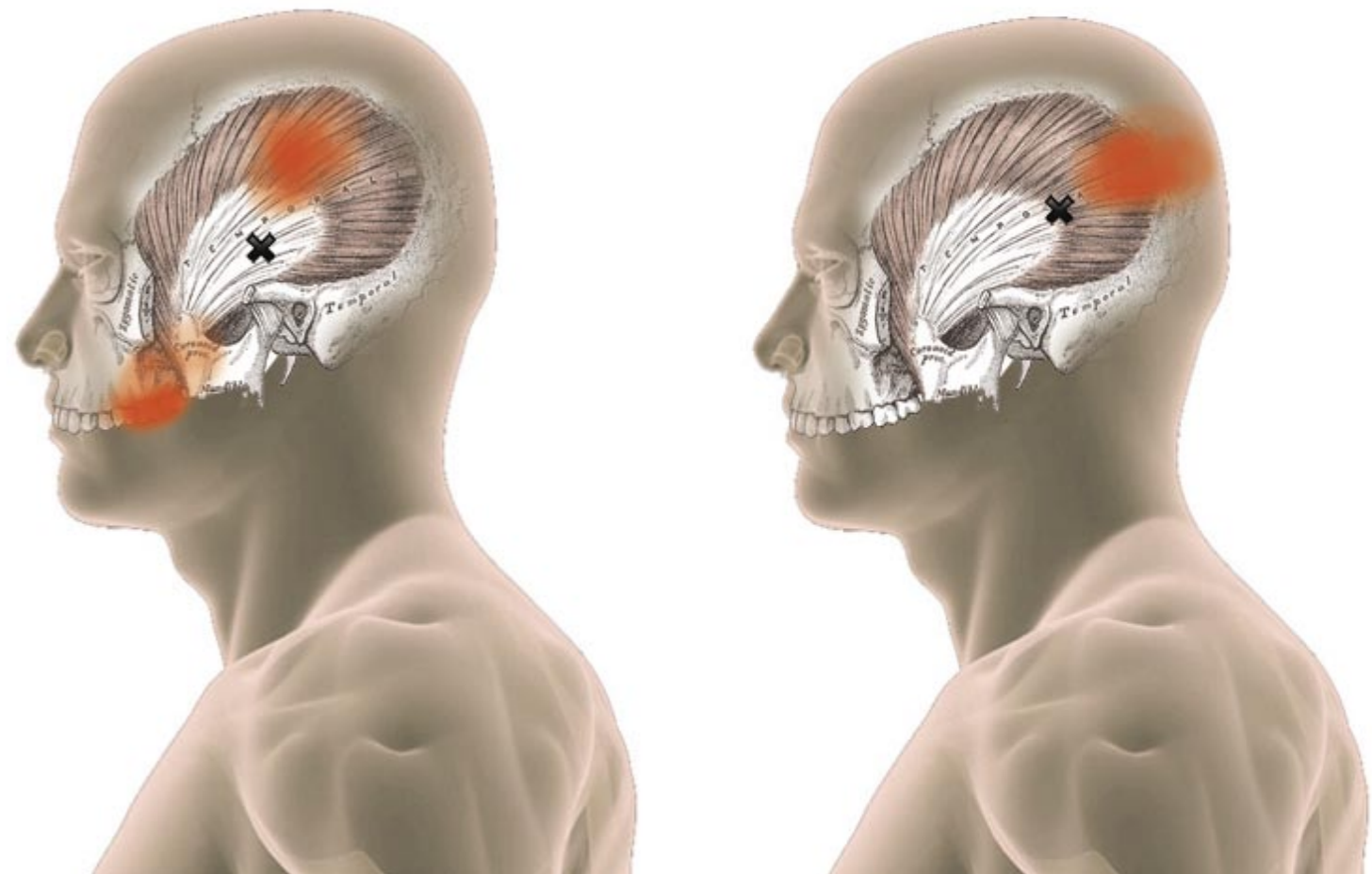
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
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76	Foot
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85	Upper Arm
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95	Hand
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1. Temporalis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
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59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
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95	Hand
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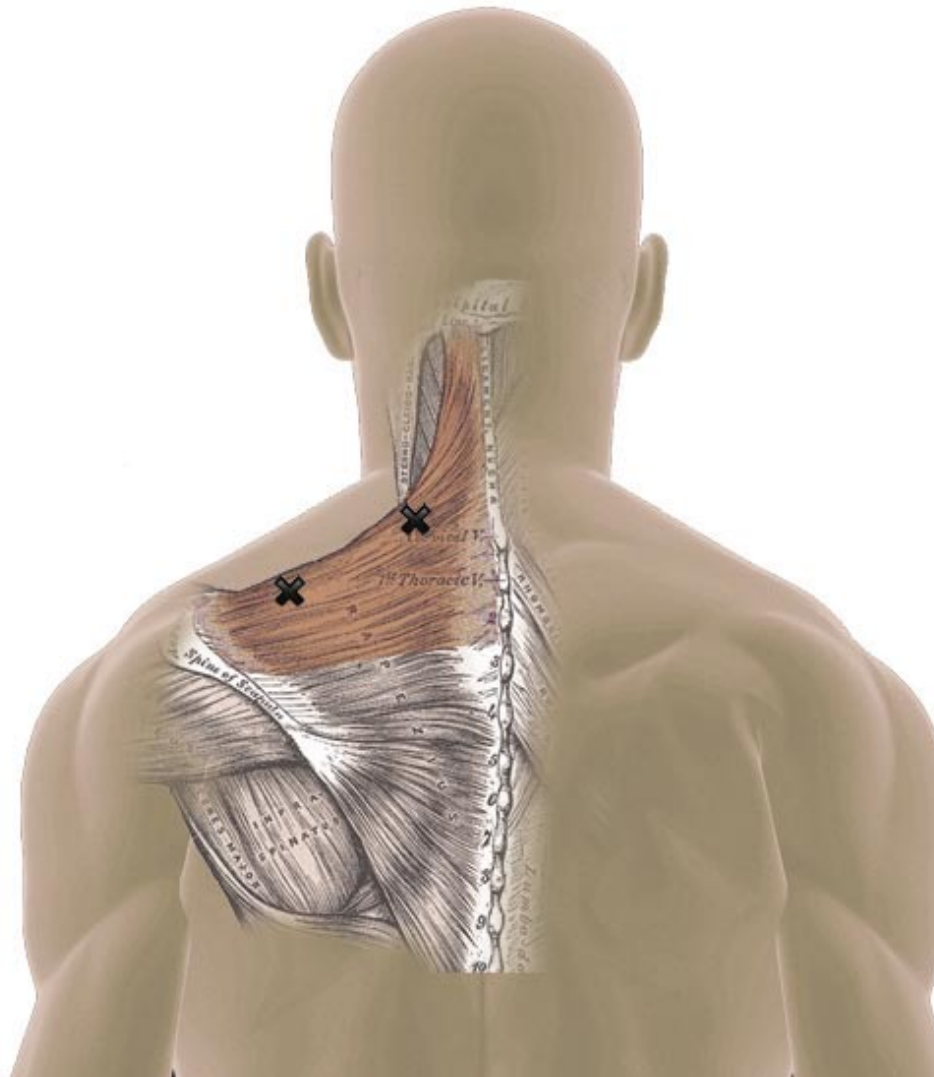
2. Temporalis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

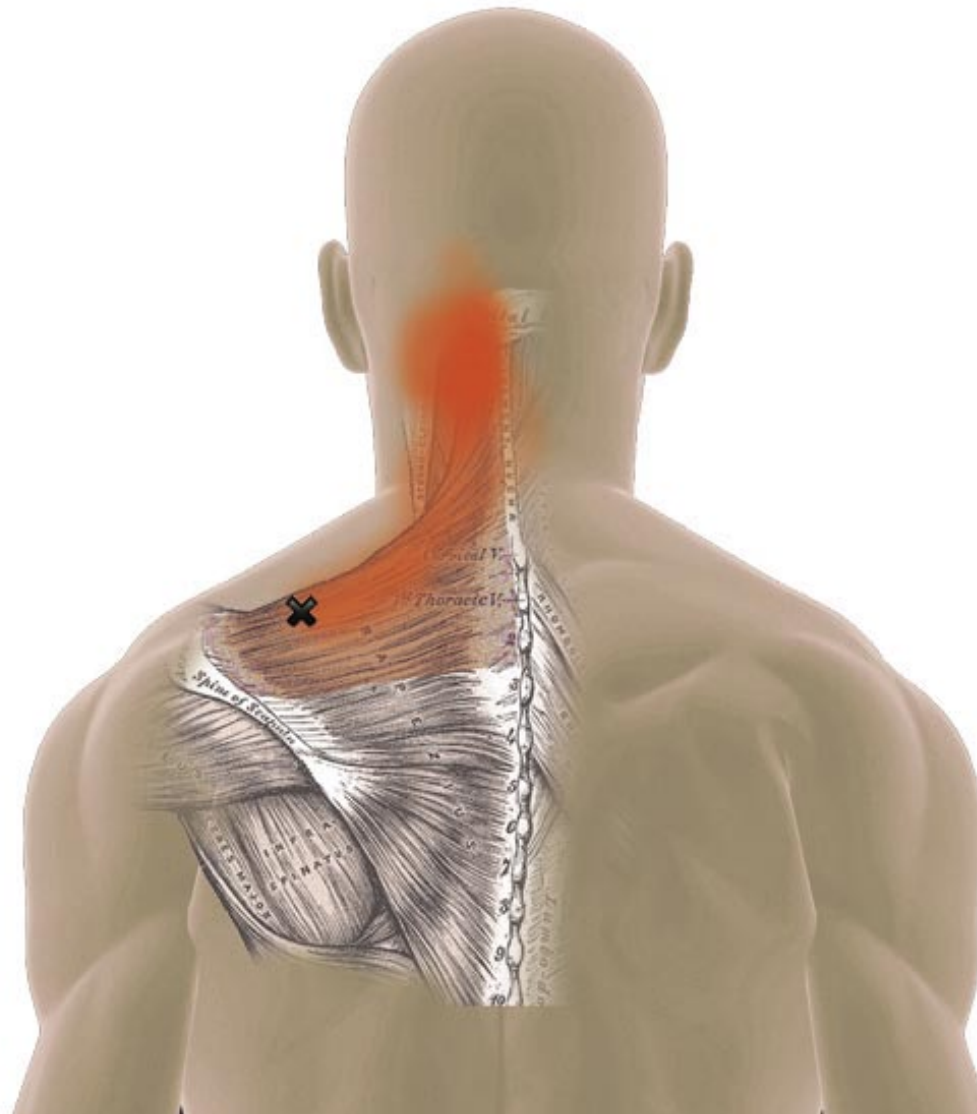
Upper Trapezius Trigger Points

<i>Pages</i>	<i>Areas of Pain</i>
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

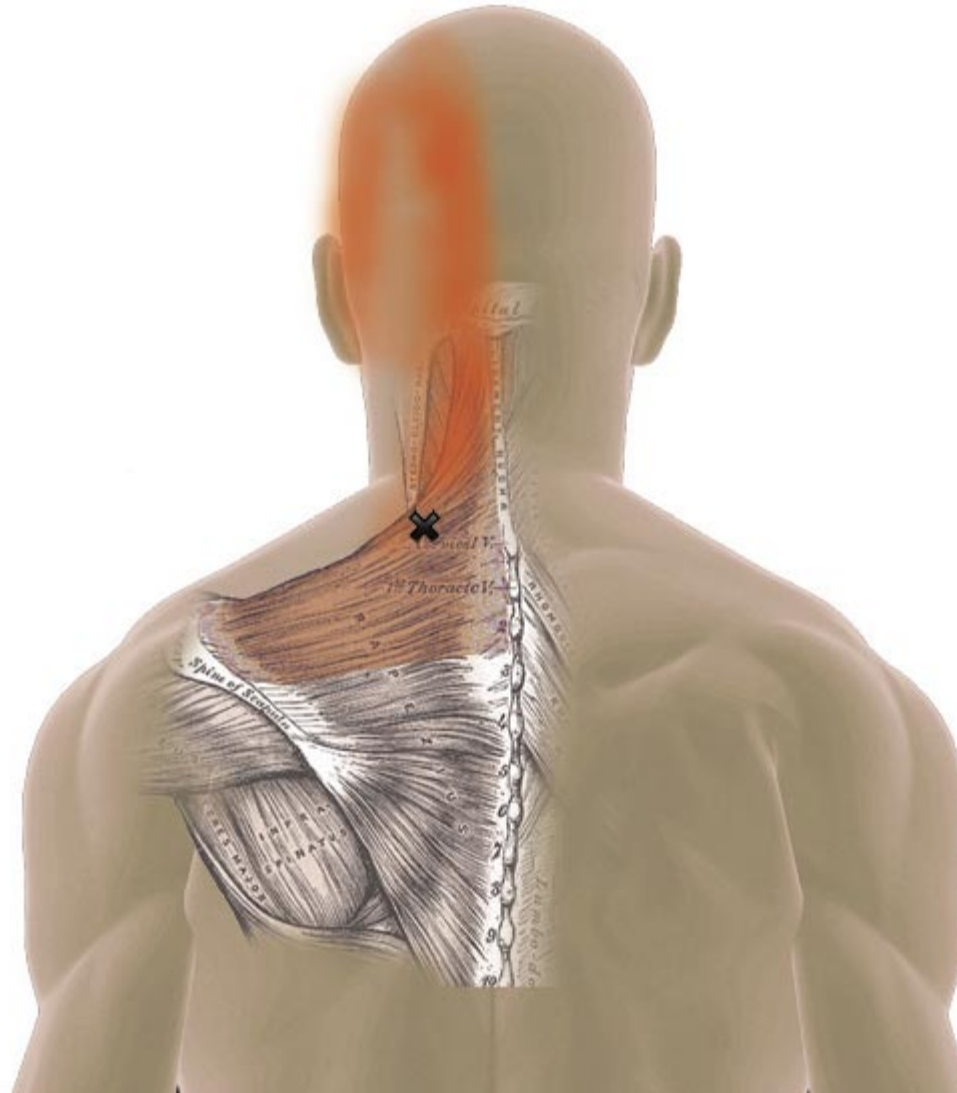
1. Upper Trapezius Pain Patterns



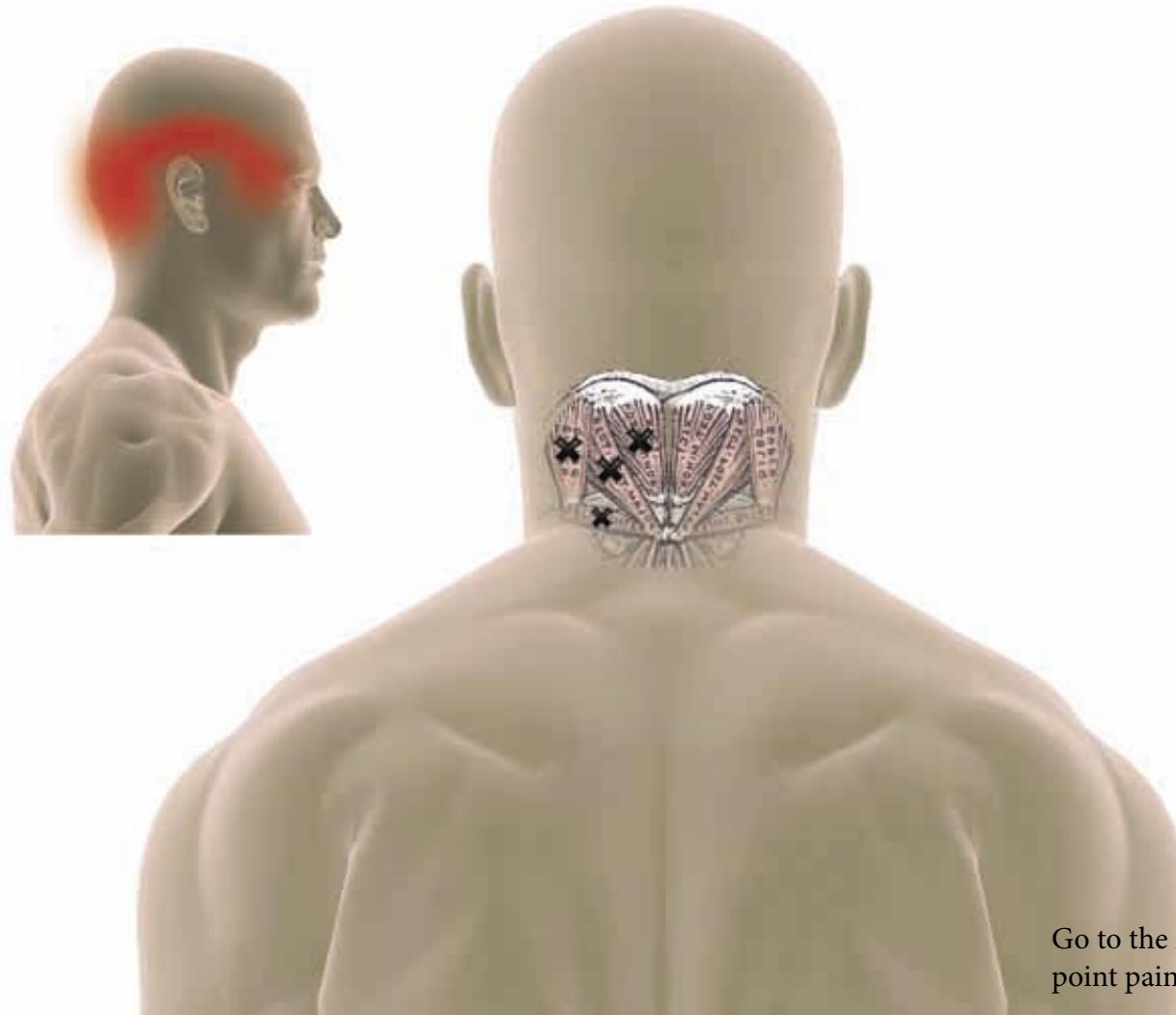
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
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95	Hand
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132	Upper Back
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2. Upper Trapezius Pain Patterns

<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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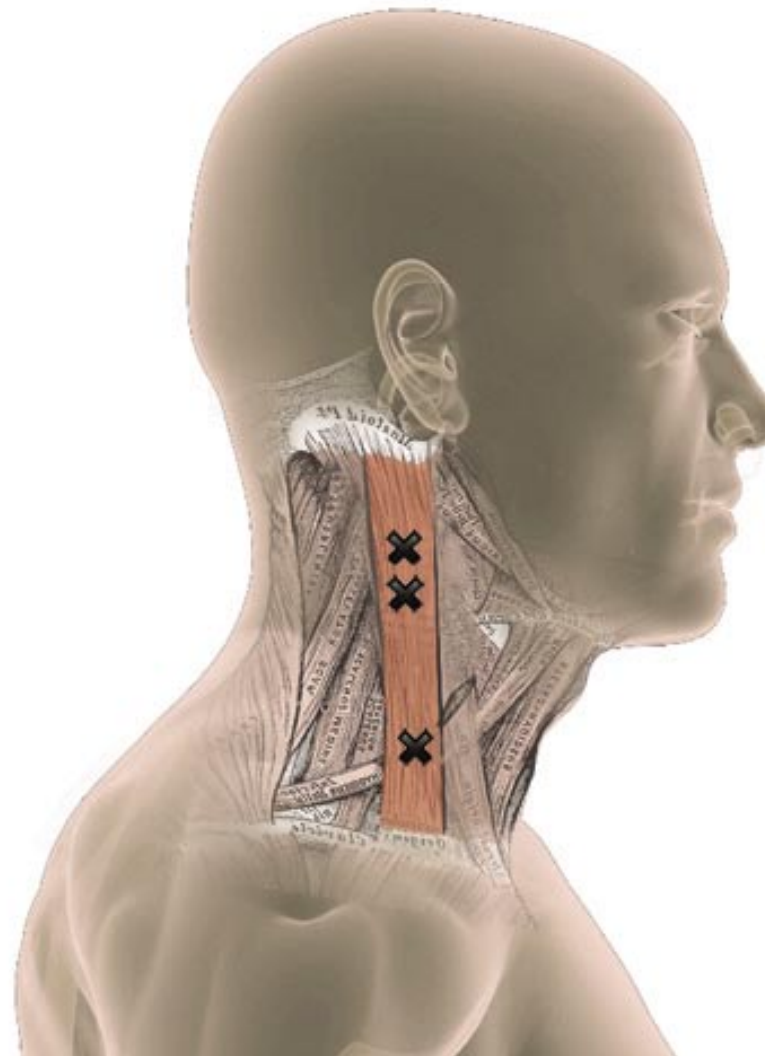
Suboccipitalis Triggers & Pain Patterns



Go to the next page to see trigger
point pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
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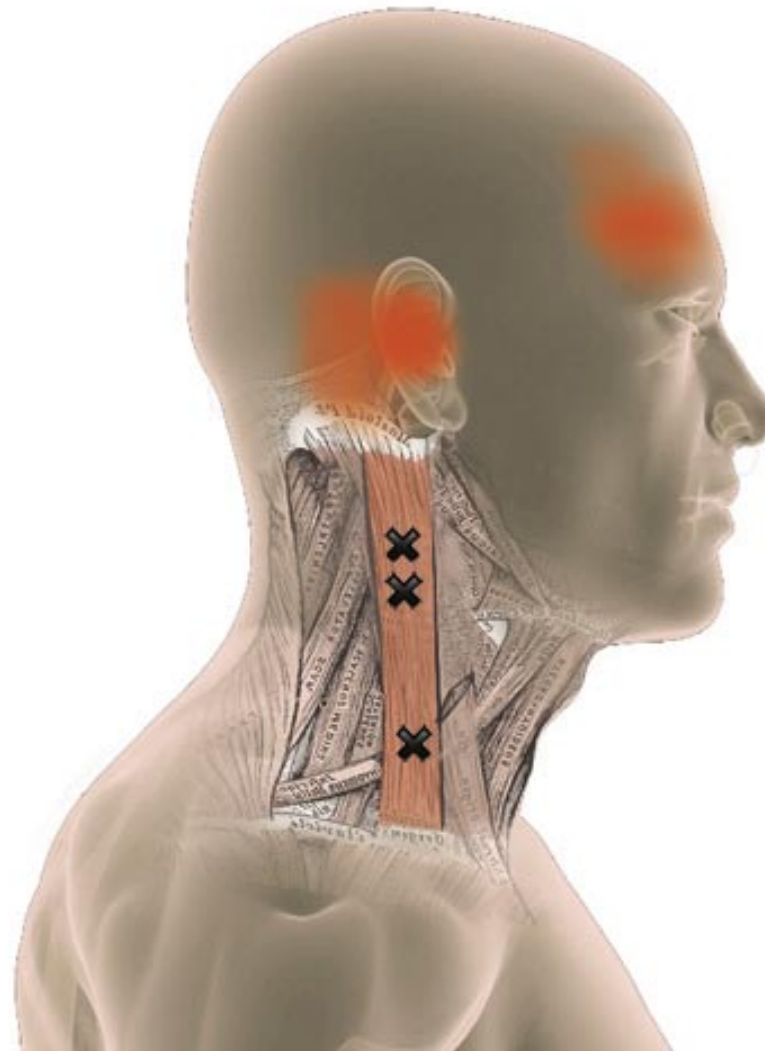
Sternocleidomastoid Clavicular Trigger Points



Go to the next page to see trigger point pain patterns

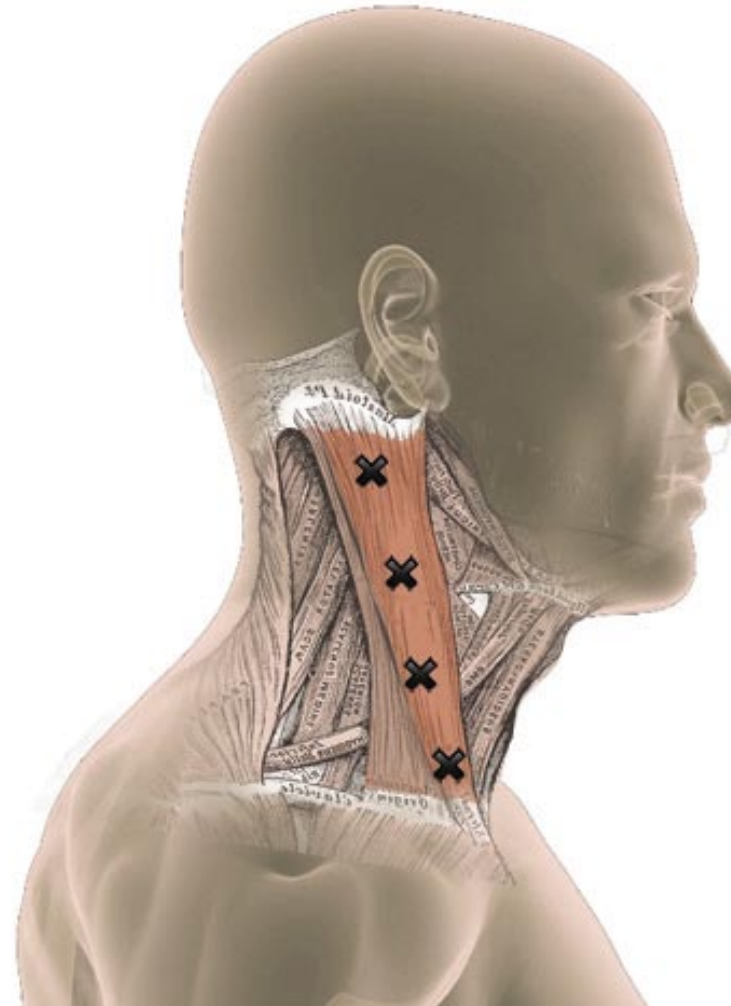
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
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95	Hand
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142	Lower Back

1. Sternocleidomastoid Clavicular Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
102	Buttock
132	Upper Back
142	Lower Back

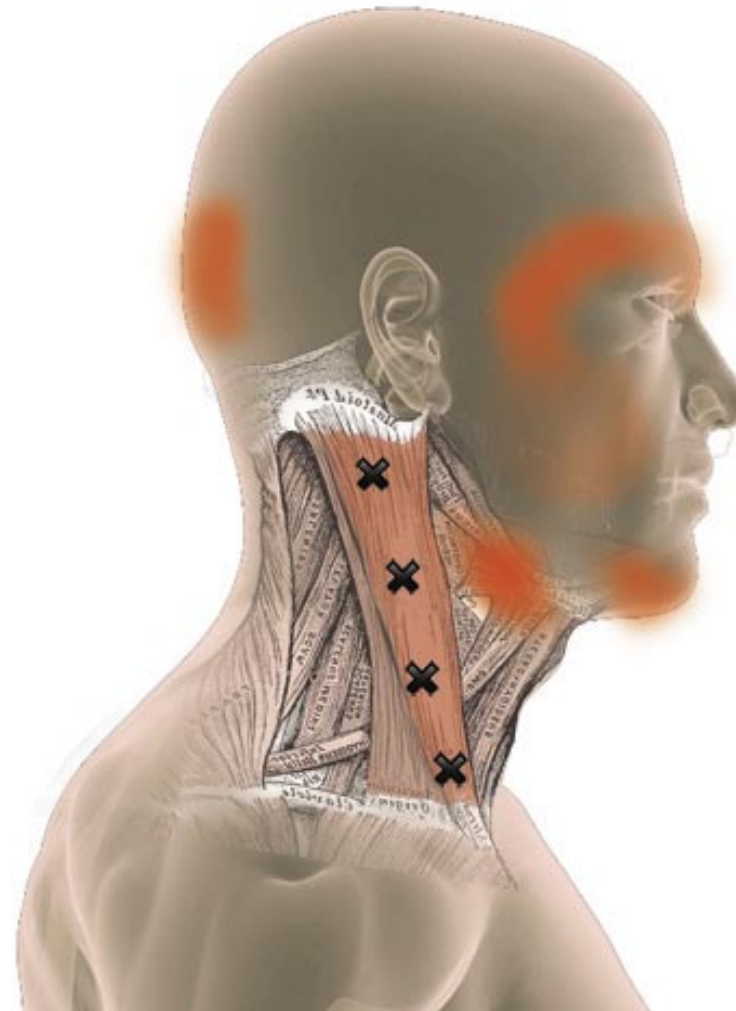
Sternocleidomastoid Sternal Trigger Points



Go to the next page to see trigger
point pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
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73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Sternocleidomastoid Sternal Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
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72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
102	Buttock
132	Upper Back
142	Lower Back

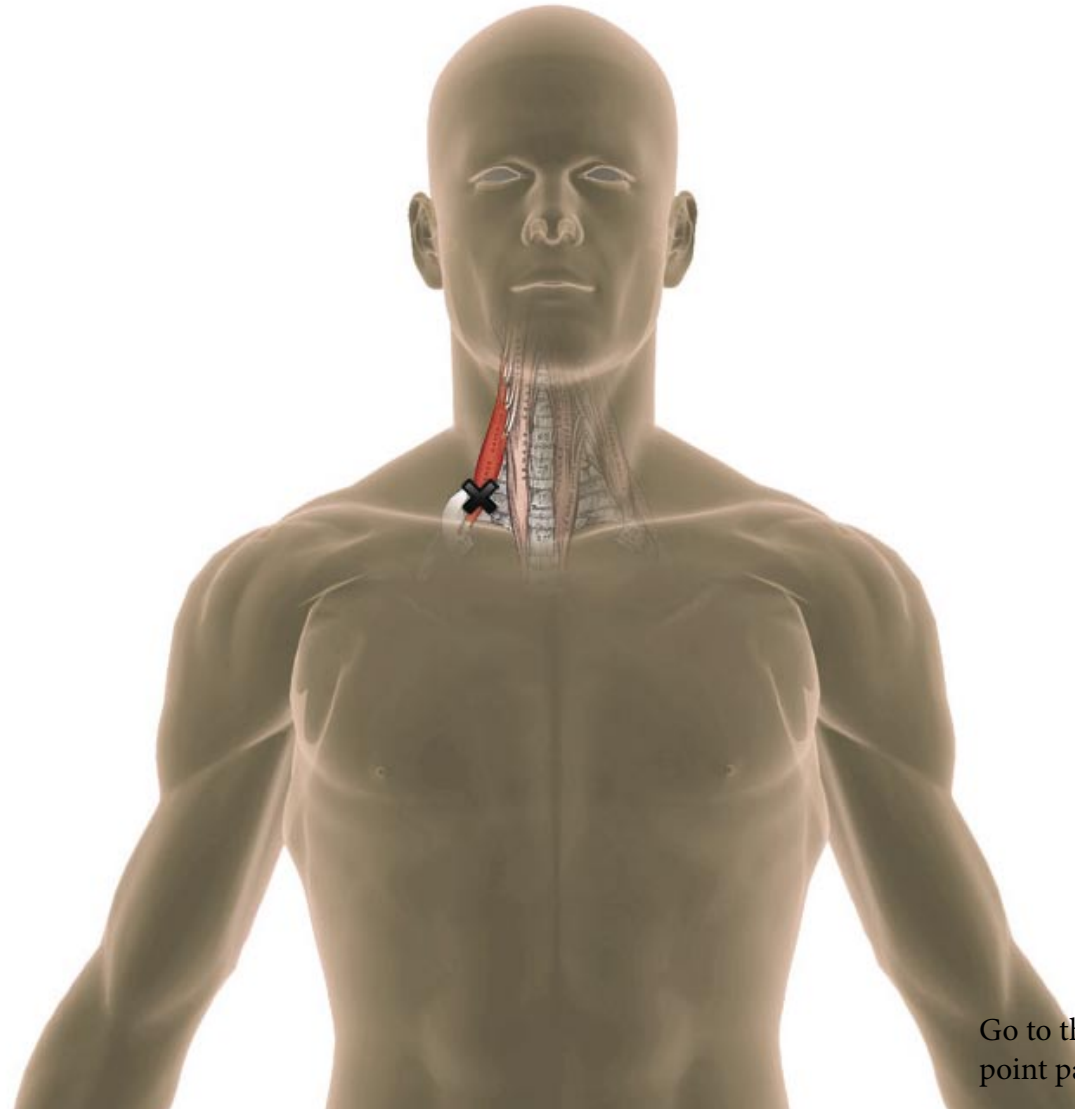
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
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95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Muscles Cause Shoulder & Neck Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
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

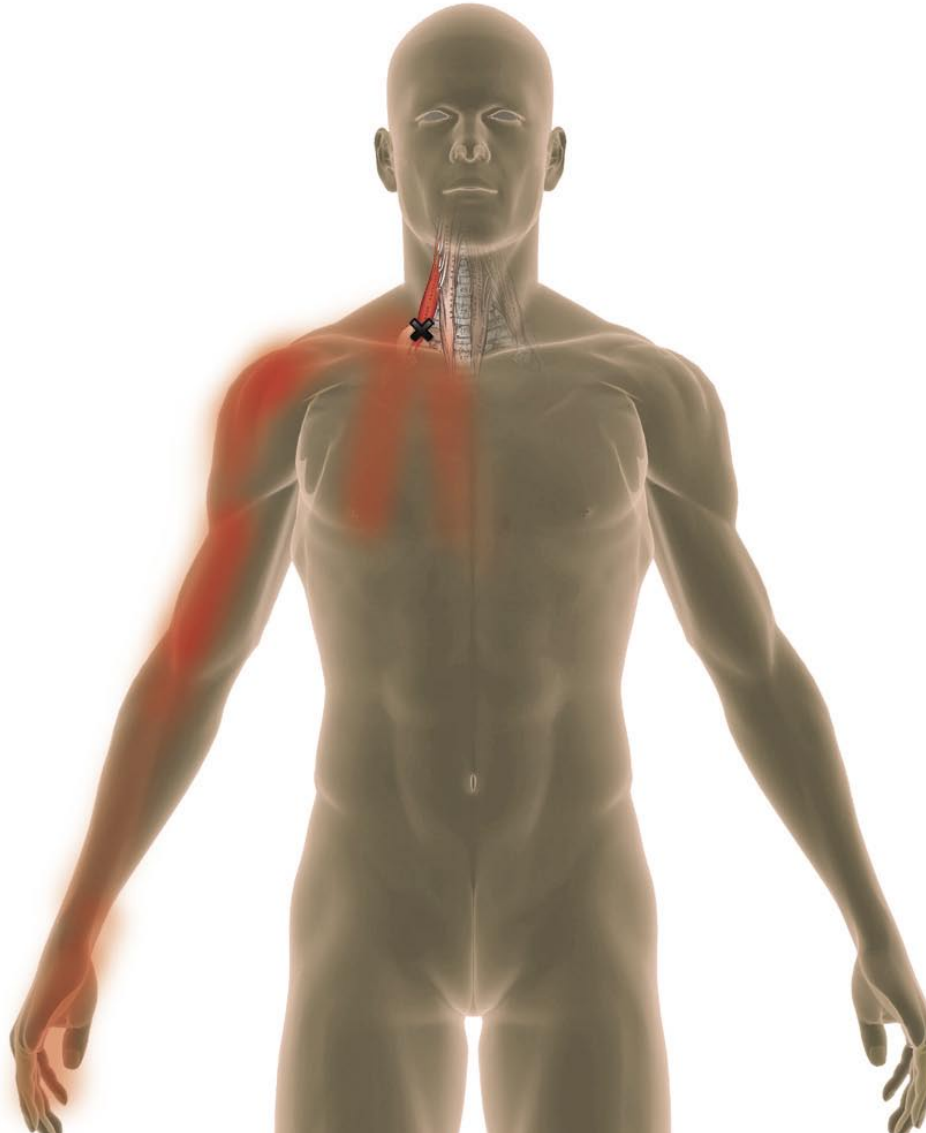
Scalene Trigger Points



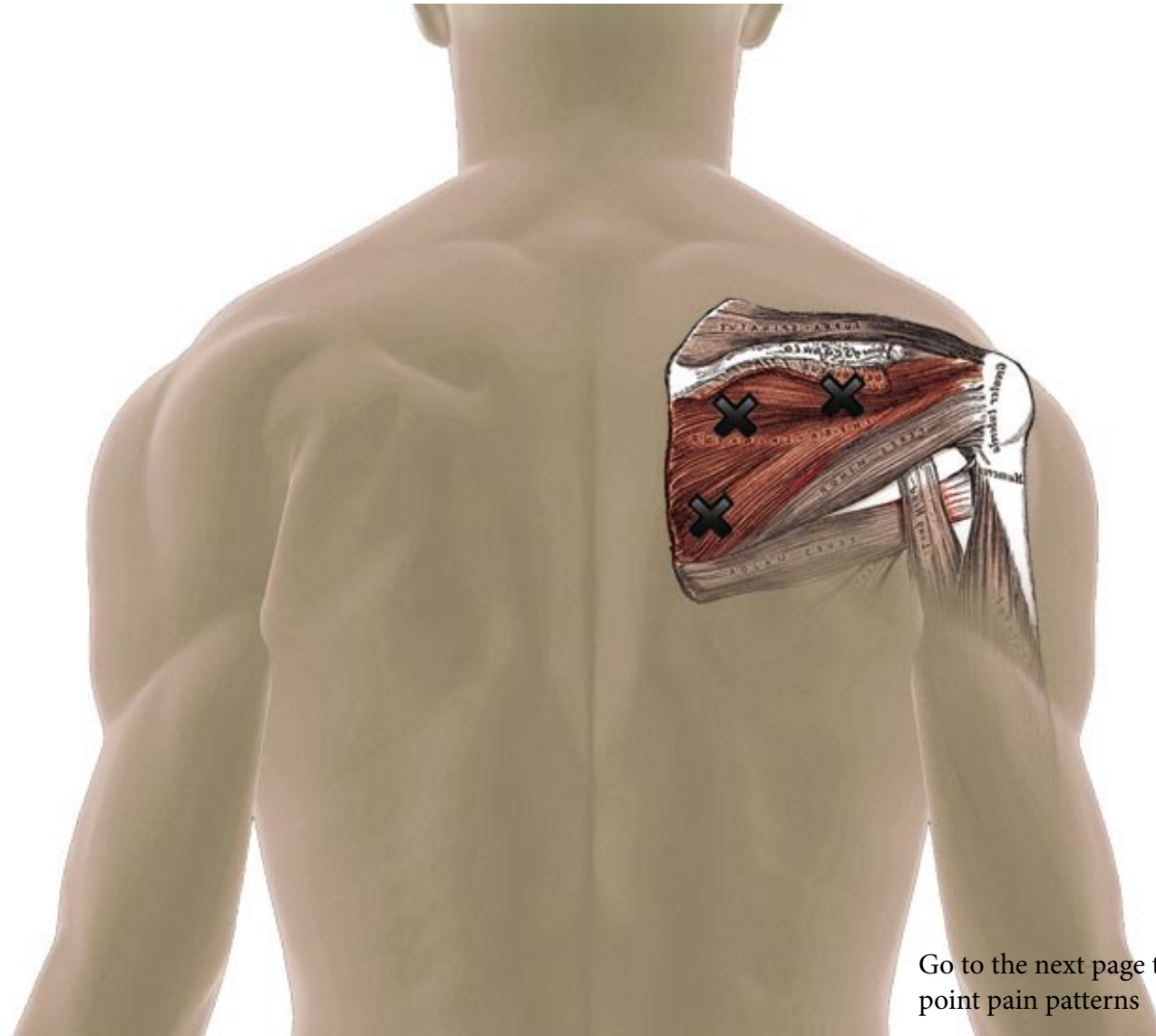
Go to the next page to see trigger point pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
1	Head
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142	Lower Back

1. Scalene Pain Pattern



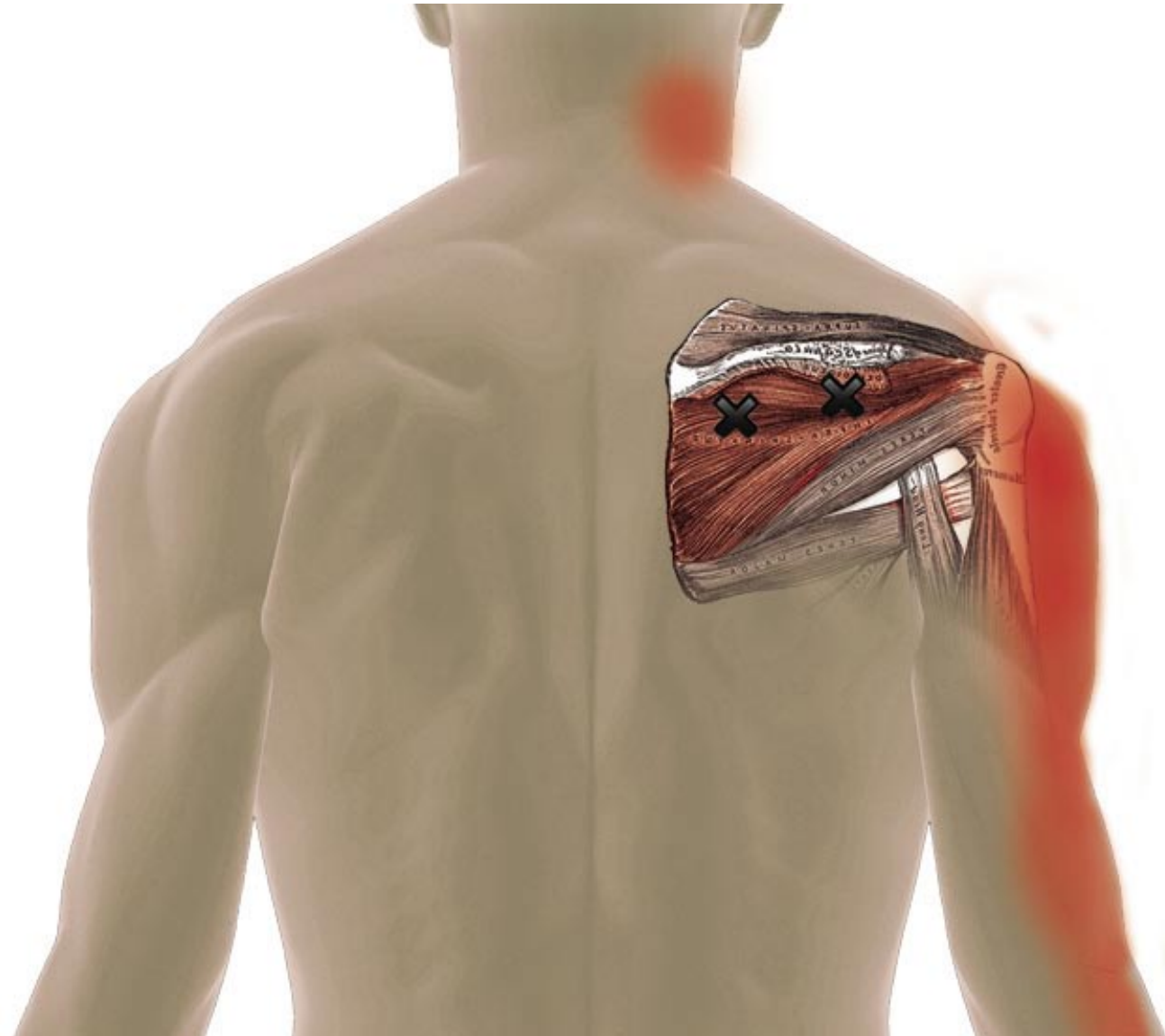
Infraspinatus Trigger Points



Go to the next page to see trigger point pain patterns

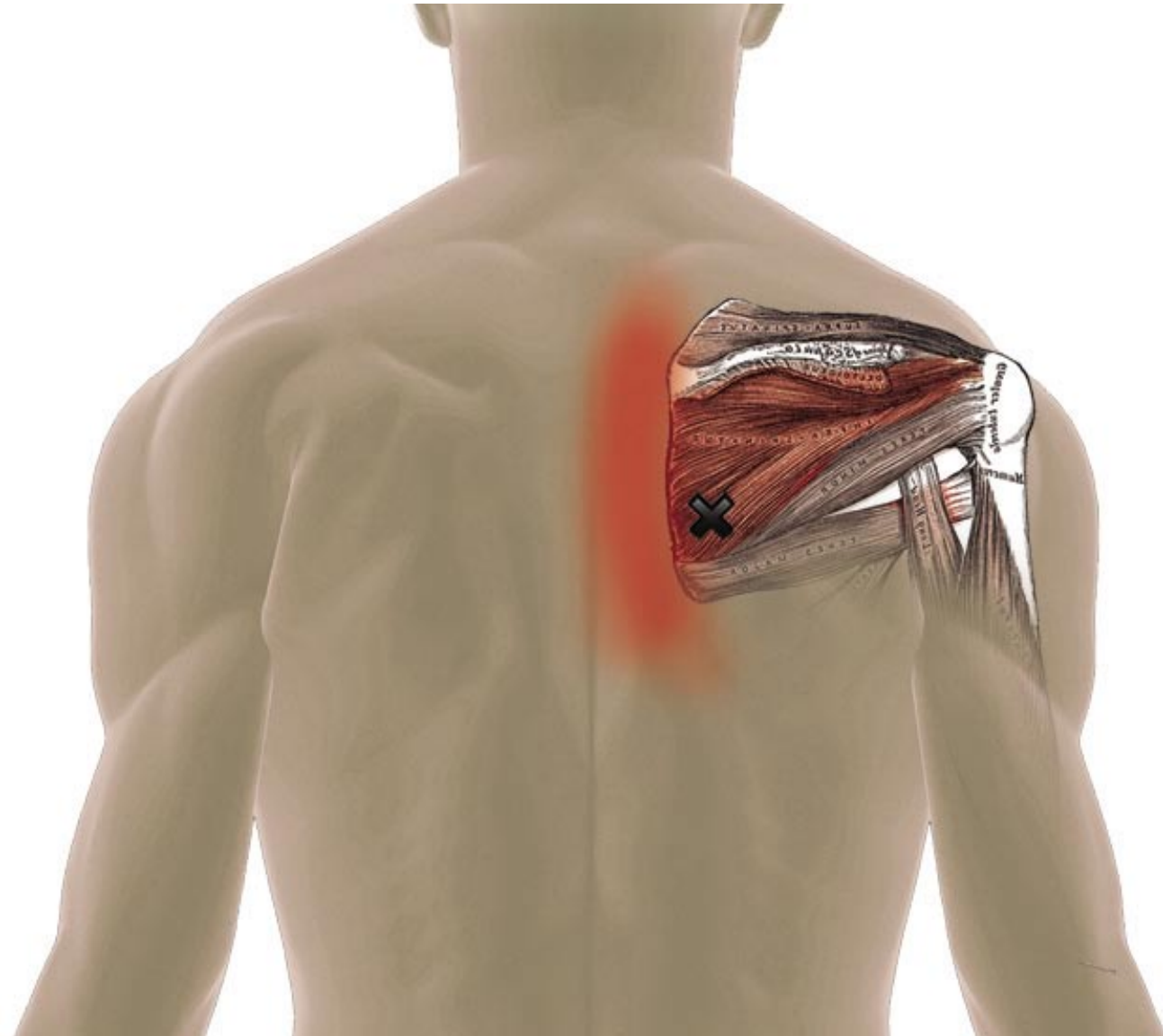
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
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1. Infraspinatus Pain Patterns



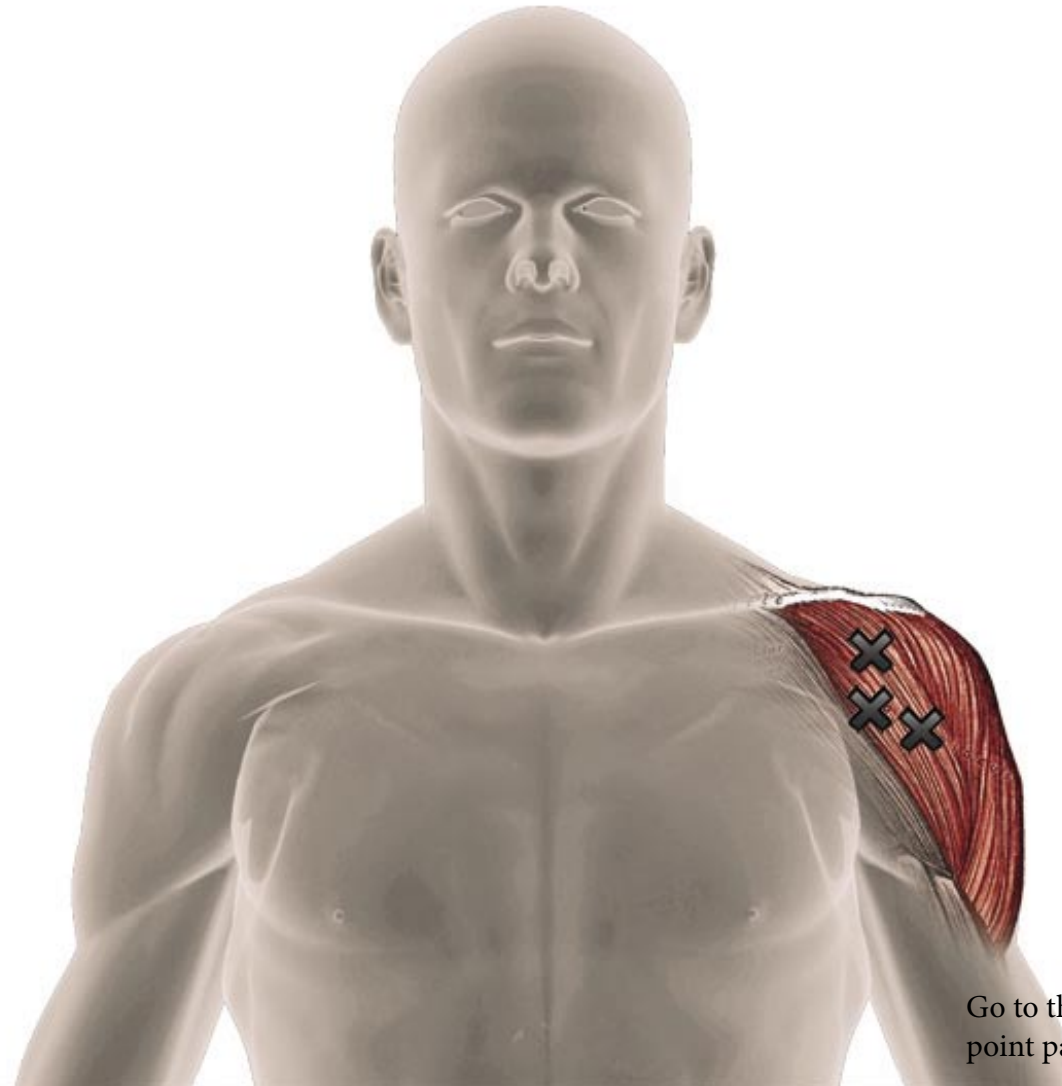
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
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55	Abdomen
59	Pelvis and Hip
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95	Hand
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142	Lower Back

2. Infraspinatus Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
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142	Lower Back

Anterior Deltoid Trigger Points



Go to the next page to see trigger point pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Anterior Deltoid Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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
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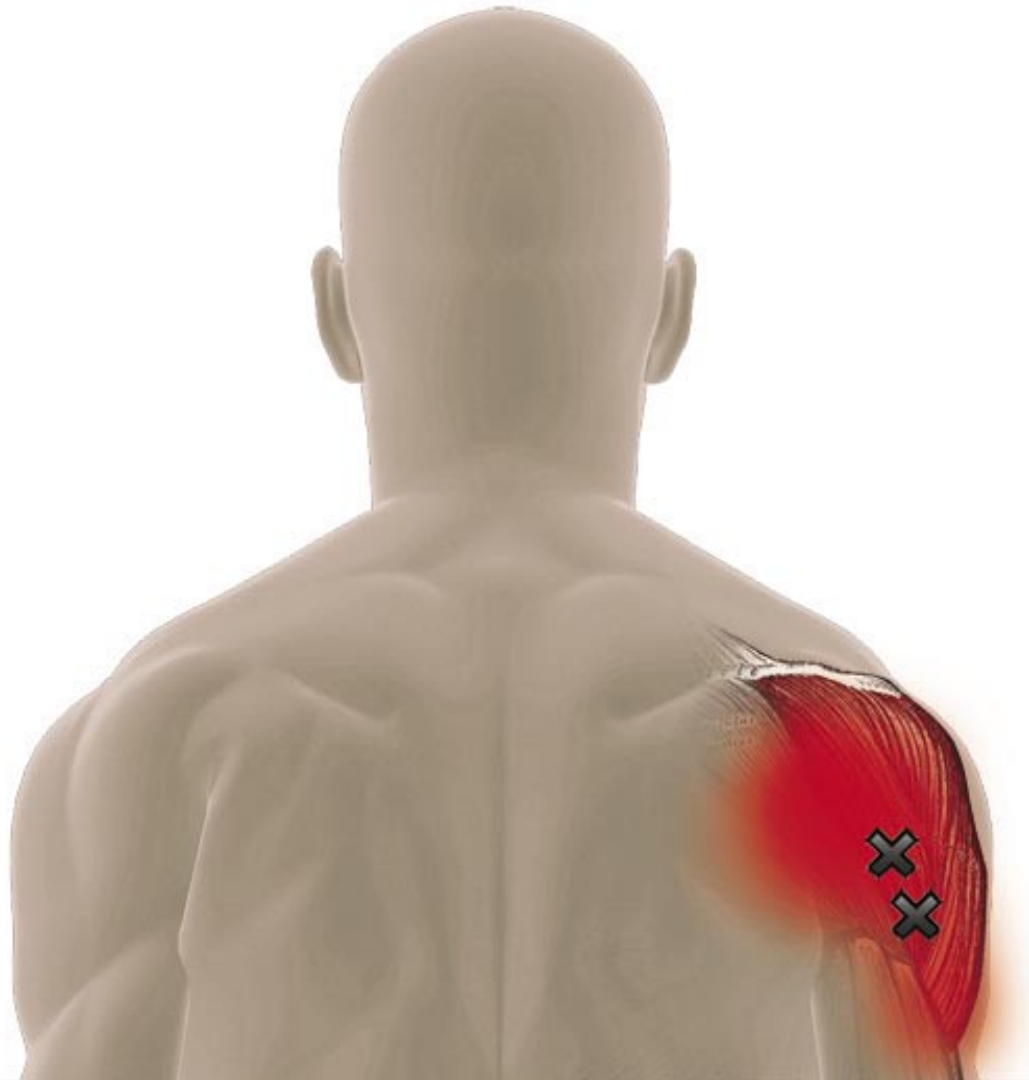
Posterior Deltoid Trigger Points



Go to the next page
to see trigger point
pain patterns

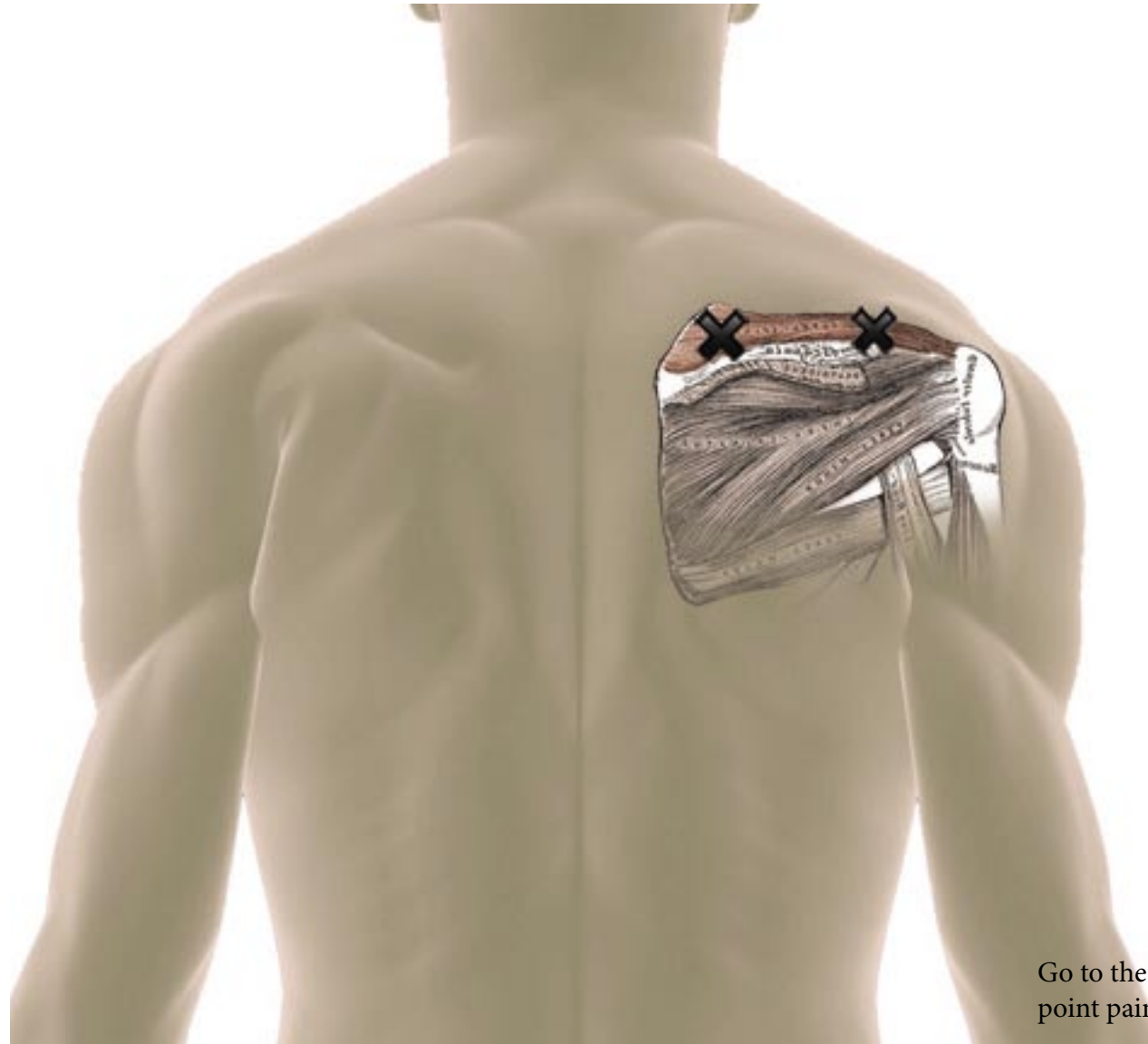
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Posterior Deltoid Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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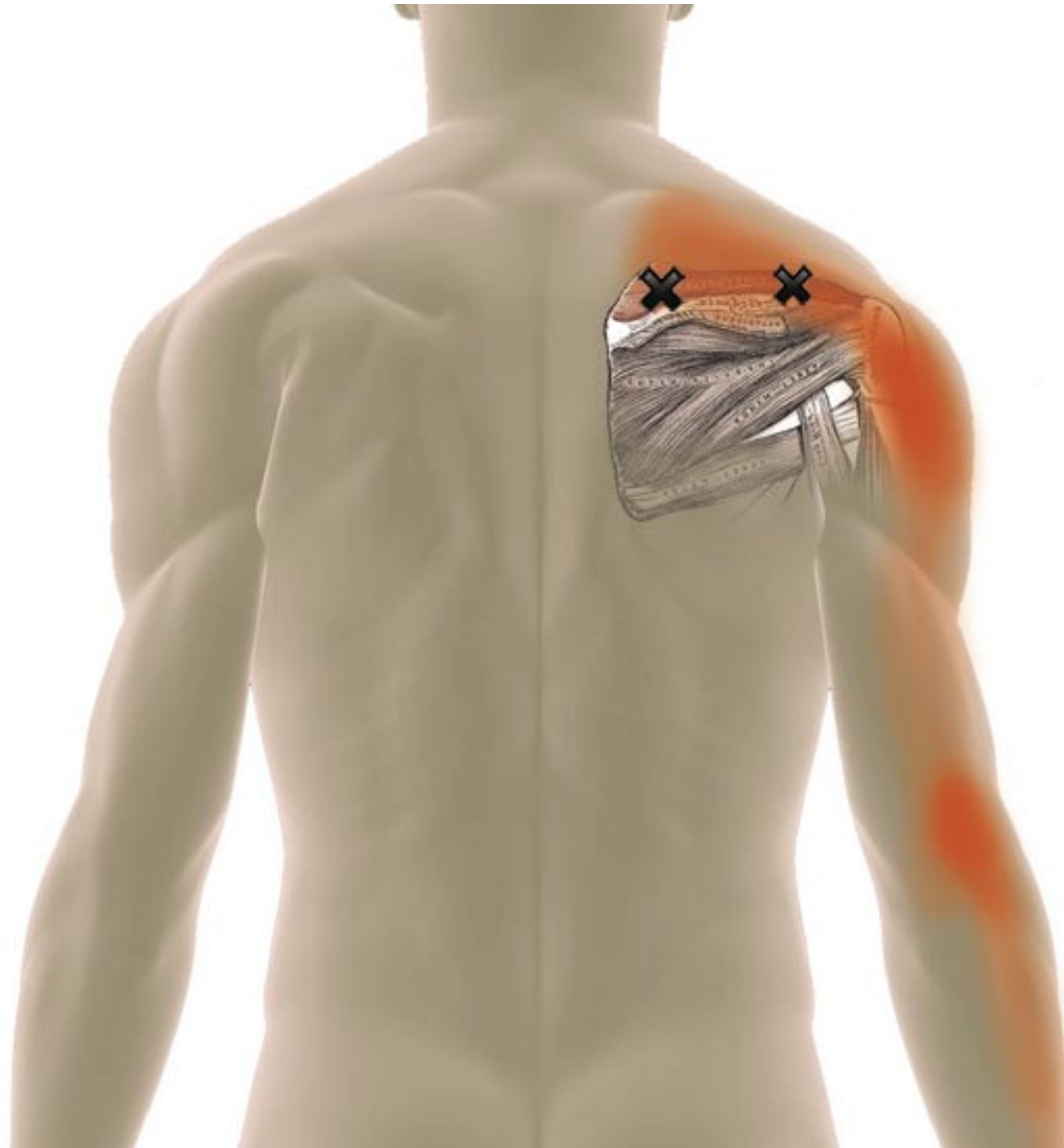
Supraspinatus Trigger Points



Go to the next page to see trigger point pain patterns

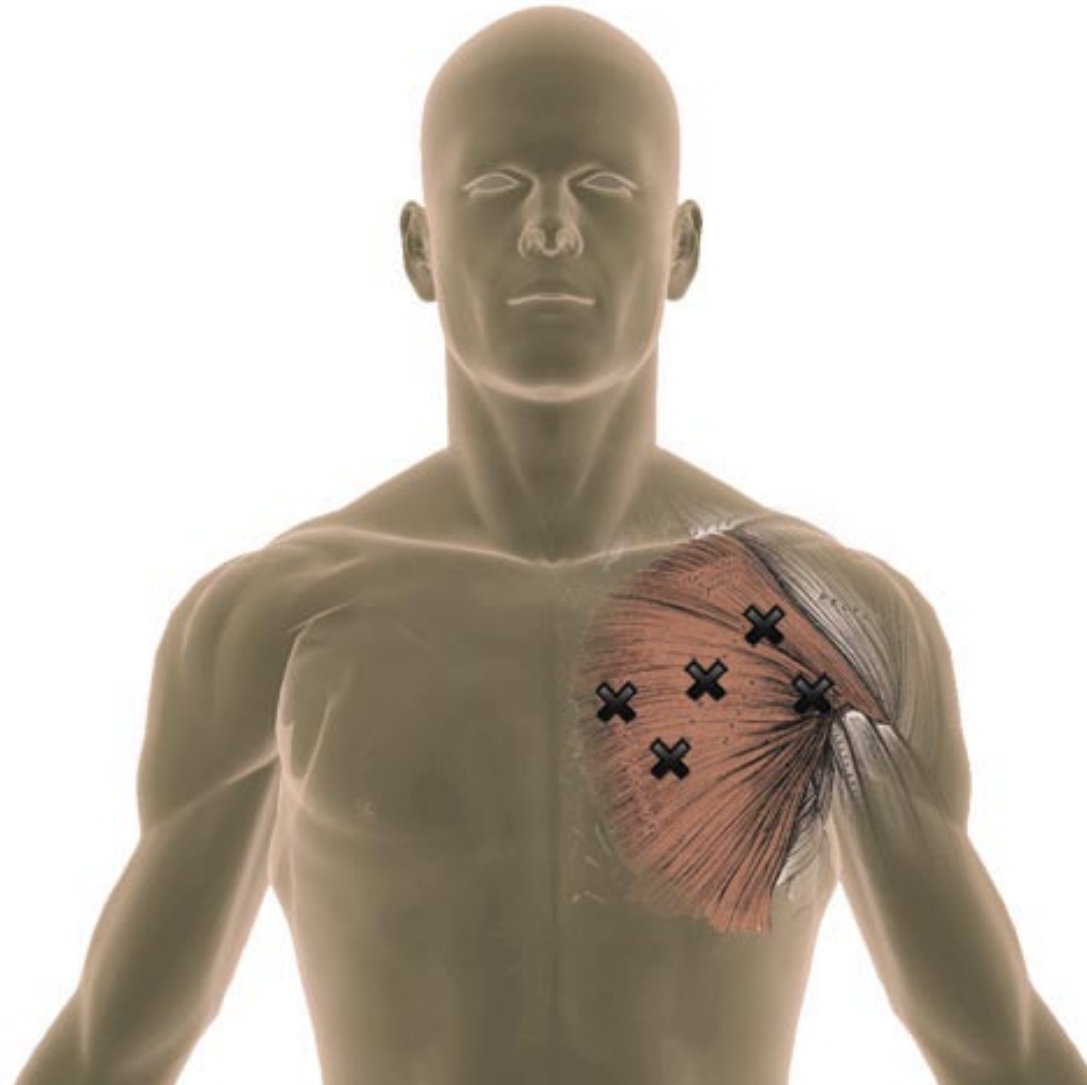
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
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1. Supraspinatus Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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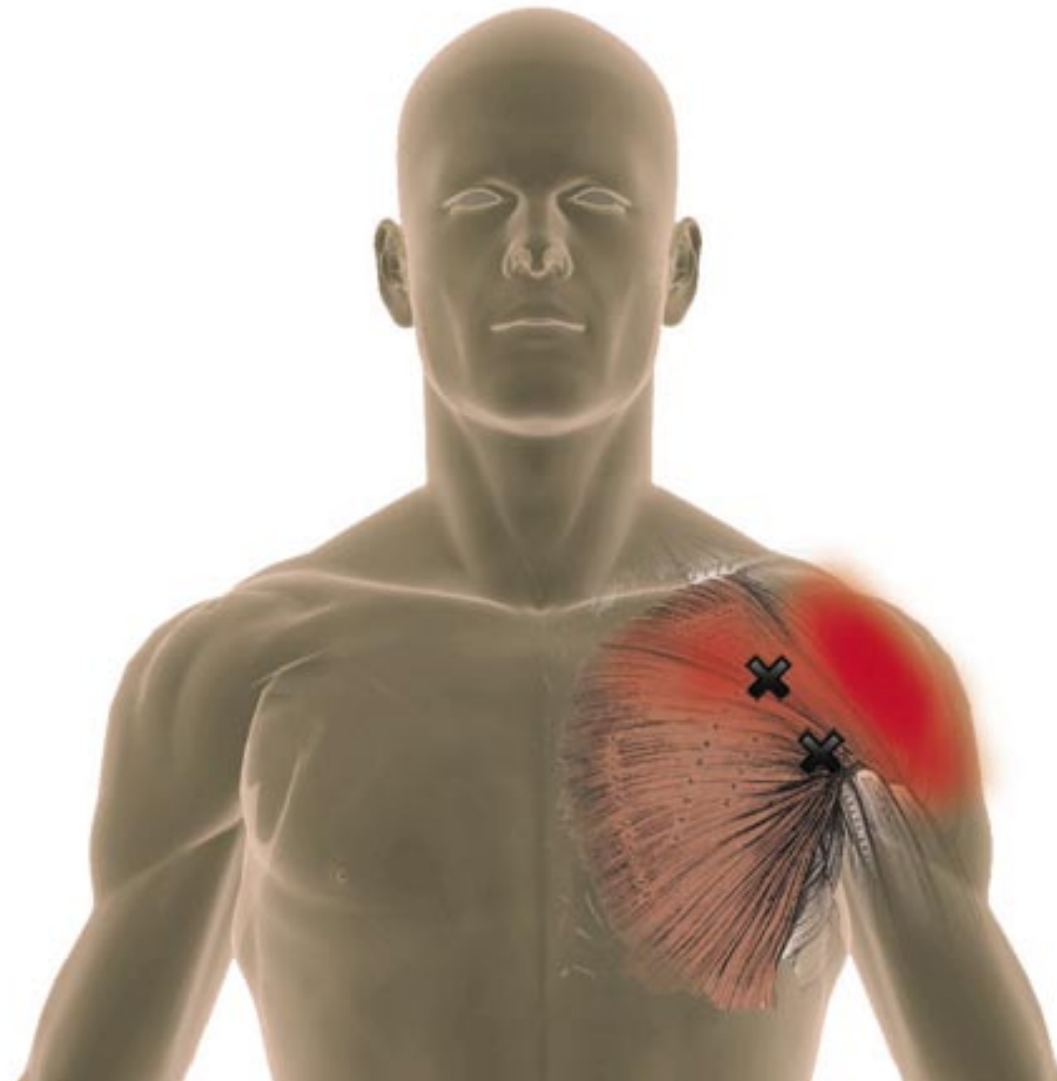
Pectoralis Major Trigger Points



Go to the next
page to see trigger
point pain patterns

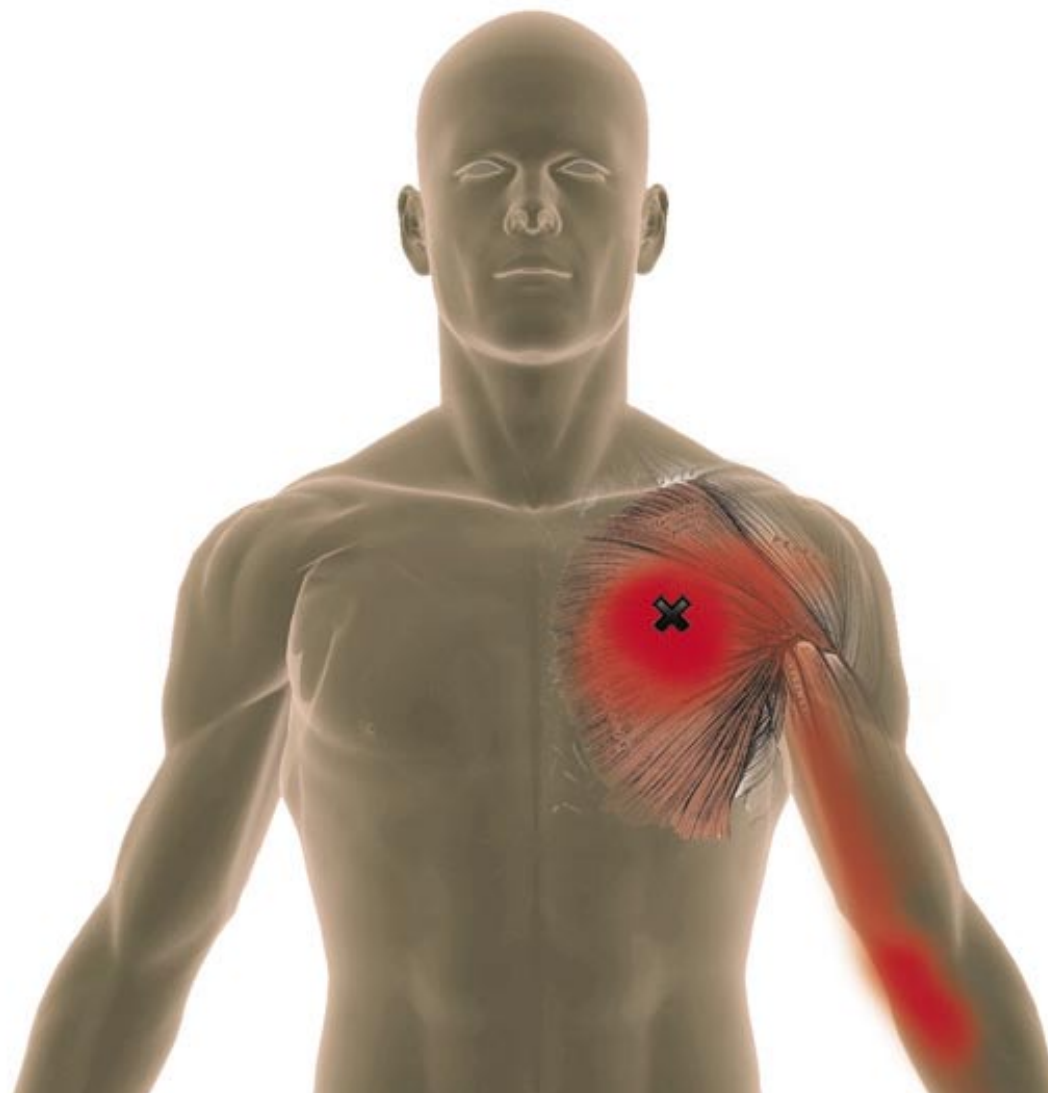
<i>Pages</i>	<i>Areas of Pain</i>
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1. Pectoralis Major Pain Patterns



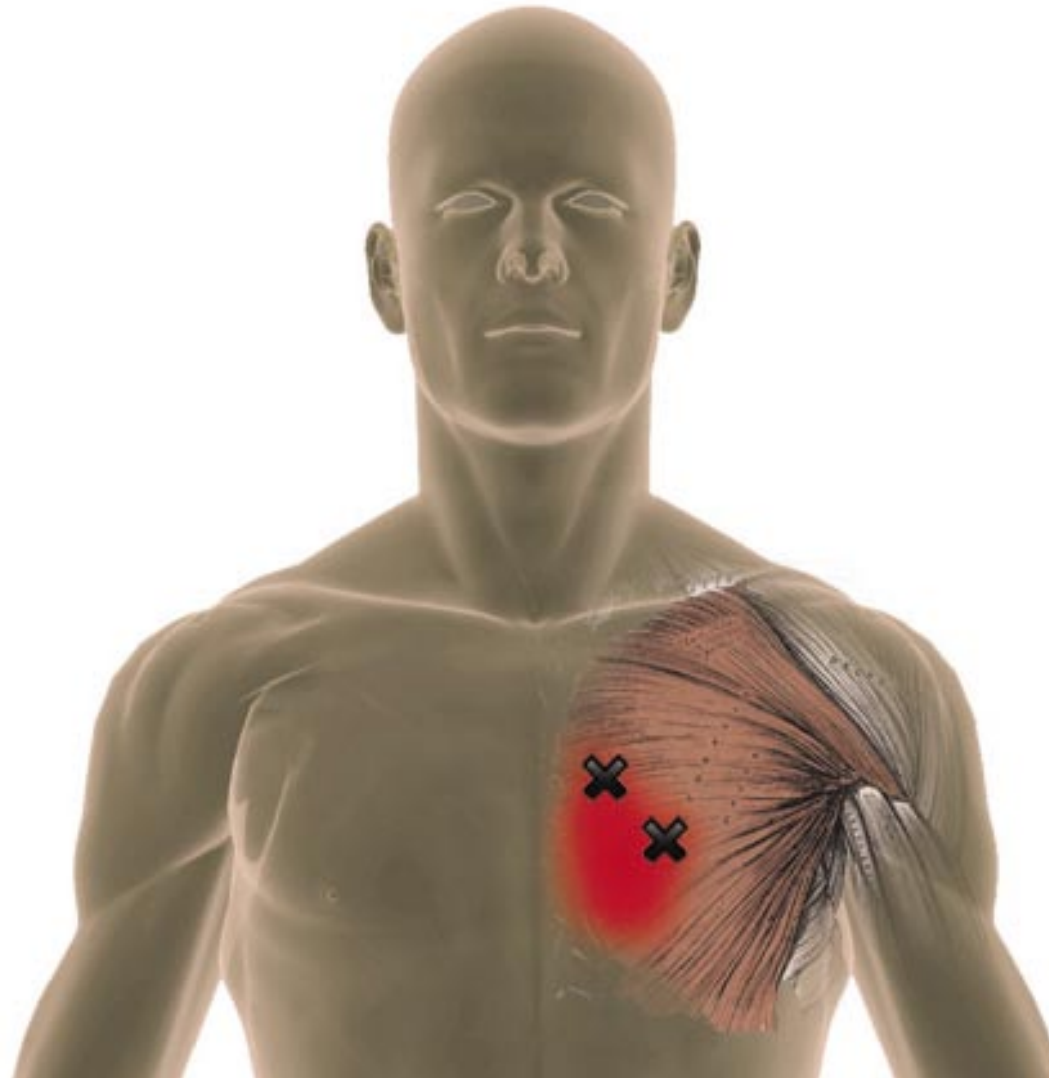
<i>Pages</i>	<i>Areas of Pain</i>
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142	Lower Back

2. Pectoralis Major Pain Patterns



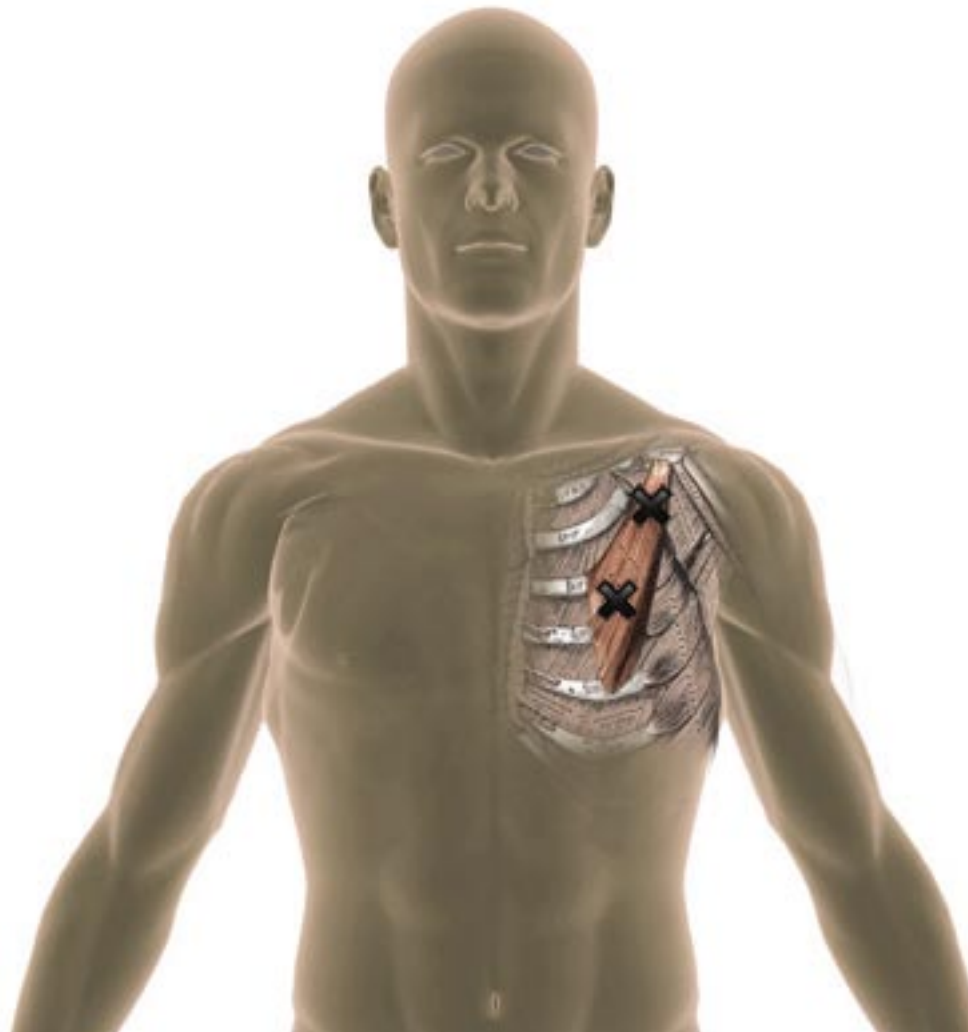
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

3. Pectoralis Major Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

Pectoralis Minor Trigger Points



Go to the next page
to see trigger point
pain patterns

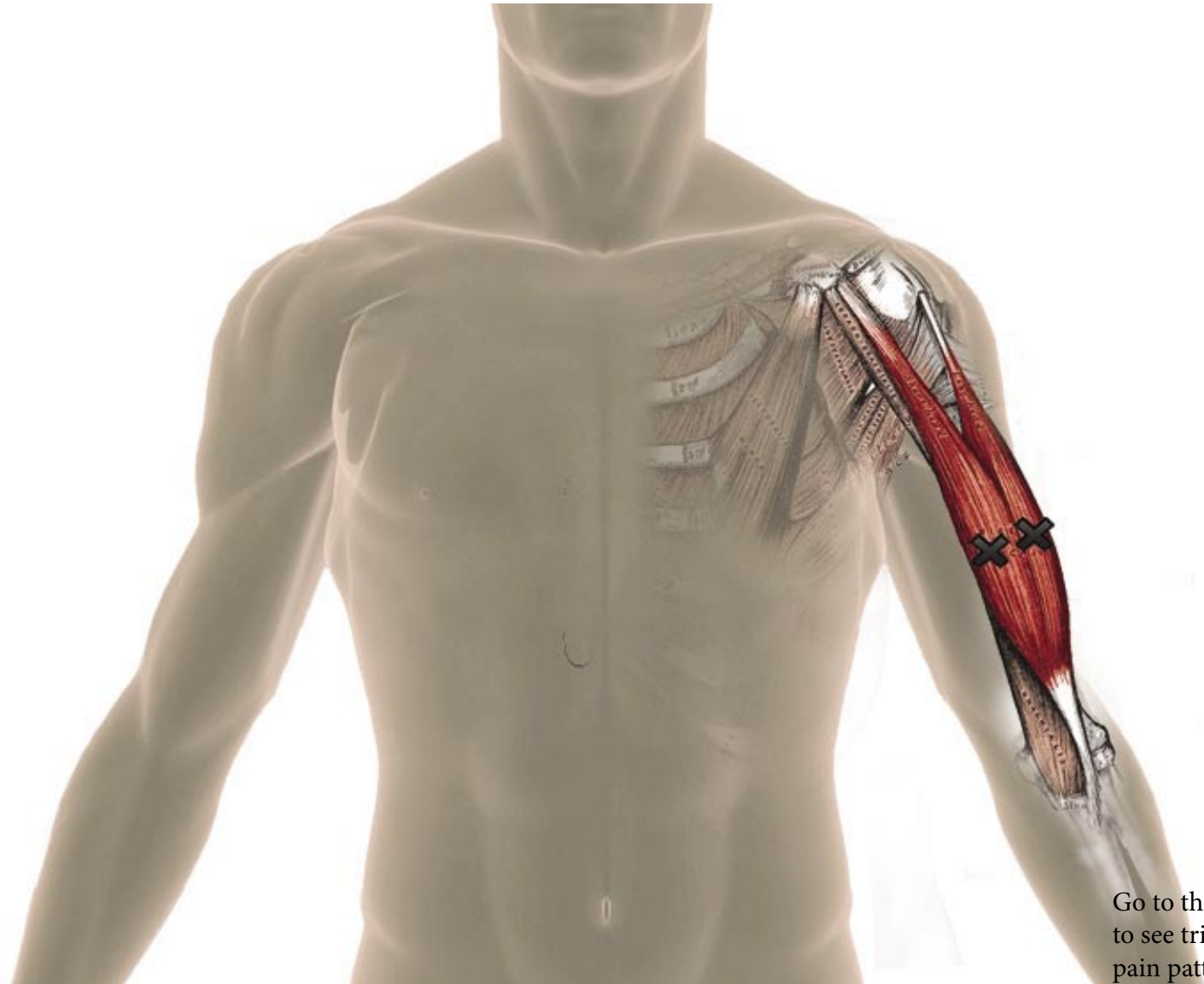
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Pectoralis Minor Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

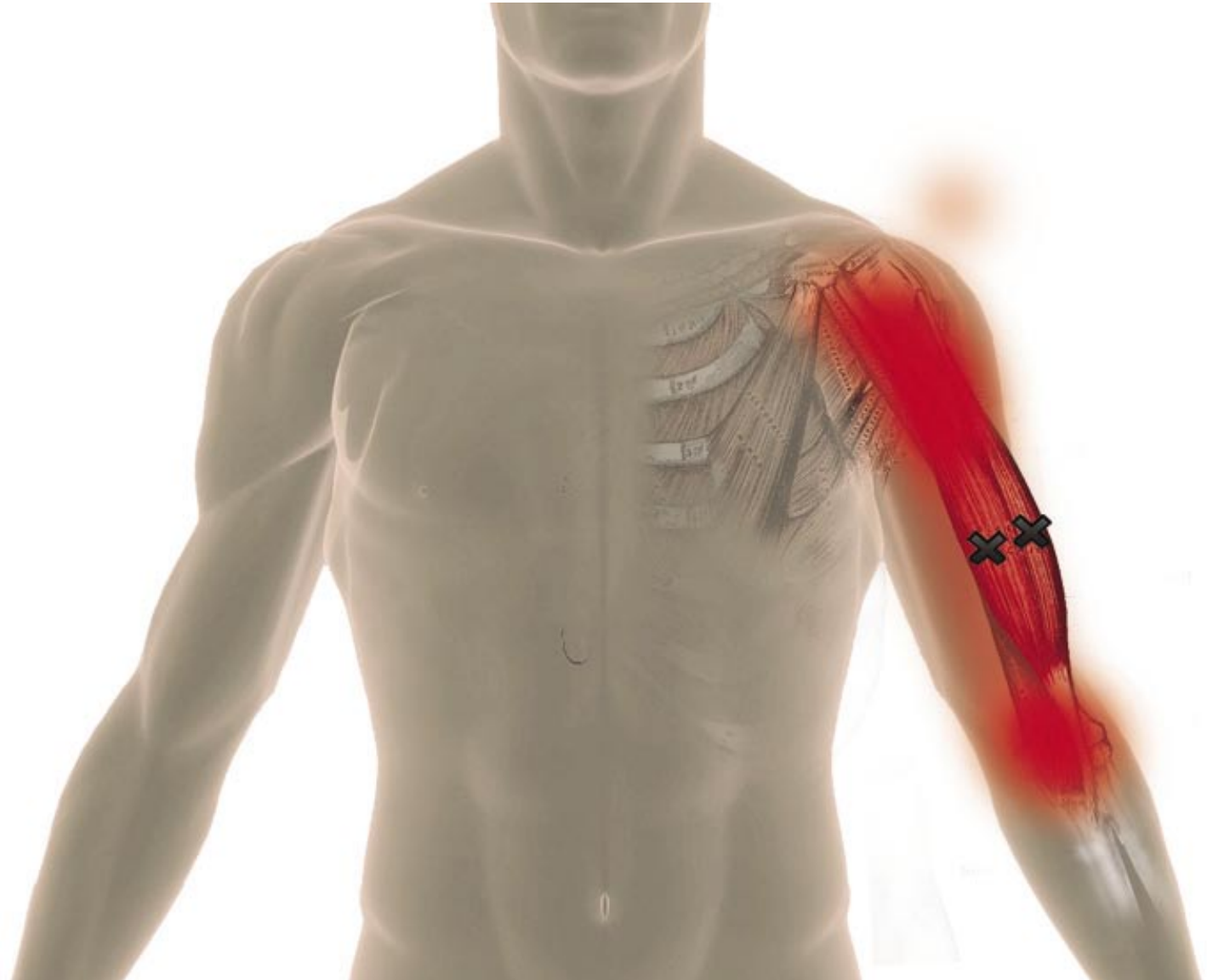
Biceps Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

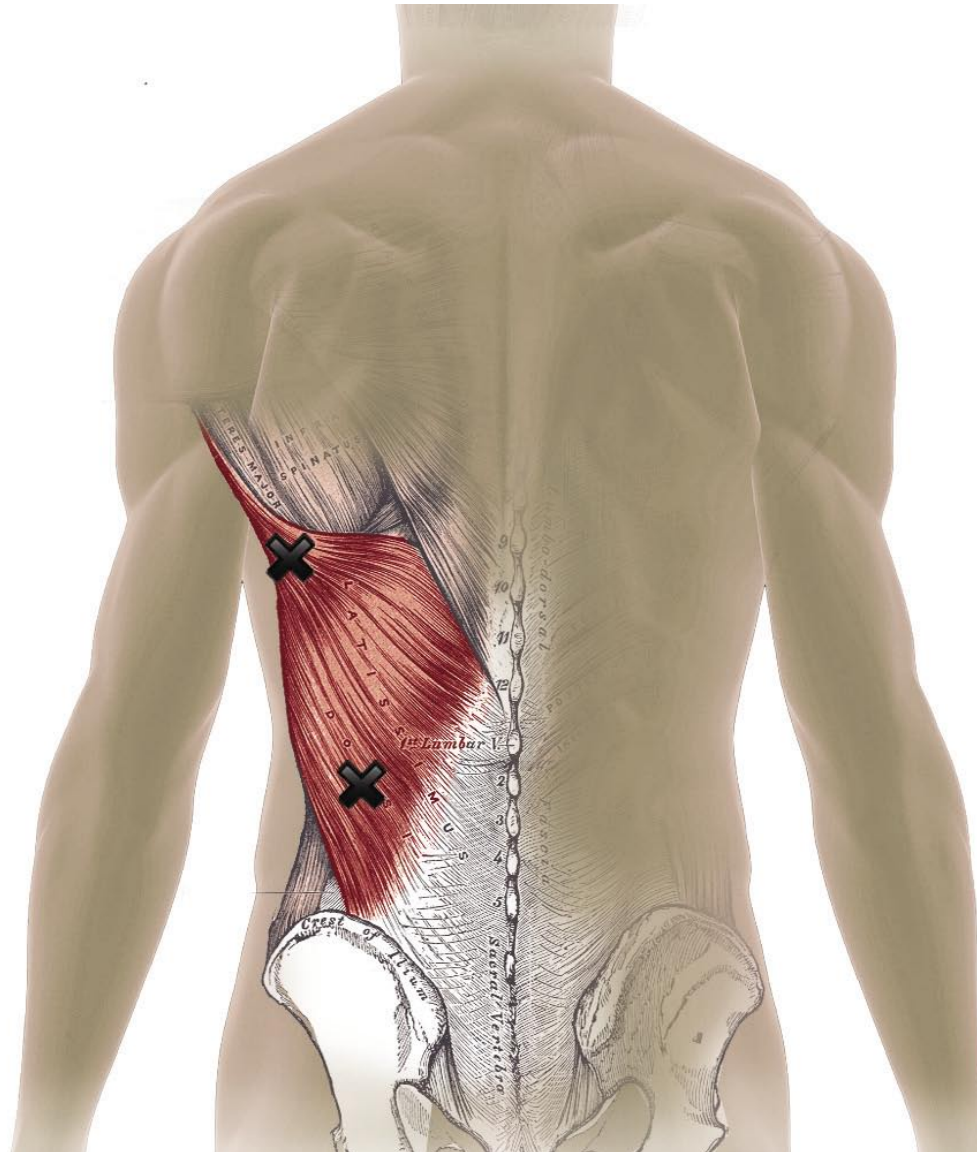
1. Biceps Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

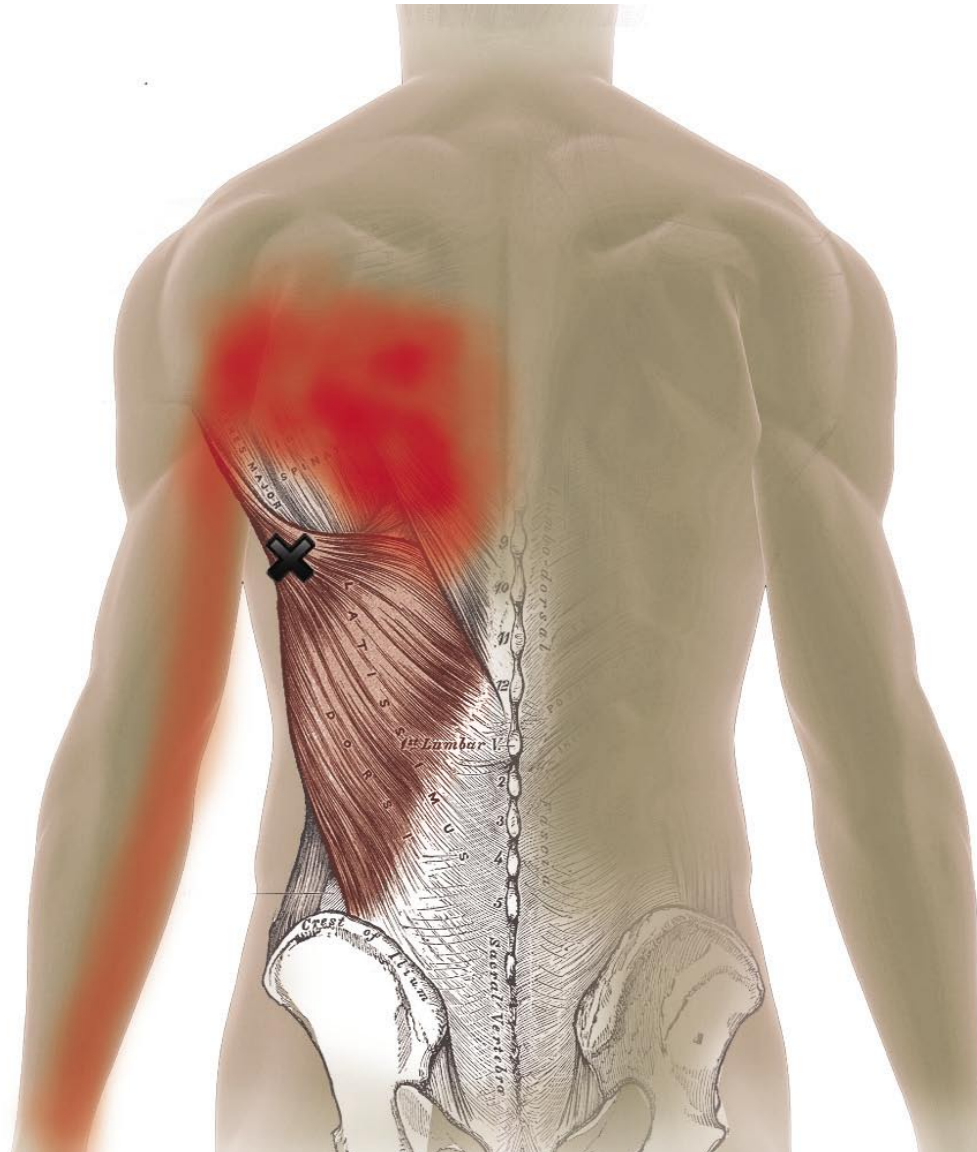
Latissimus Dorsi Trigger Points

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



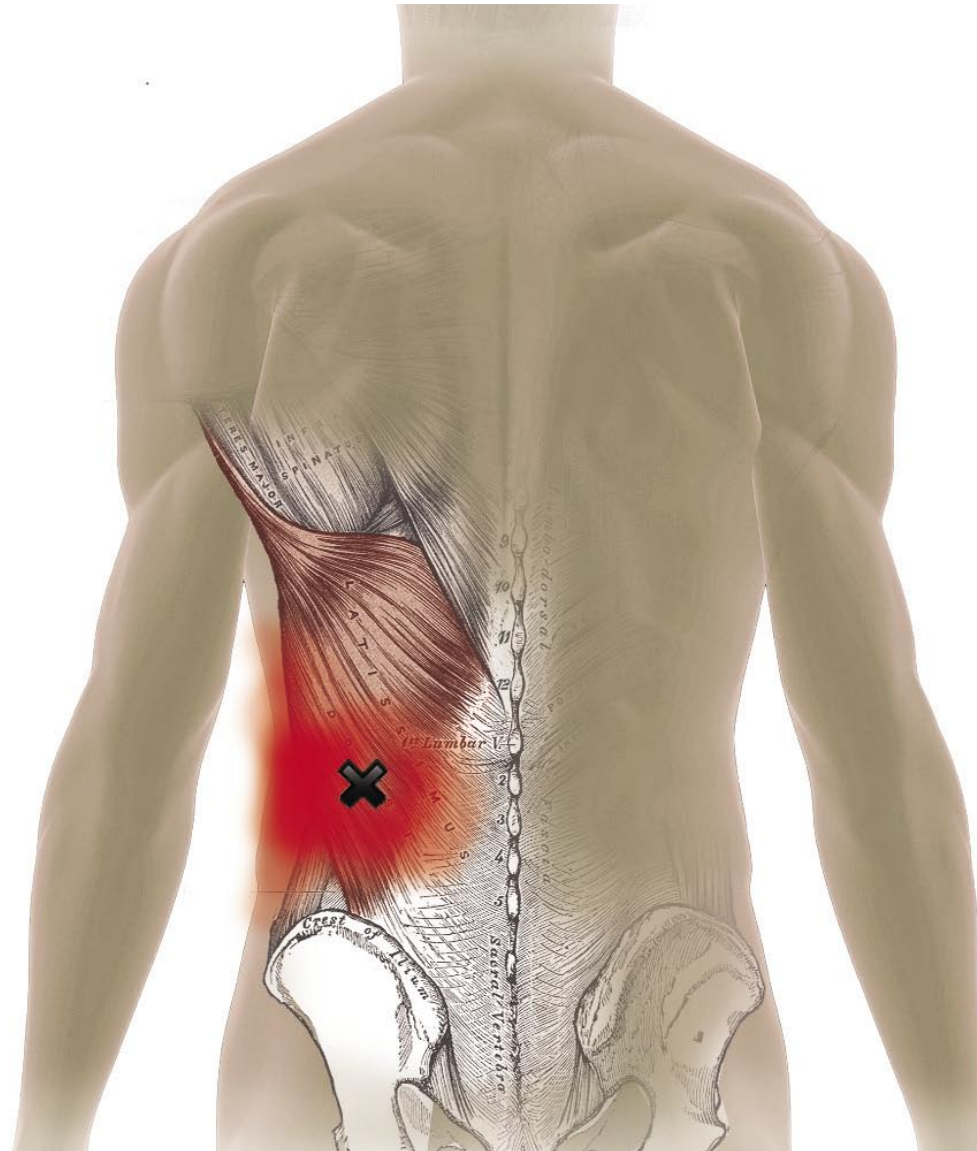
Go to the next page
to see trigger point
pain patterns

1. Latissimus Dorsi Pain Pattern



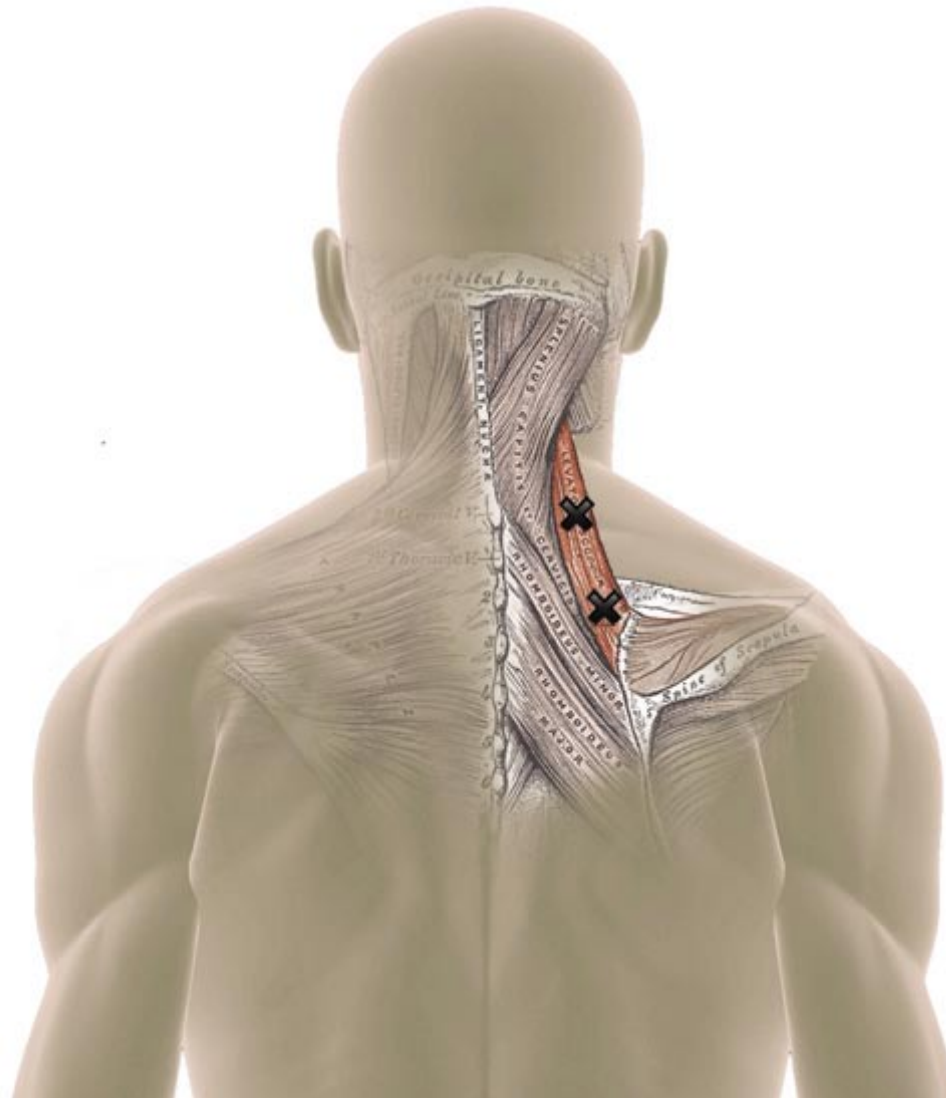
Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

2. Latissimus Dorsi Pain Pattern



<i>Pages</i>	<i>Areas of Pain</i>
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

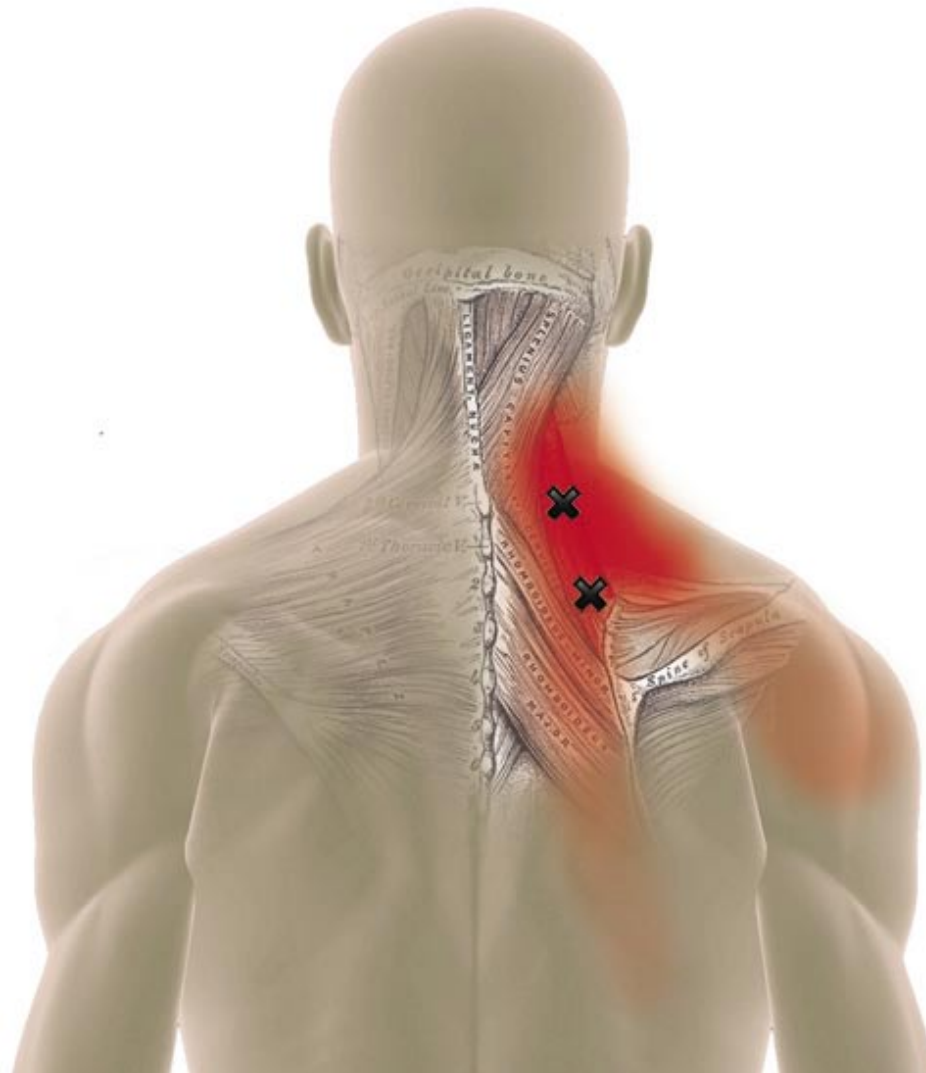
Levator Scapulae Triggers



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Levator Scapulae Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

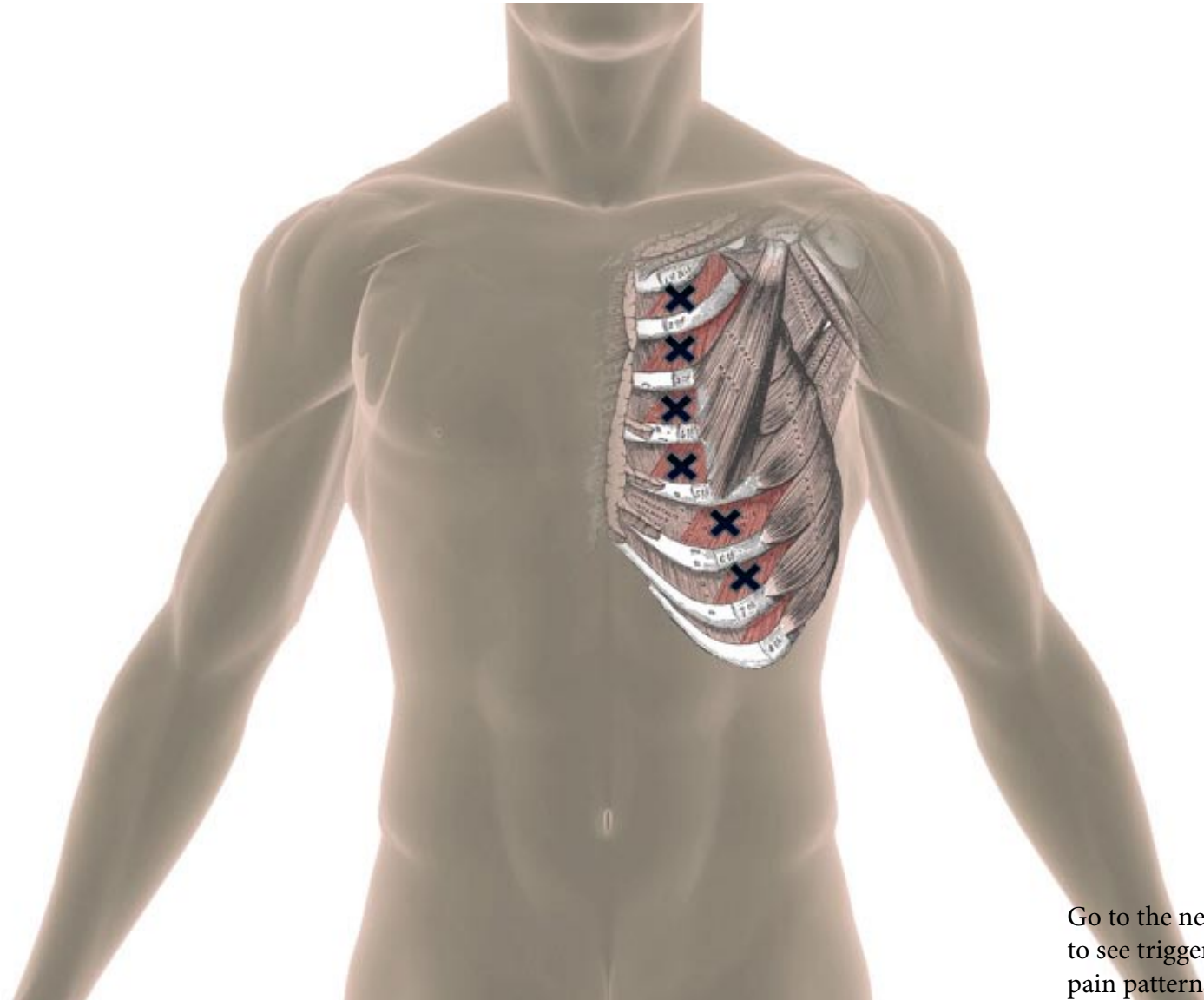
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Muscles Cause Chest Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Scalenes	23
Pectoralis Major	34
Pectoralis Minor	38
Intercostals	48
Rectus Abdominus	50

Intercostal Trigger Points

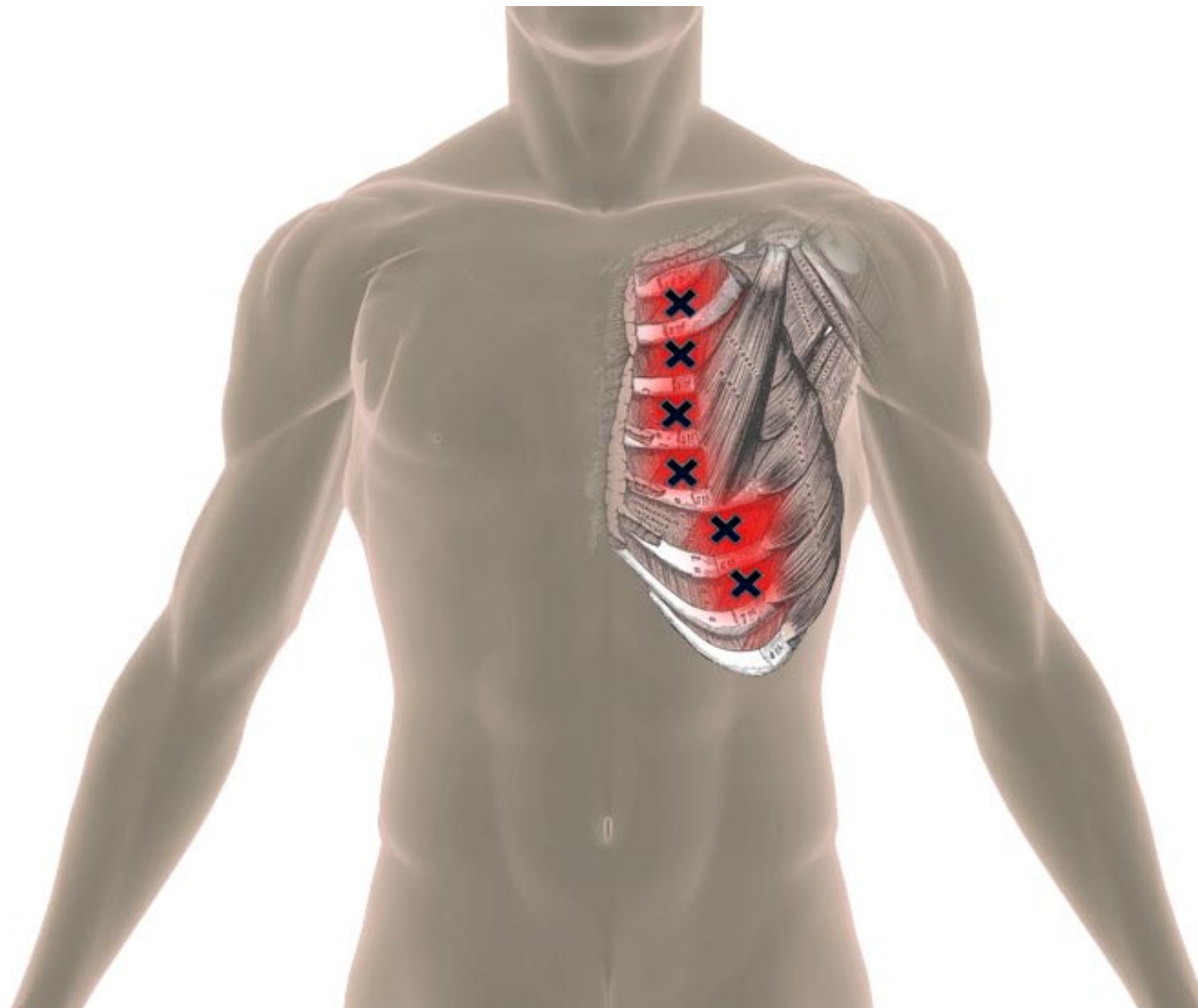


Go to the next page
to see trigger point
pain patterns

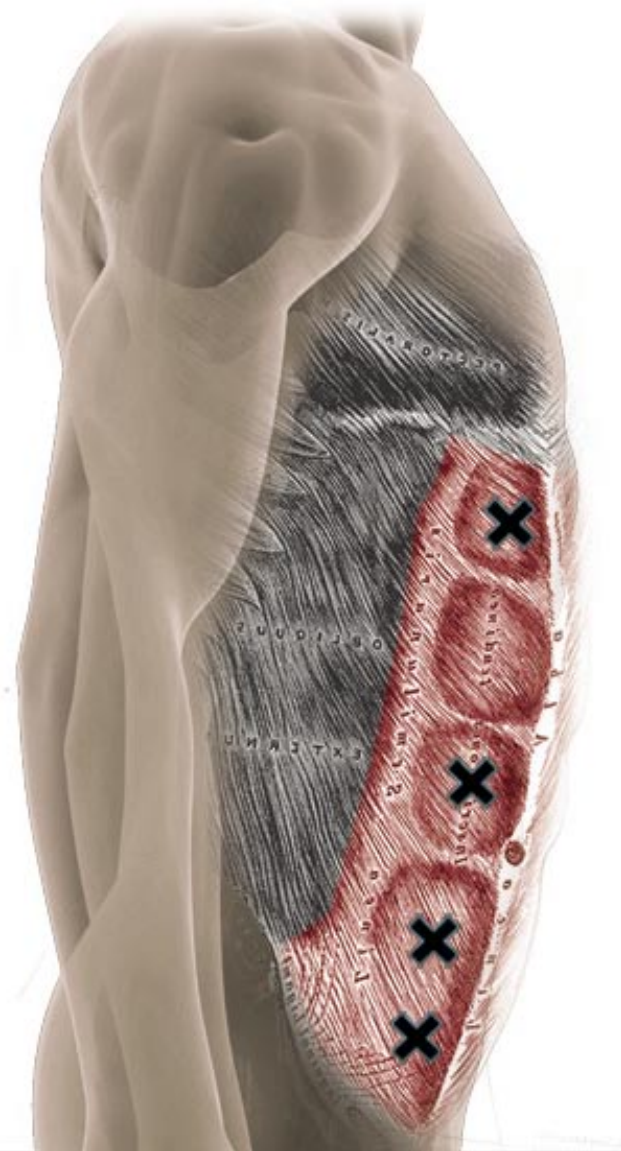
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22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Intercostal Pain Patterns



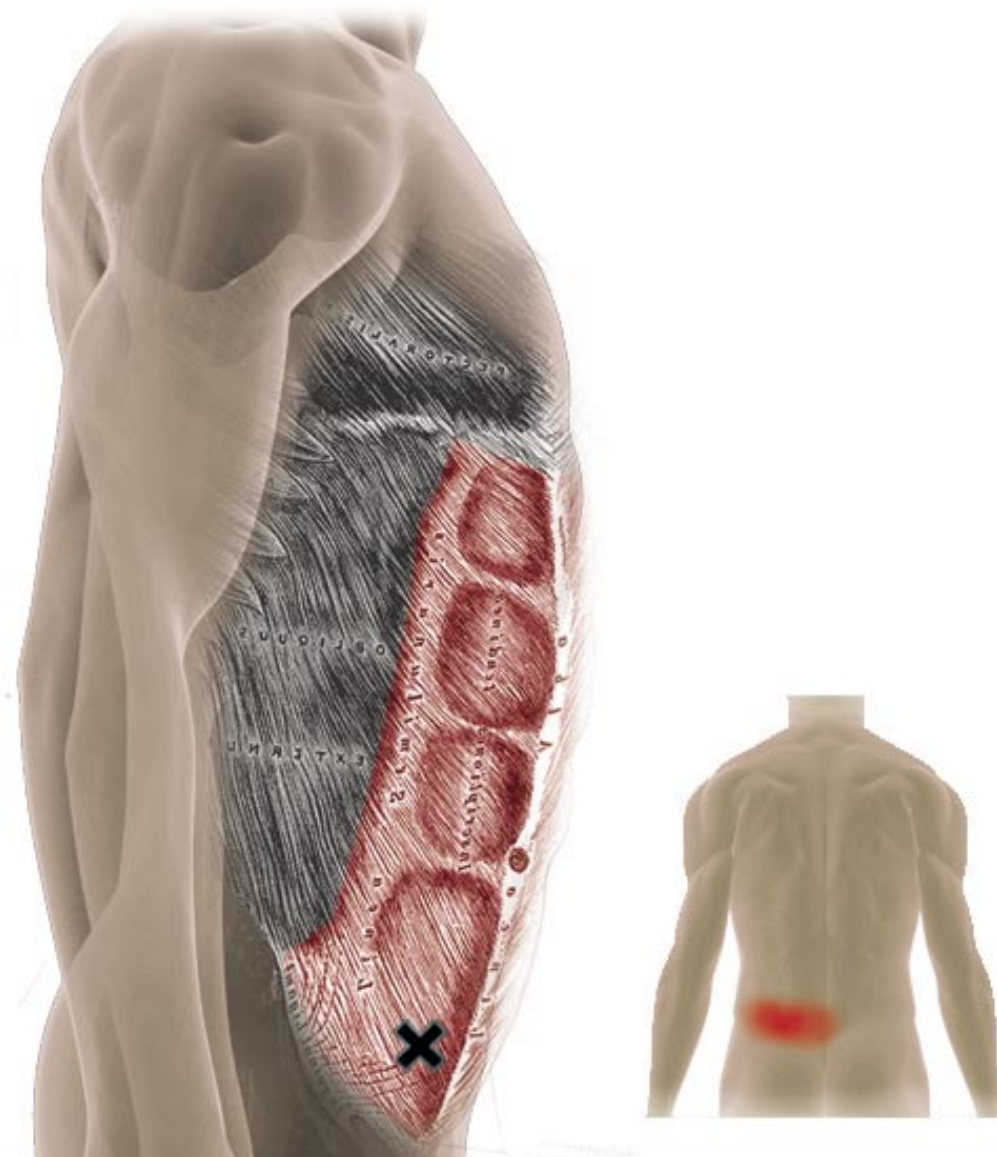
Rectus Abdominus Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Rectus Abdominus Pain Patterns



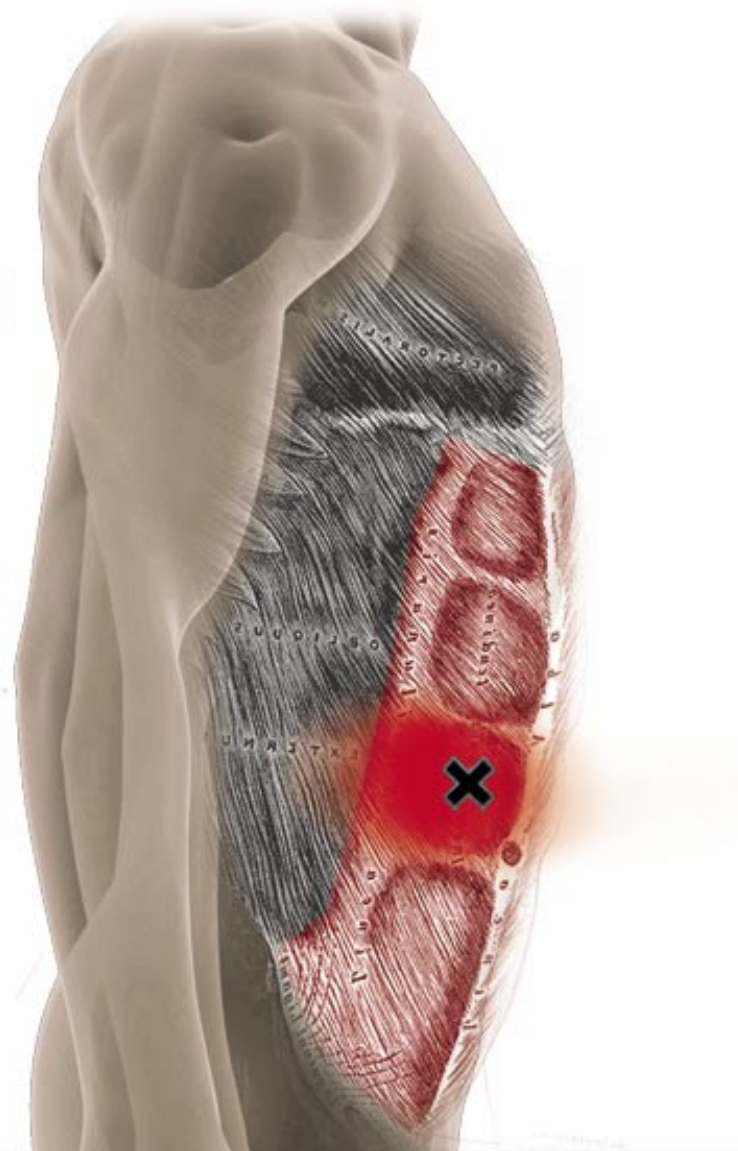
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
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76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

2. Rectus Abdominus Pain Patterns



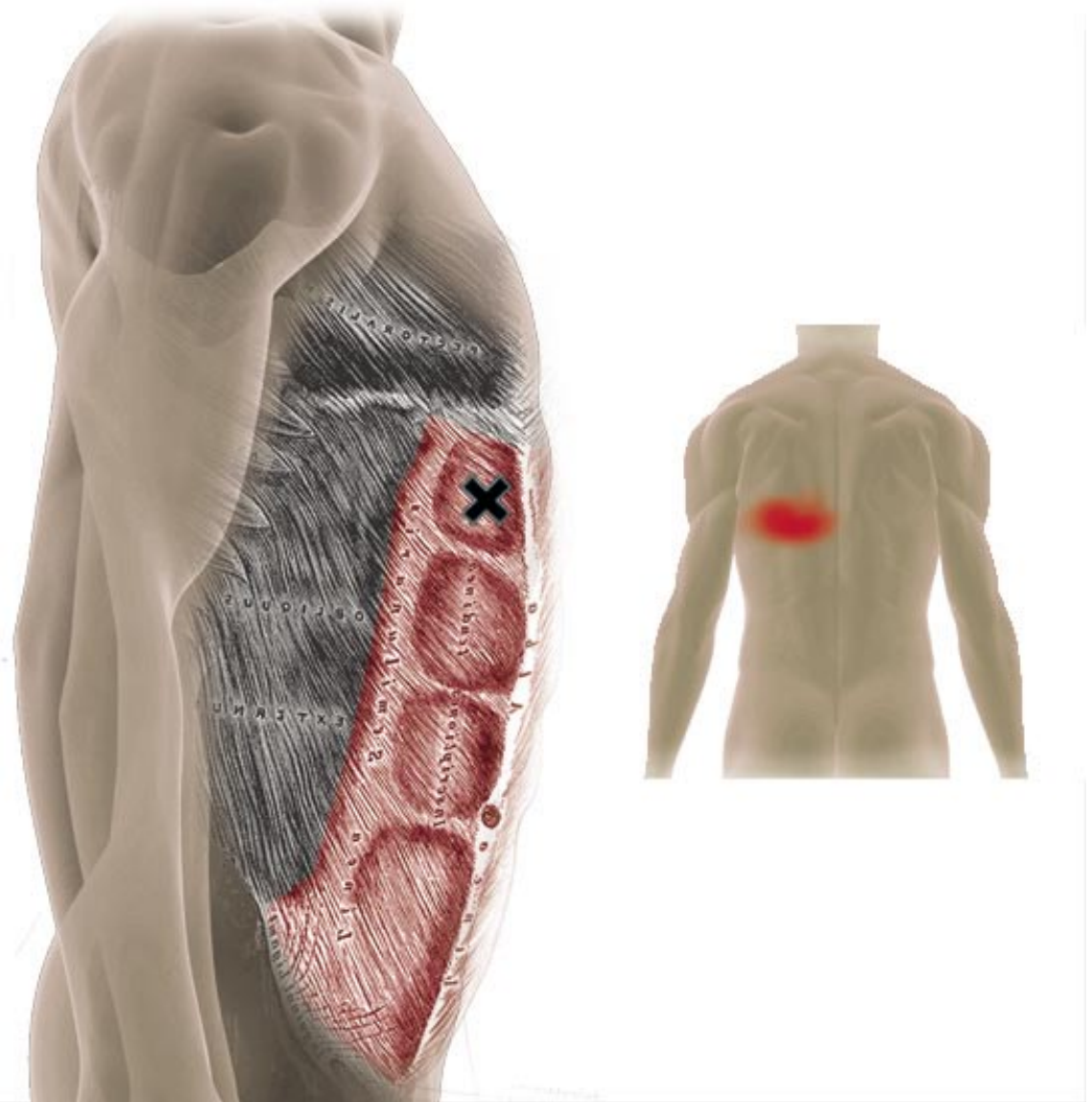
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

3. Rectus Abdominus Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

4. Rectus Abdominus Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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 Abdominal Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Rectus Abdominus	50
Obliques	56
Psoas	60

Obliques Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Obliques Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

2. Obliques Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

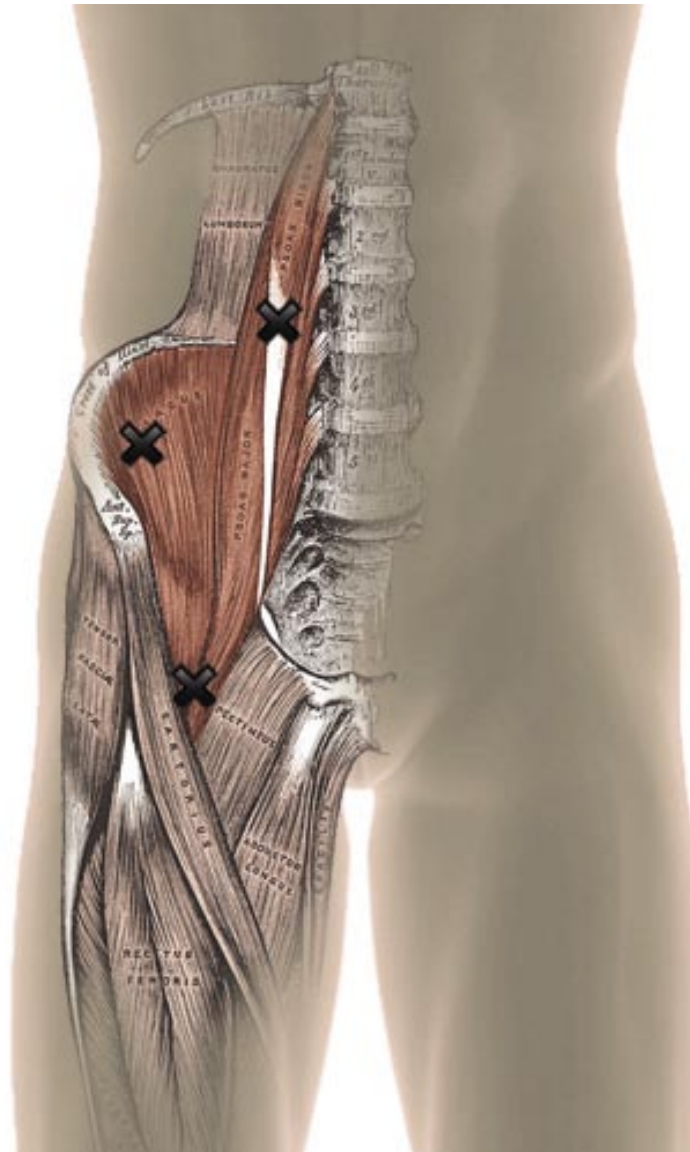
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Muscles Cause Pelvic and Hip Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Obliques	56
Psoas	60
Adductor Longus	64
Adductor Magnus	66
Vastus Lateralis	68

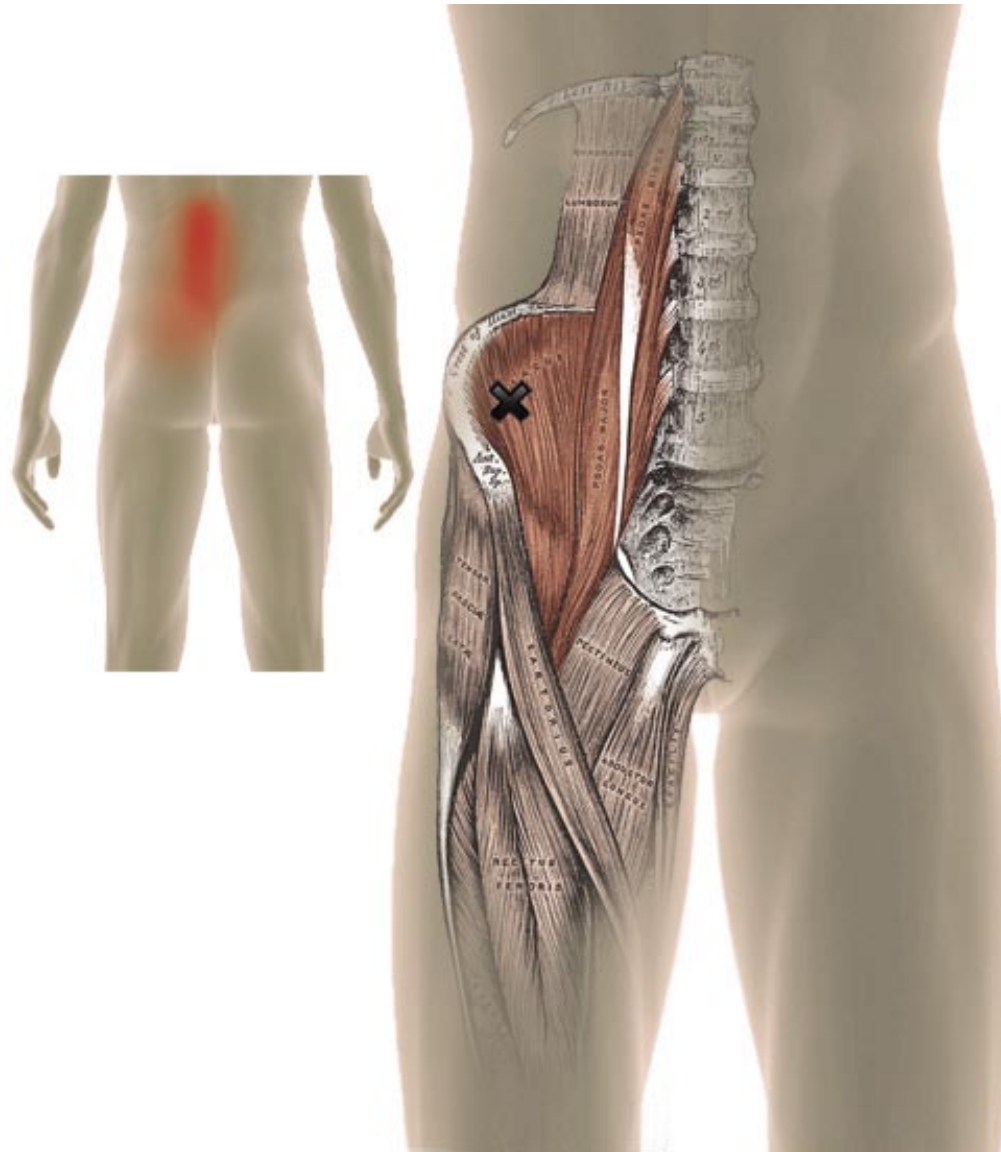
Psoas Trigger Points



Go to the next page
to see trigger point
pain patterns

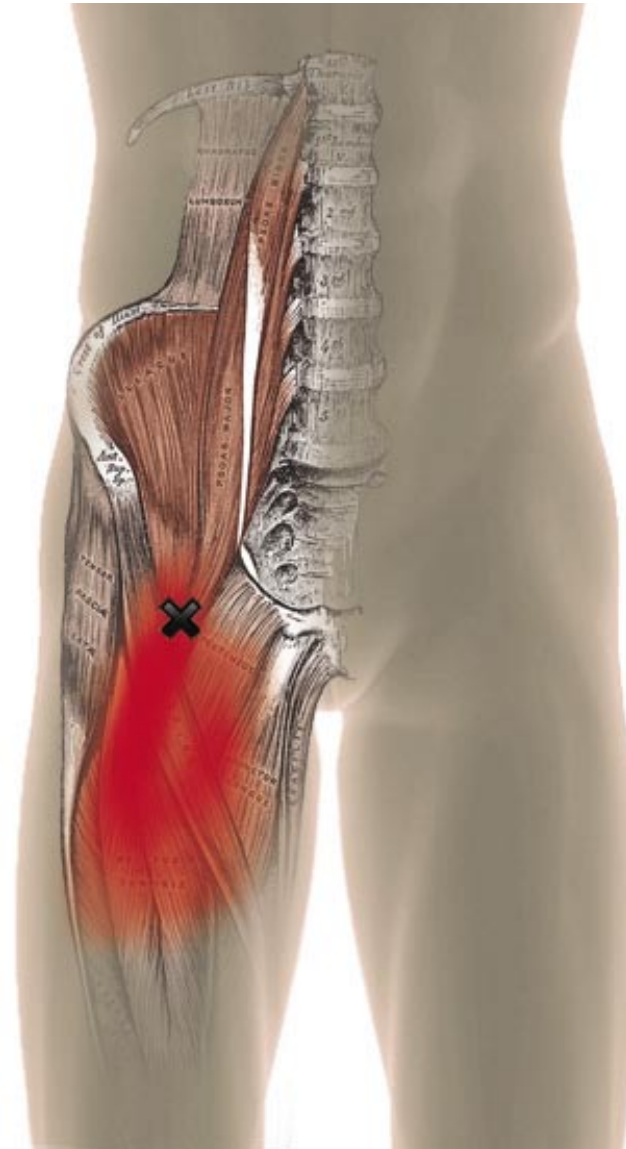
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Psoas Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

2. Psoas Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

3. Psoas Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

Adductor Longus Trigger Points

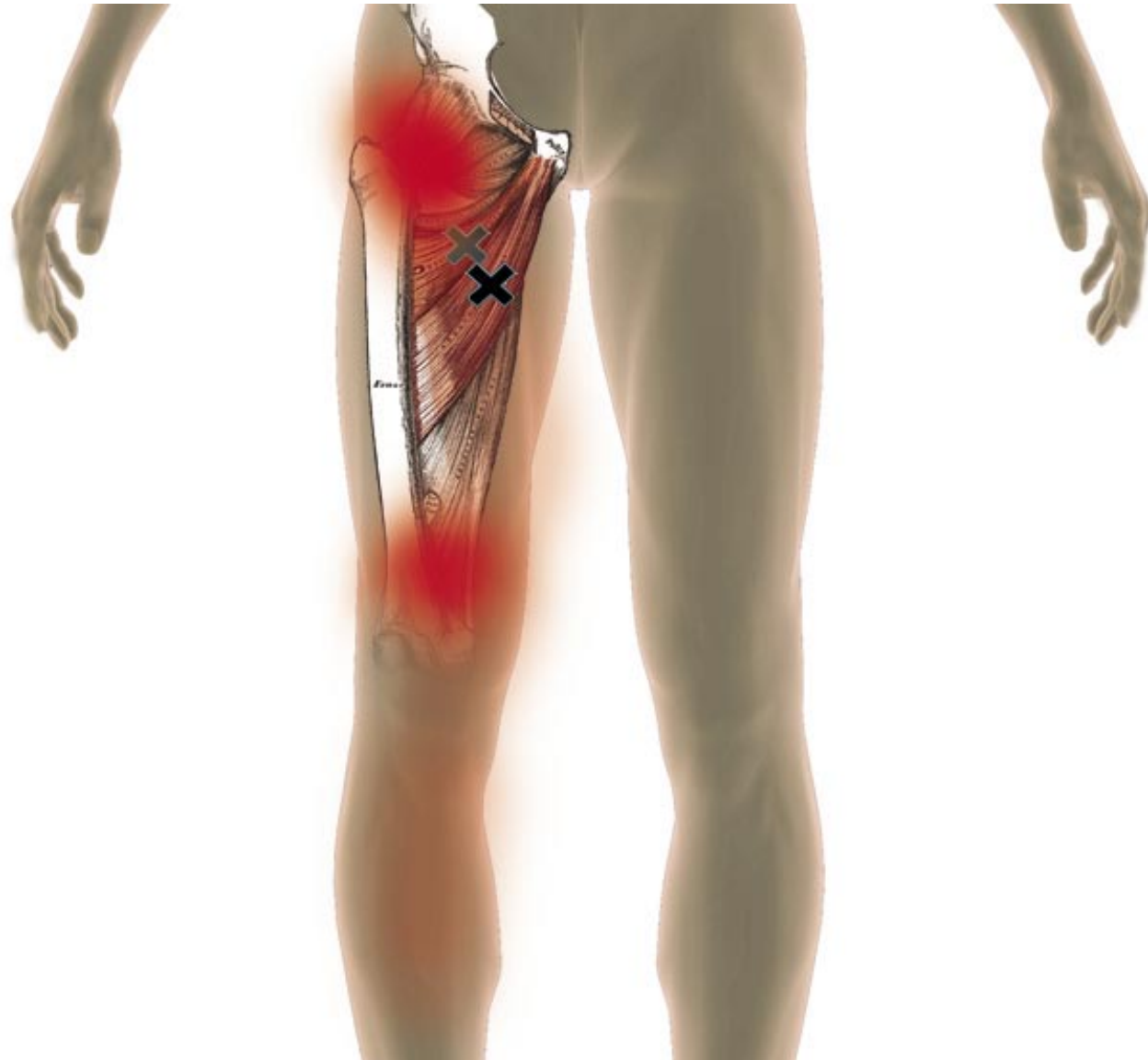


Go to the next page
to see trigger point
pain patterns

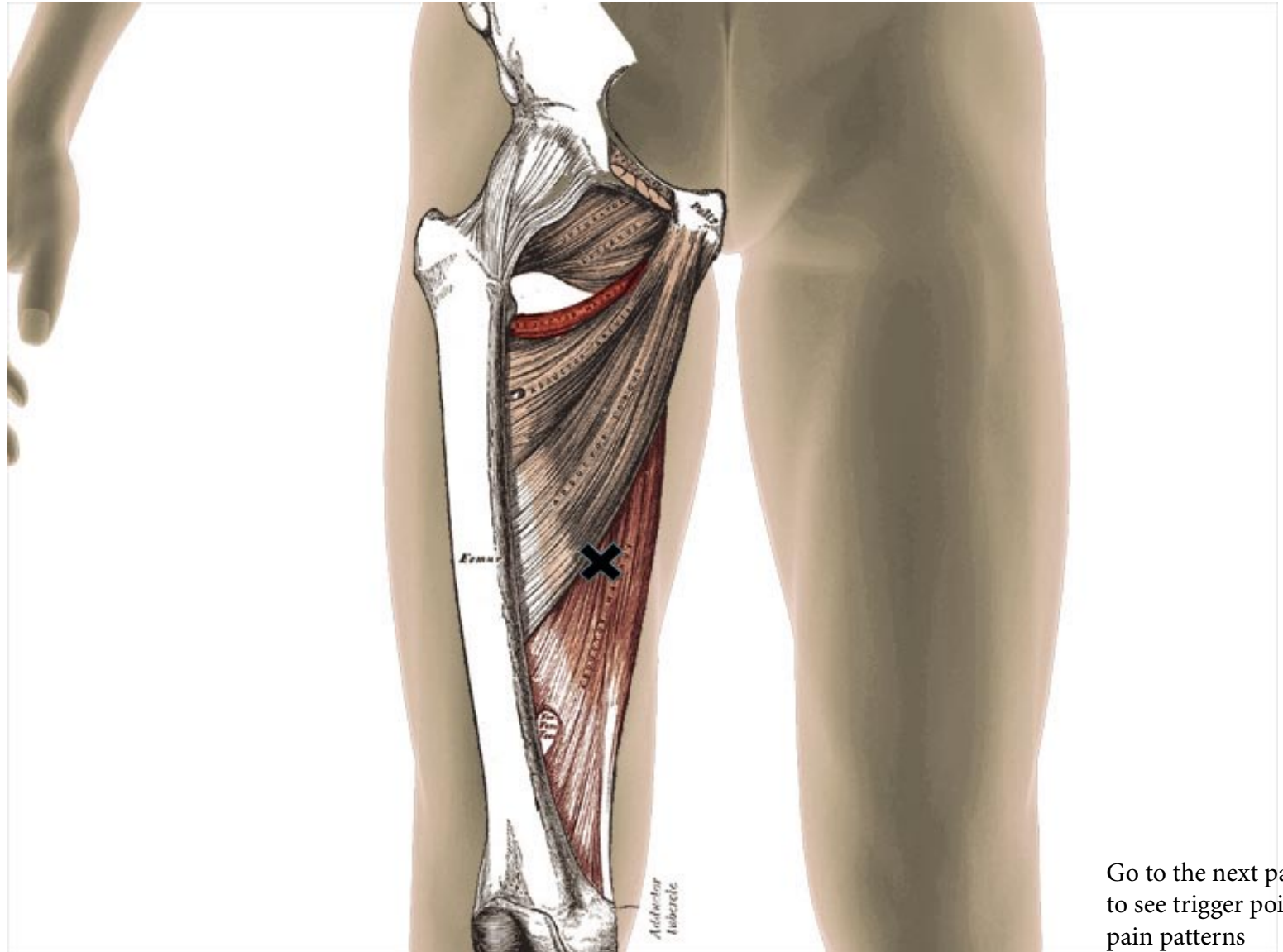
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
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95	Hand
102	Buttock
132	Upper Back
142	Lower Back

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Adductor Longus Pain Patterns



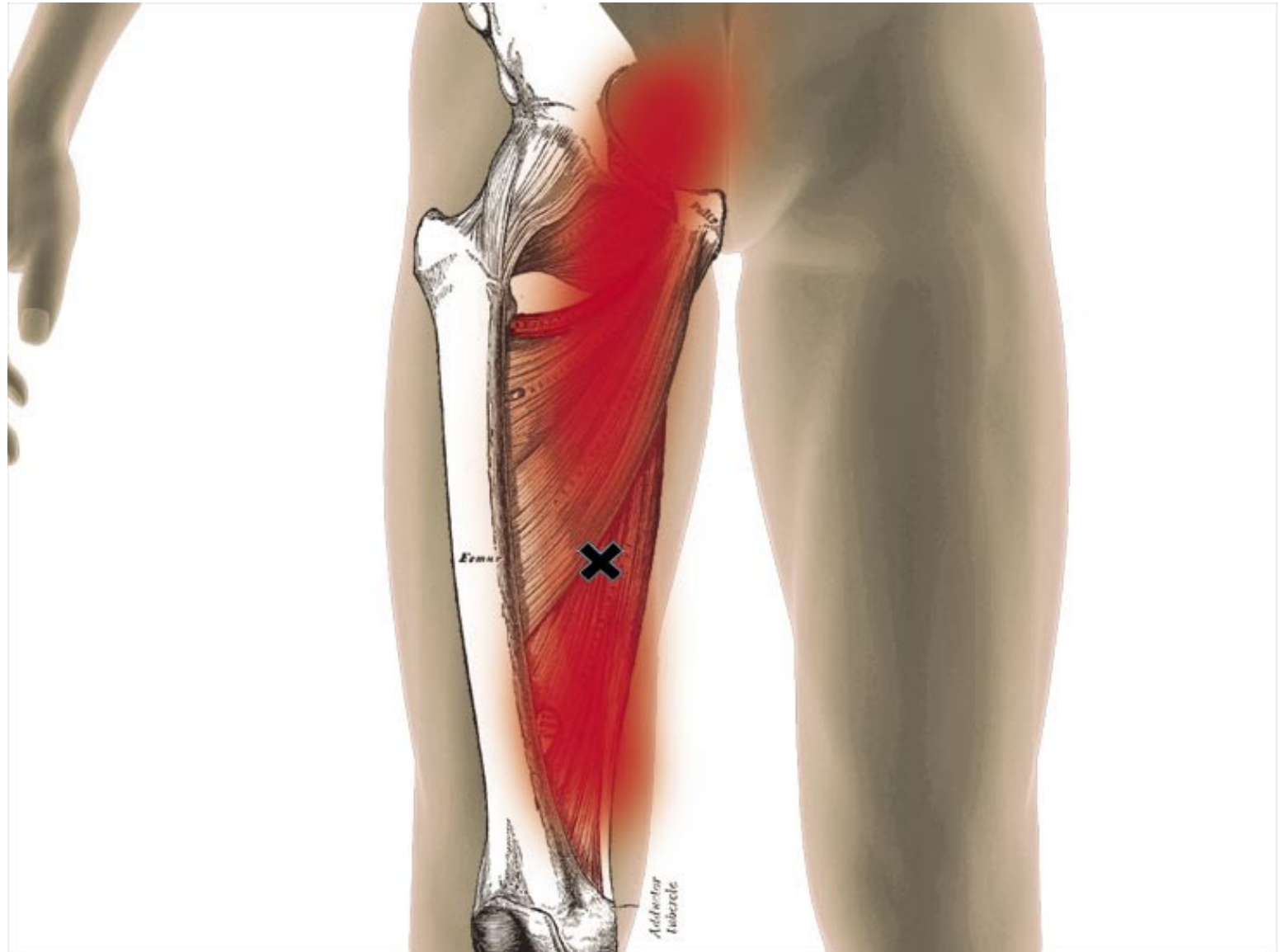
Adductor Magnus Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Adductor Magnus Pain Patterns



Vastus Lateralis Trigger Points



Go to the next page
to see trigger point
pain patterns

1. Vastus Lateralis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

<i>Pages</i>	<i>Areas of Pain</i>
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

2. Vastus Lateralis Pain Patterns



3. 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
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<i>Pages</i>	<i>Areas of Pain</i>
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 Thigh Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Obliques	56
Psoas	60
Adductor Longus	64
Adductor Magnus	66
Vastus Lateralis	68

These Muscles Cause Back of Thigh Pain:

Gluteus Minimus	107
Semitendonsis	125
Piriformis	127
Intra Pelvic Muscles	130
Biceps Femoris	143

<i>Pages</i>	<i>Areas of Pain</i>
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)

<i>Muscle</i>	<i>page</i>
Adductor Magnus	66
Vastus Lateralis	68
Vastus Medialis	74

These Cause Muscles Back of Knee Pain:

Semitendinosus	125
Biceps Femoris	143
Gastrocnemius	146
Soleus	151
Popliteus	155

Vastus Medialis Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Vastus Medialis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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 Foot Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Foot Intrinsic	82
Peroneus	79
Gastrocnemius	146
Soleus	151

2. Vastus Medialis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

<i>Pages</i>	<i>Areas of Pain</i>
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)

<i>Muscle</i>	<i>page</i>
Adductor Longus	64
Peroneus	79

These Muscles Cause Back of Calf Pain:

Gluteus Minimus	107
Semitendonosis	125
Gastrocnemius	146
Soleus	151

Peroneus Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Peroneus Pain Patterns



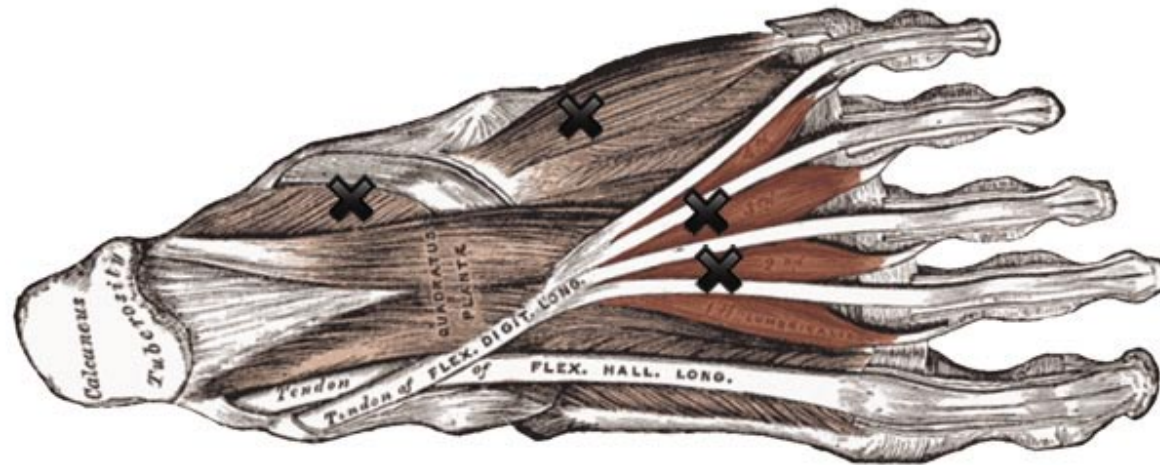
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1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

2. Peroneus Pain Patterns



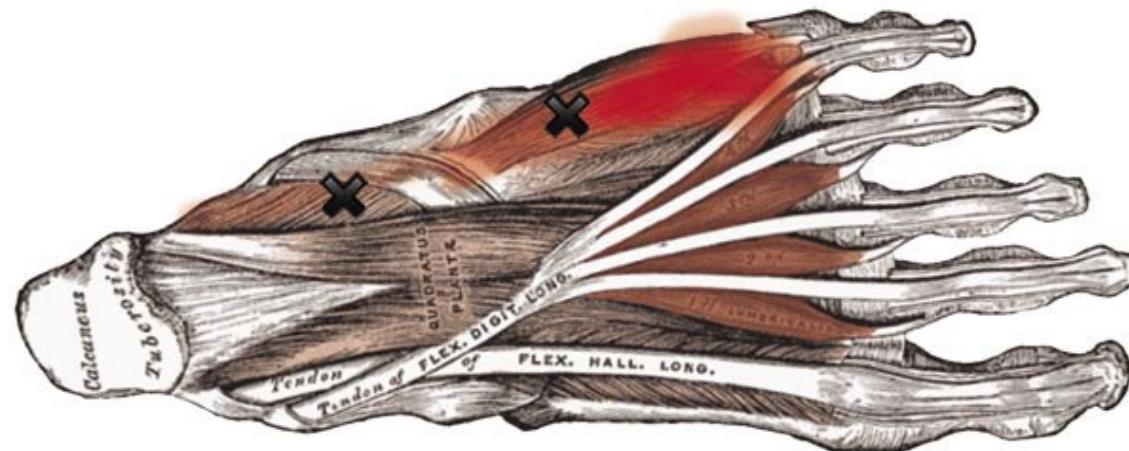
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Foot Intrinsic Trigger Points



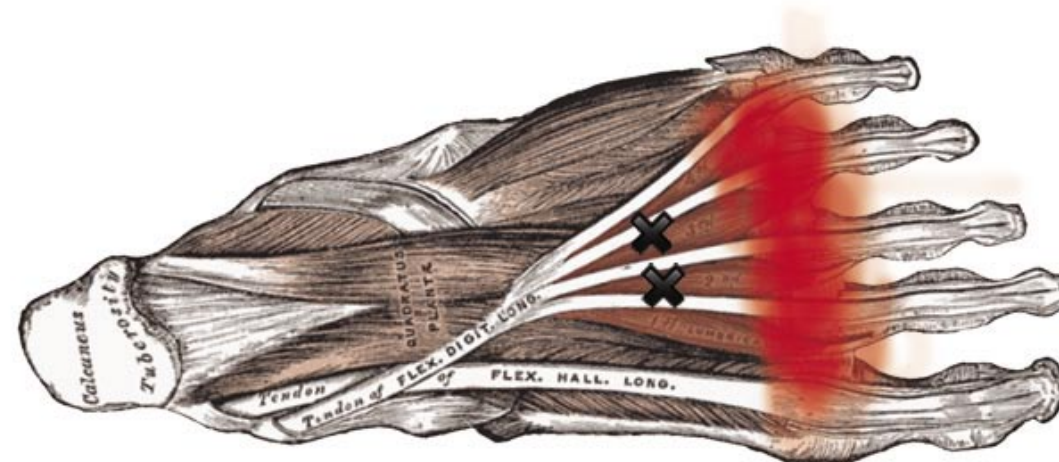
Go to the next page
to see trigger point
pain patterns

1. Foot Intrinsic 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

2. Foot Intrinsic 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

<i>Pages</i>	<i>Areas of Pain</i>
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 Upper Arm Pain:
(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Scalenes	23
Infraspinatus	25
Anterior Deltoid	28
Biceps	40
Latissimus Dorsi	42
Triceps	86

These Muscles Cause Back of Upper Arm Pain:

Scalenes	23
Posterior Deltoid	30
Supraspinatus	32
Latissimus Dorsi	42
Triceps	86

Triceps Trigger Points



Go to the next page
to see trigger point
pain patterns

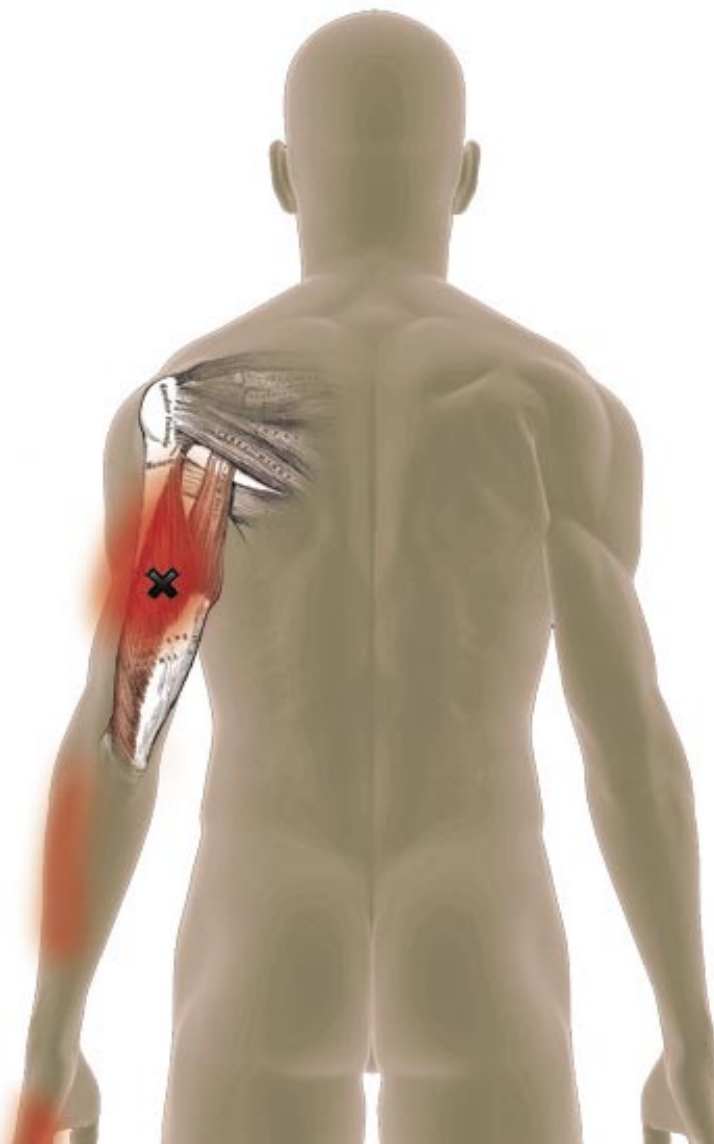
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Triceps Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

2. Triceps Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

3. Triceps Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

<i>Pages</i>	<i>Areas of Pain</i>
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 Forearm Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Scalenes	23
Infraspinatus	25
Supraspinatus	32
Pectoralis Major	34
Pectoralis Minor	38
Triceps	86
Forearm Extensors	91

Forearm Extensors Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Forearm Extensors Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

2. Forearm Extensors Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

<i>Pages</i>	<i>Areas of Pain</i>
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

3. Forearm Extensors Pain Patterns



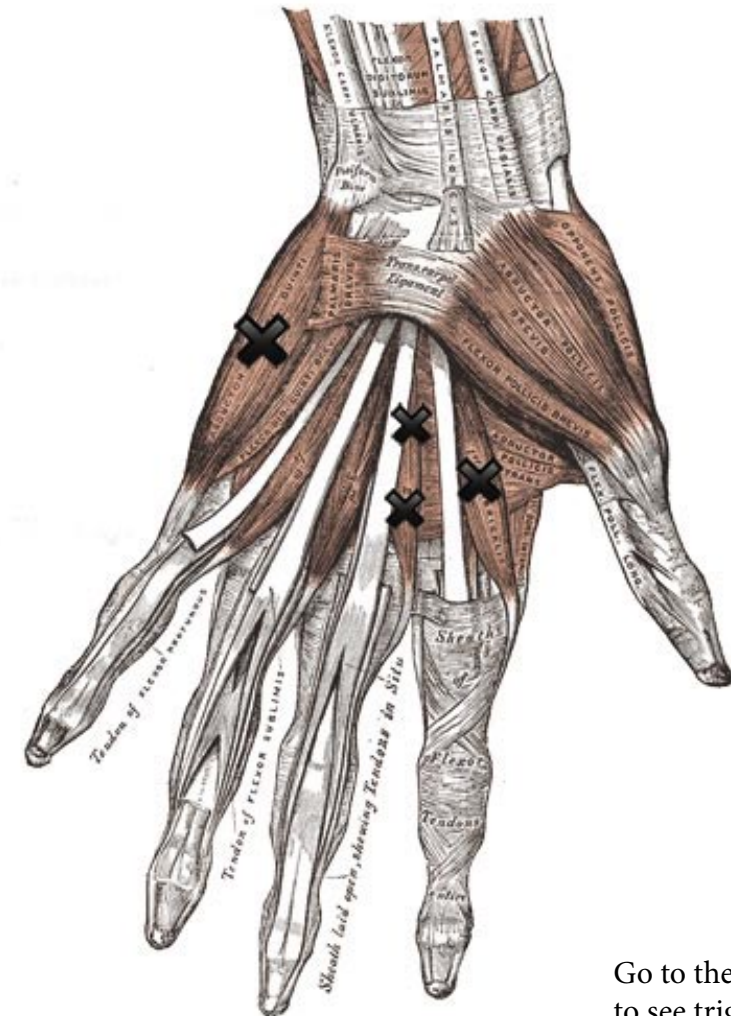
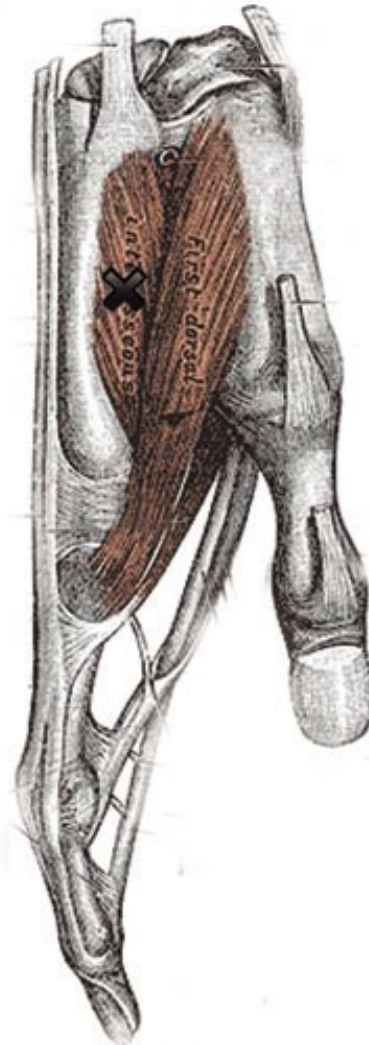
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Cause Hand Pain:

(Click on the muscle names to see trigger point diagrams)

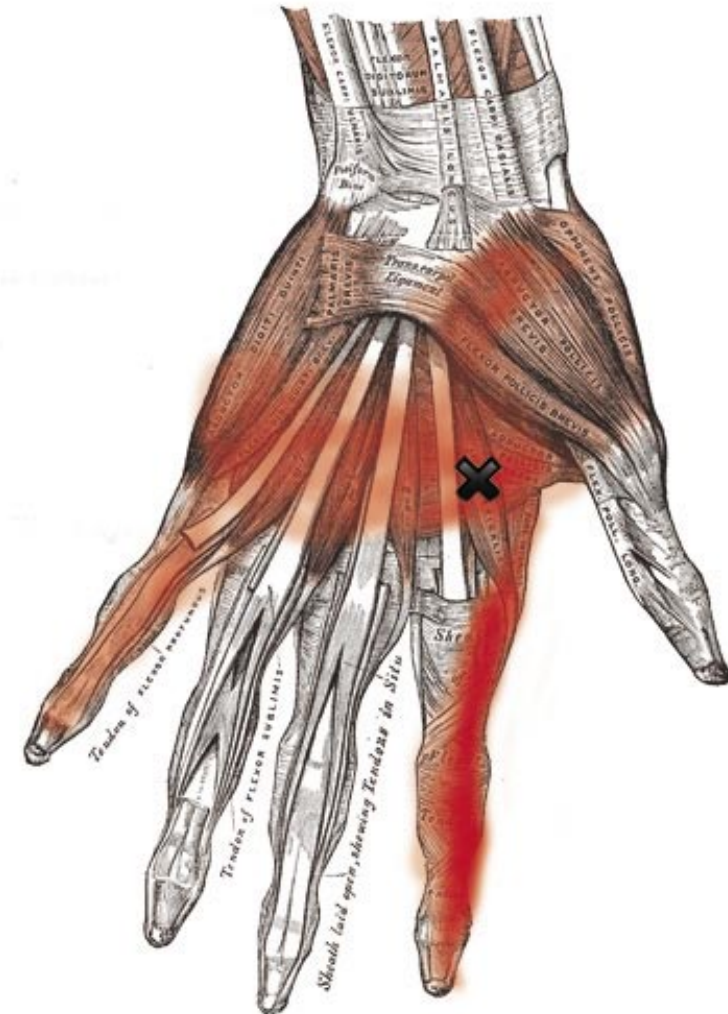
<i>Muscle</i>	<i>page</i>
Scalenes	23
Pectoralis Minor	38
Lattissimus Dorsi	42
Triceps	86
Forearm Extensors	91
Hand Intrinsic	96
Thenar Eminence	100

Hand Intrinsic Trigger Points



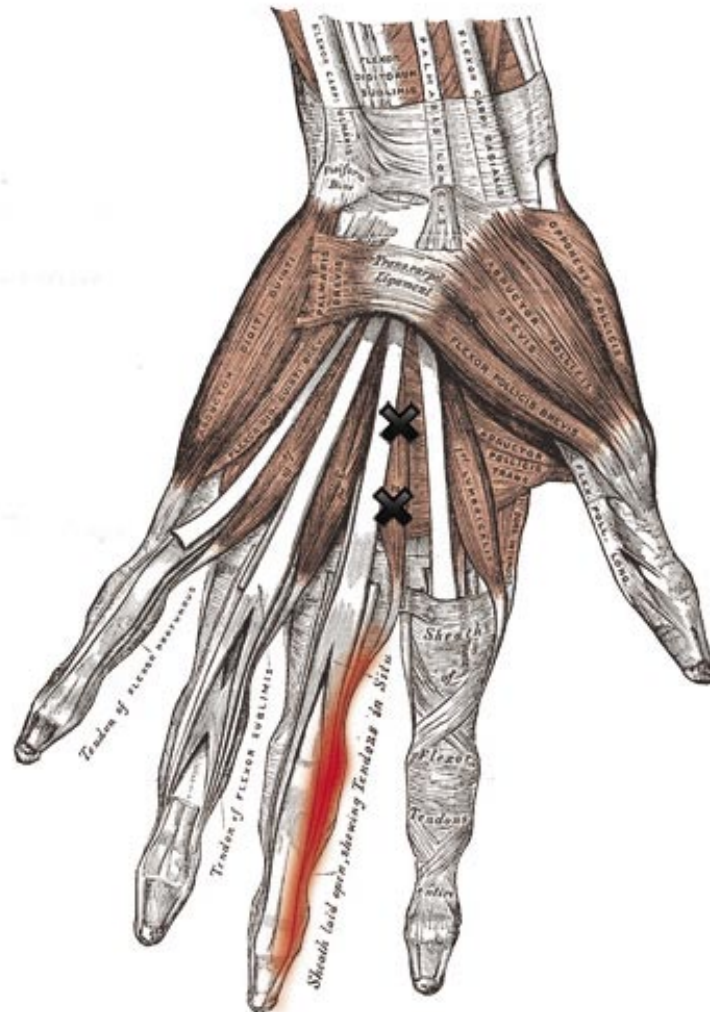
Go to the next page
to see trigger point
pain patterns

1. Hand Intrinsic 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

2. Hand Intrinsic Pain Patterns



An anatomical illustration of the right hand and forearm, showing the tendons of the flexor digitorum profundus and flexor digitorum superficialis. The tendons are labeled: "Tendon of flexor digitorum profundus" and "Tendon of flexor digitorum superficialis". A black "X" marks the point of division of the flexor digitorum profundus tendon into two branches. The illustration is titled "Should laid open, showing Tendons in Situ".

Thenar Eminence Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Thenar Eminence Trigger Points



<i>Pages</i>	<i>Areas of Pain</i>
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

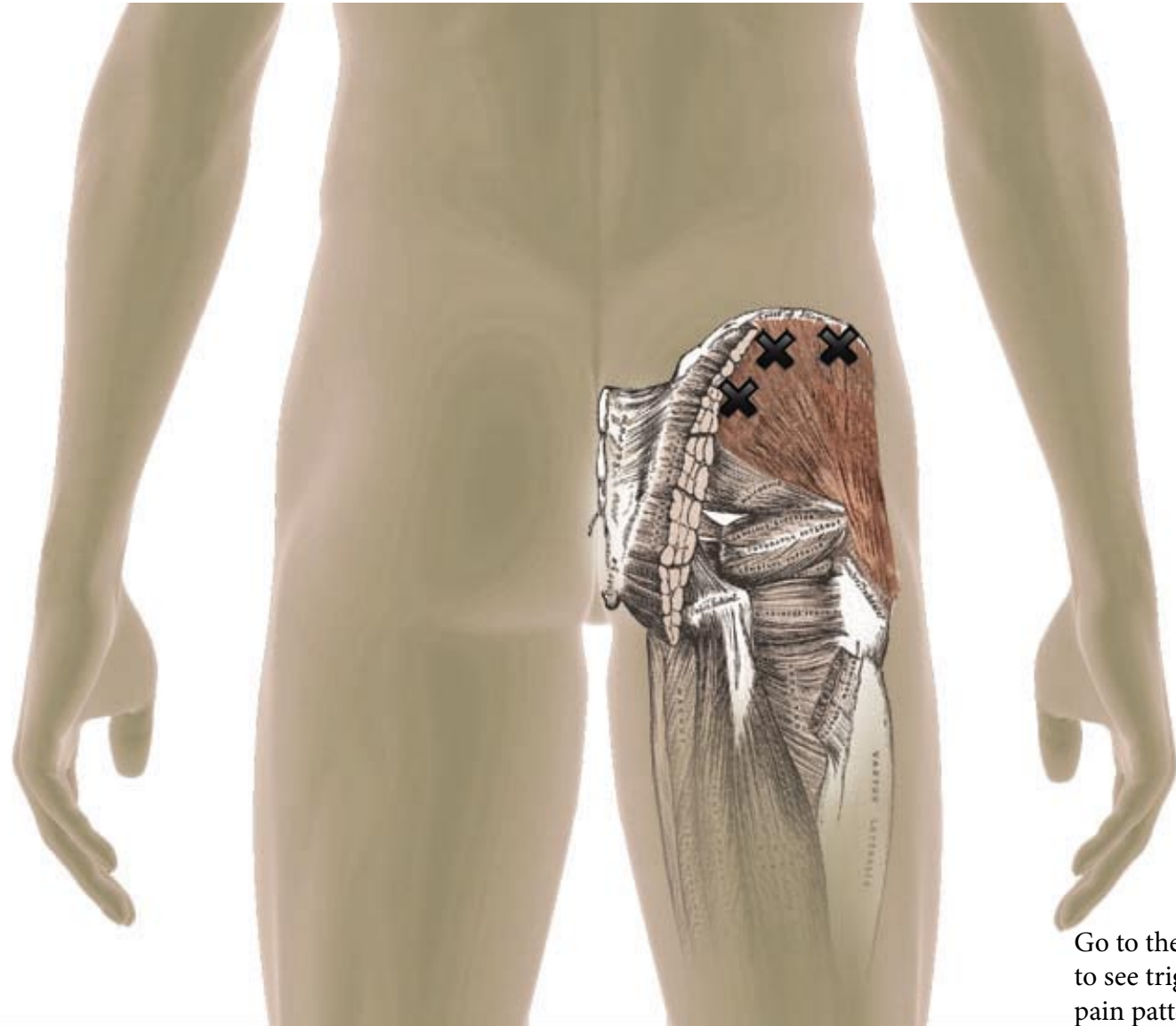
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Muscles Cause Buttock Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
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

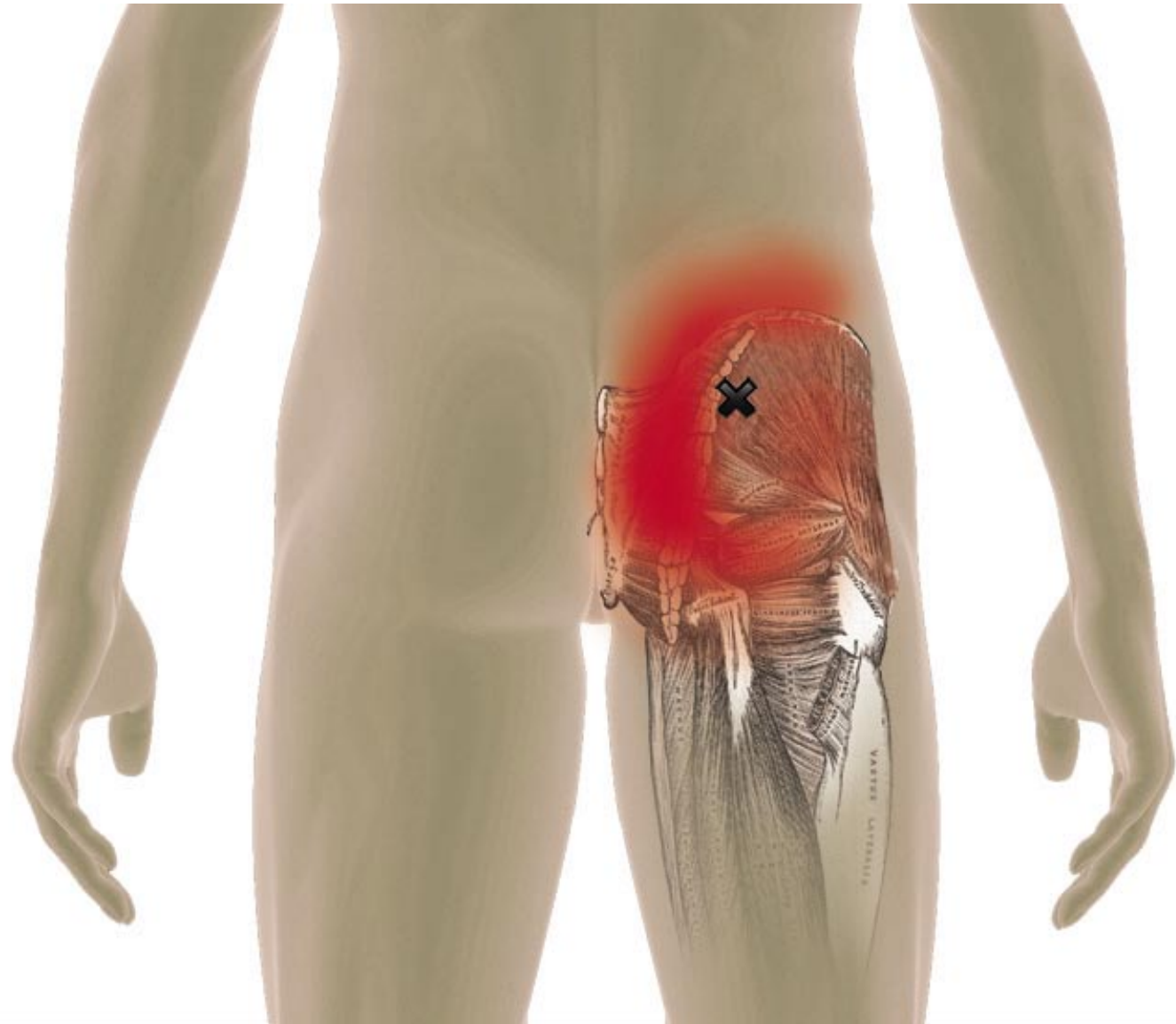
Gluteus Medius Trigger Points



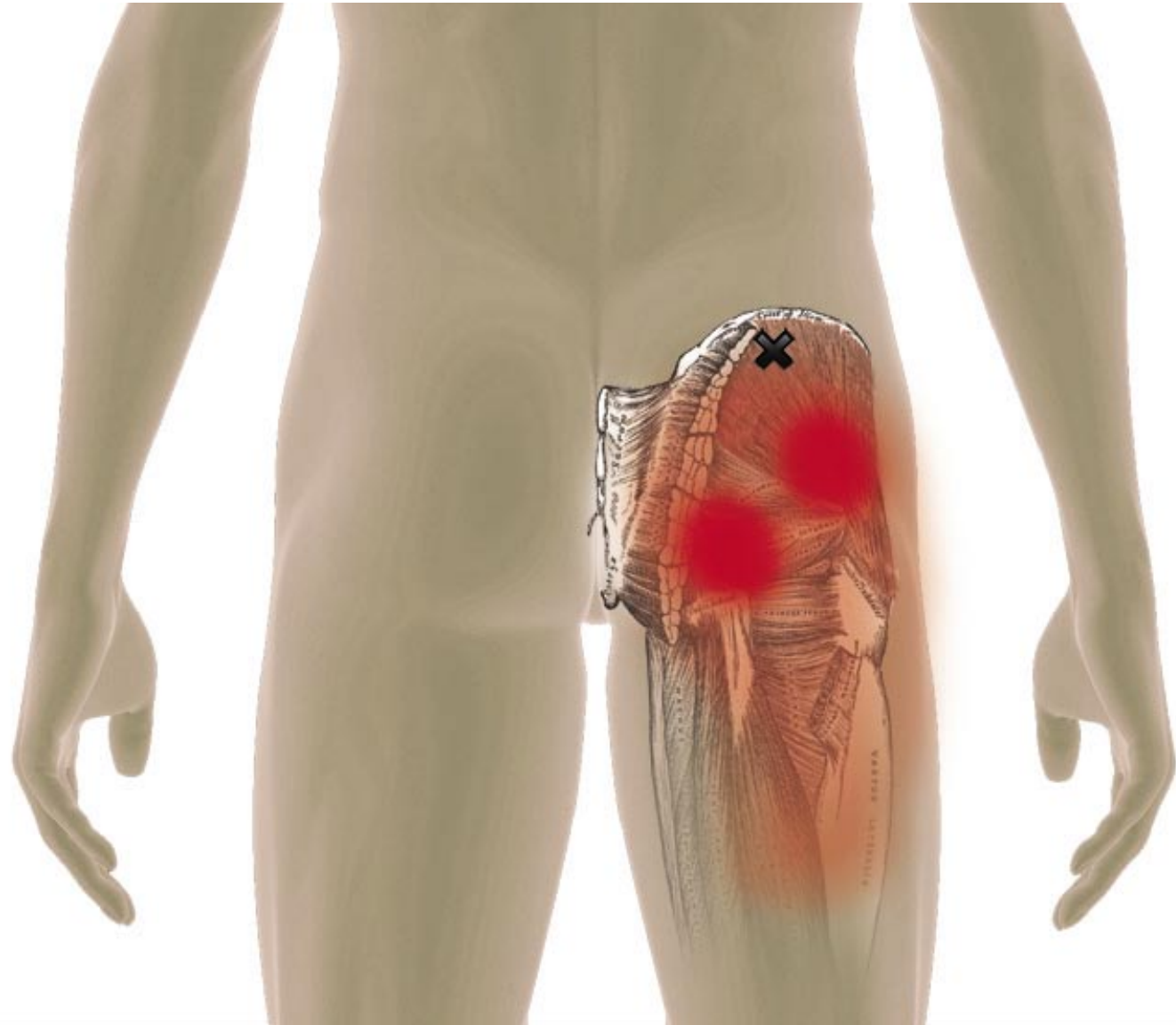
Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

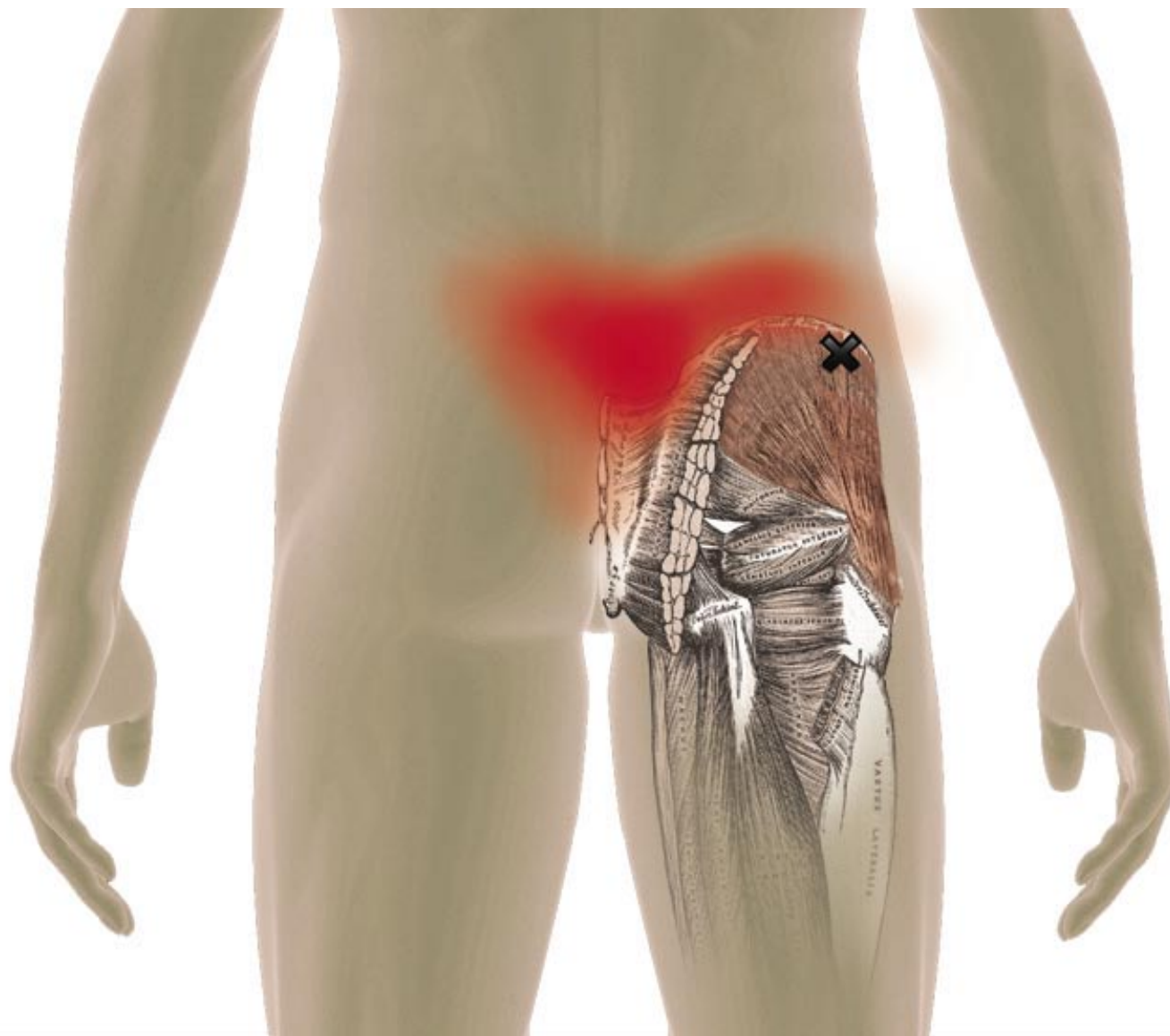
1. Gluteus Medius Pain Patterns



2. Gluteus Medius Pain Patterns



3. Gluteus Medius Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

Gluteus Minimus Trigger Points



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Gluteus Minimus Trigger Points

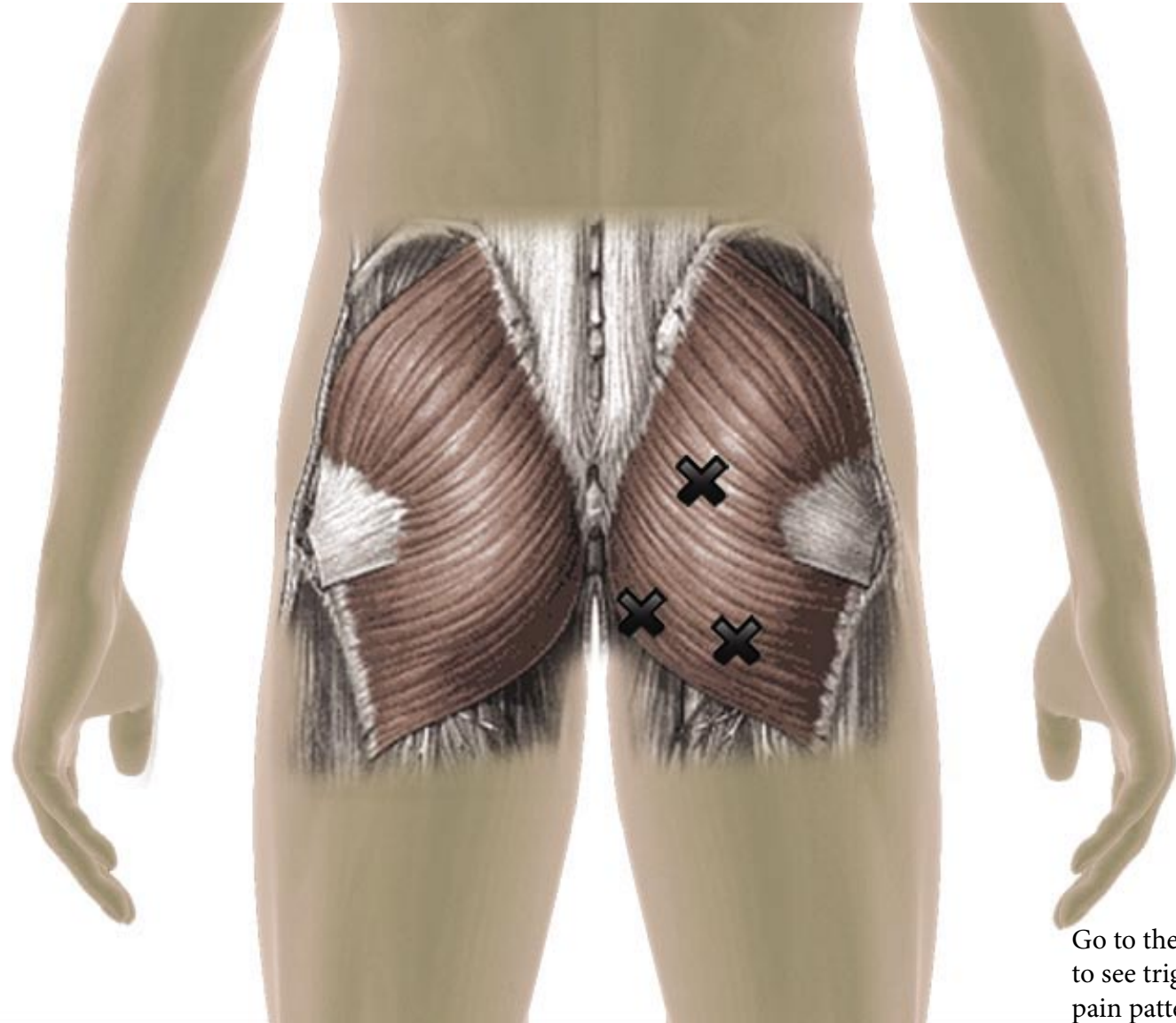


2. Gluteus Minimus Trigger Points



<i>Pages</i>	<i>Areas of Pain</i>
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

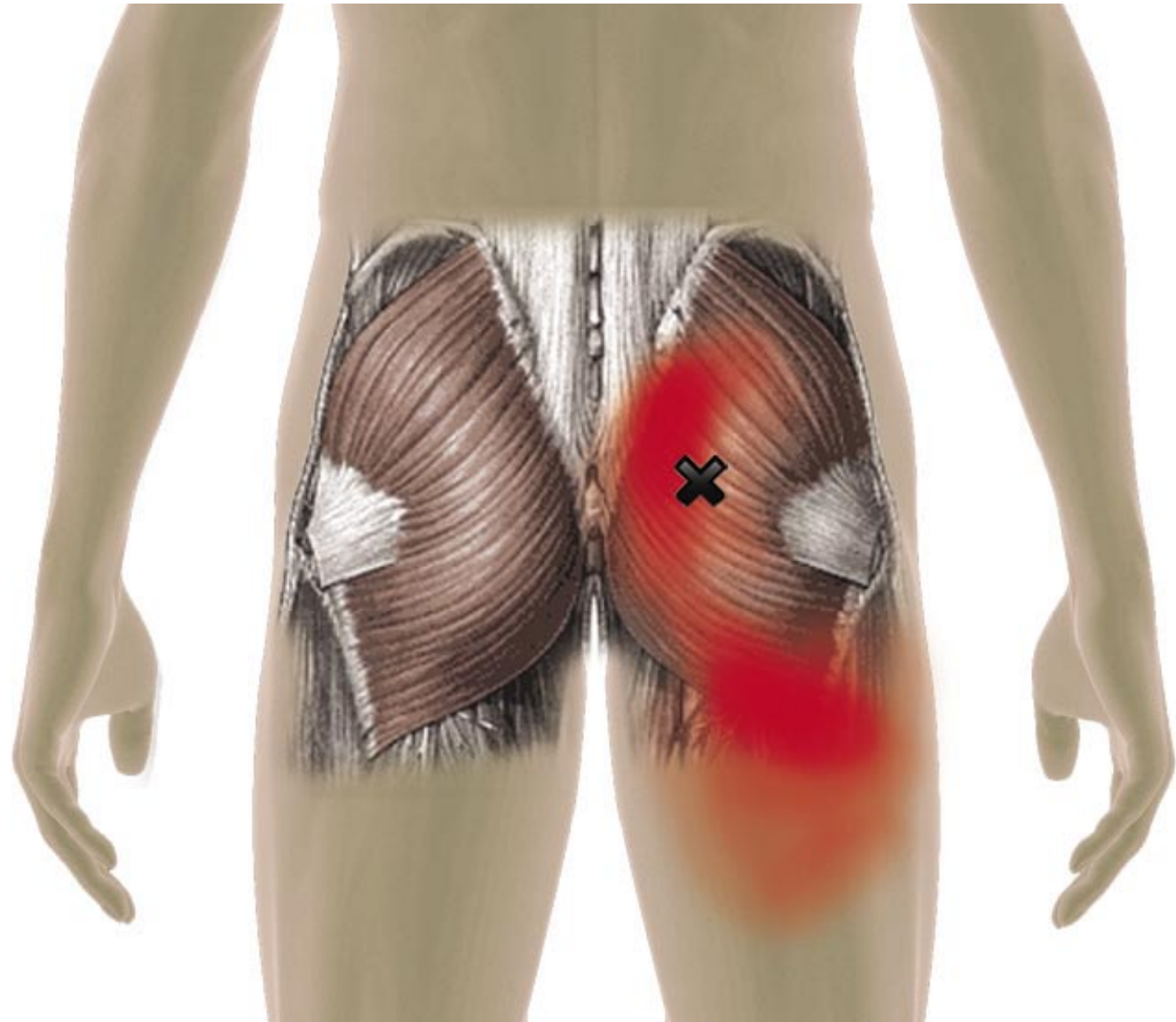
Gluteus Maximus Trigger Points



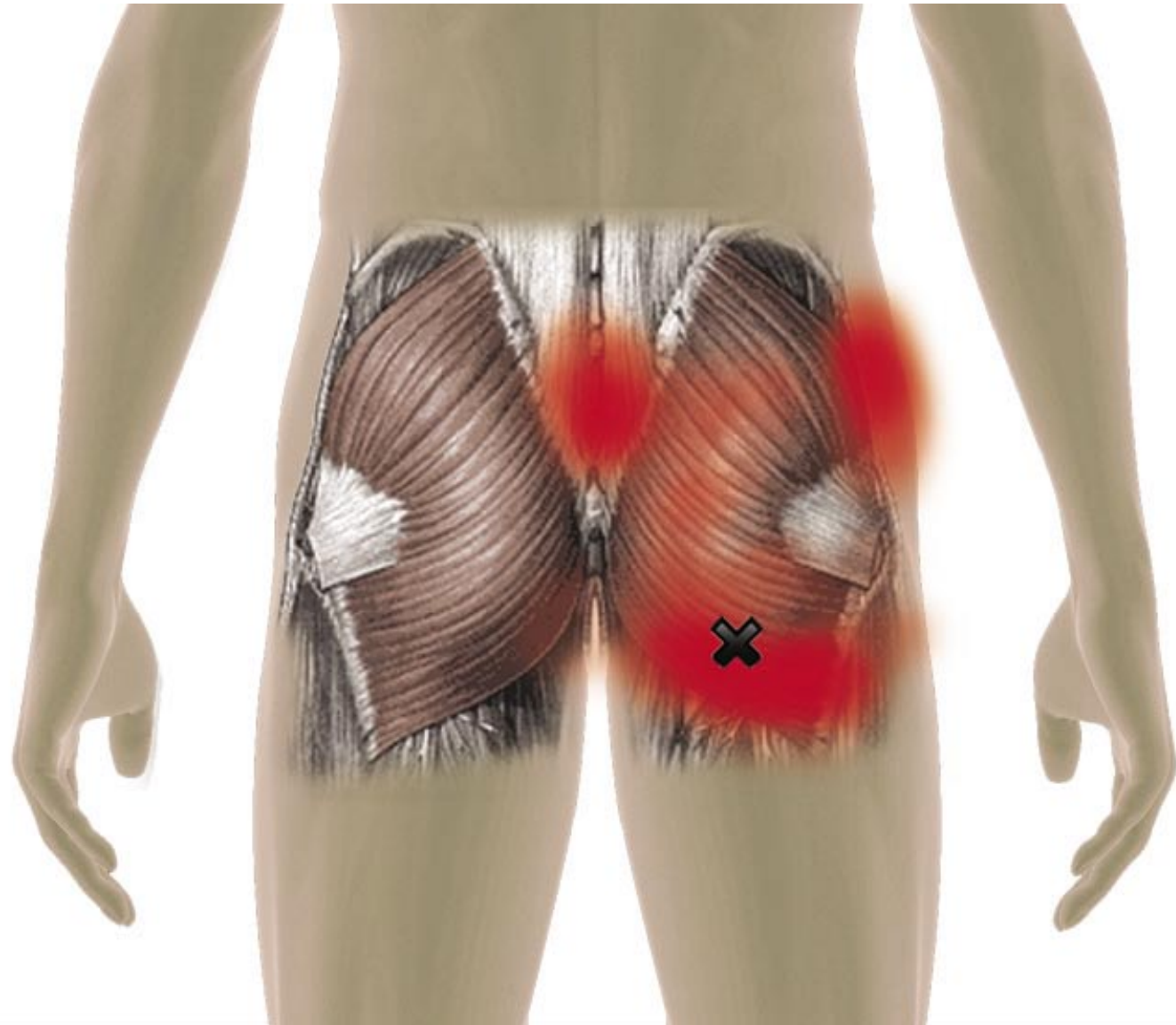
Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Gluteus Maximus Trigger Points



2. Gluteus Maximus Trigger Points



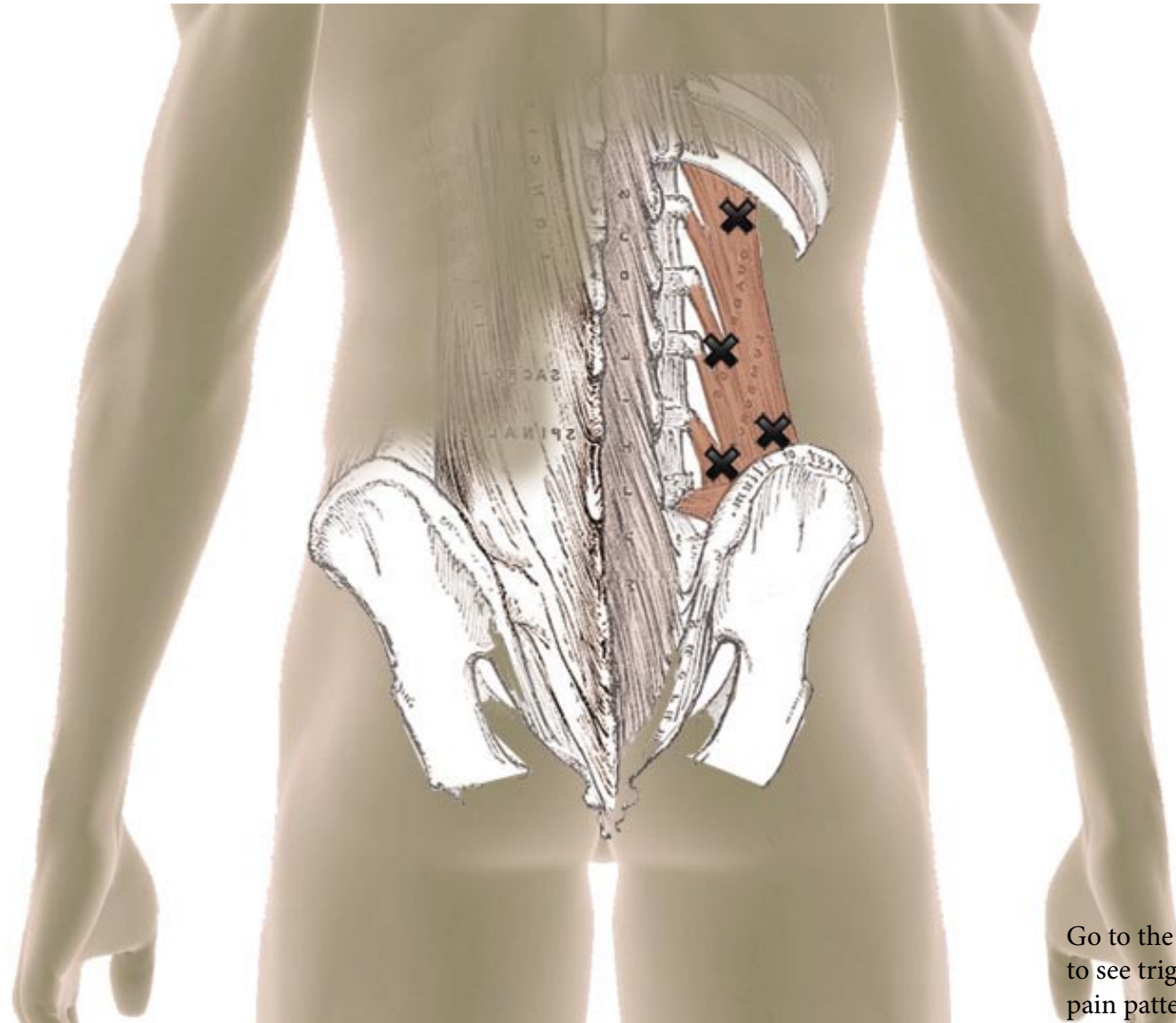
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

3. Gluteus Maximus Trigger Points



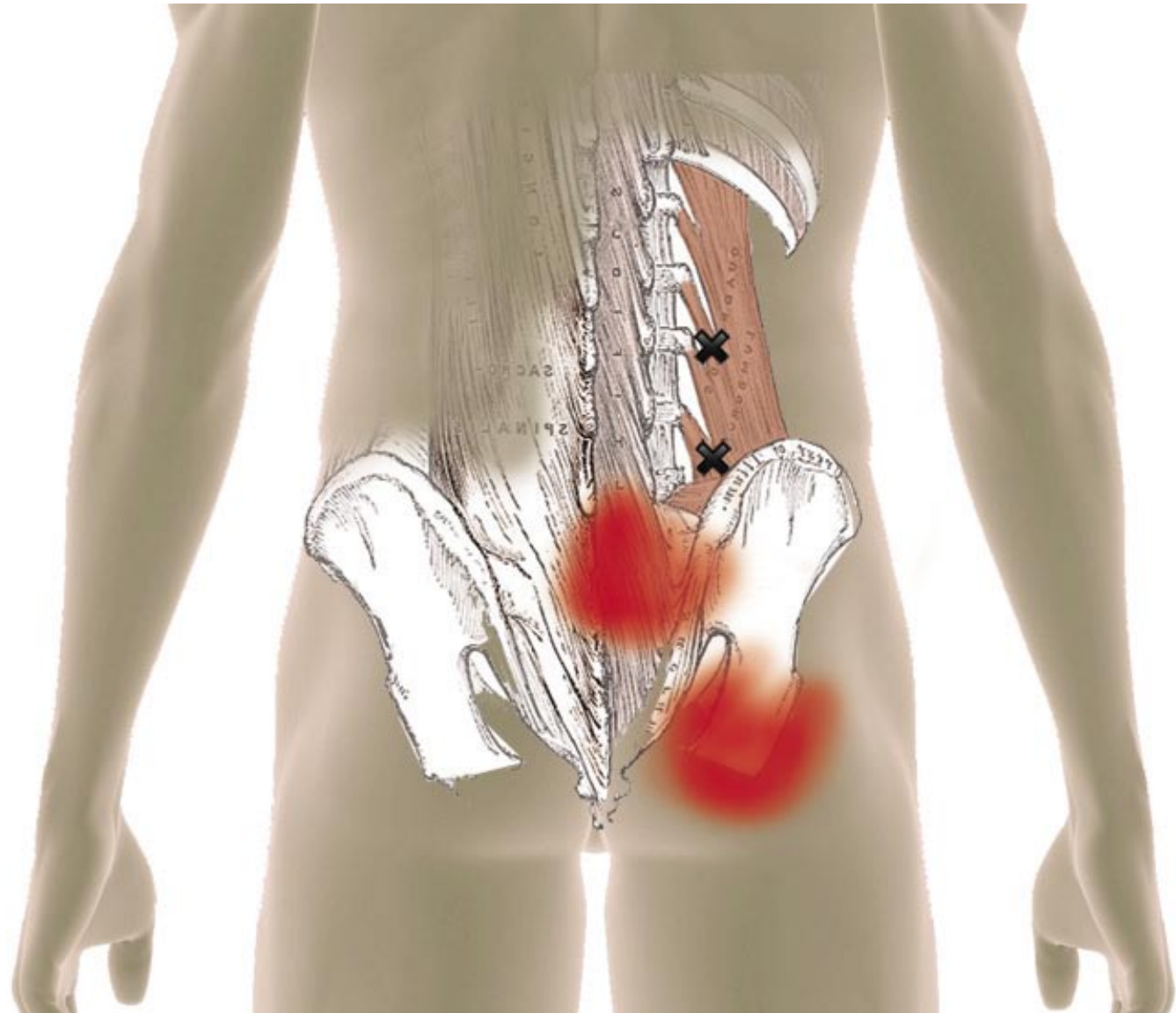
Pages	Areas of Pain
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

Quadratus Lumborum Trigger Points

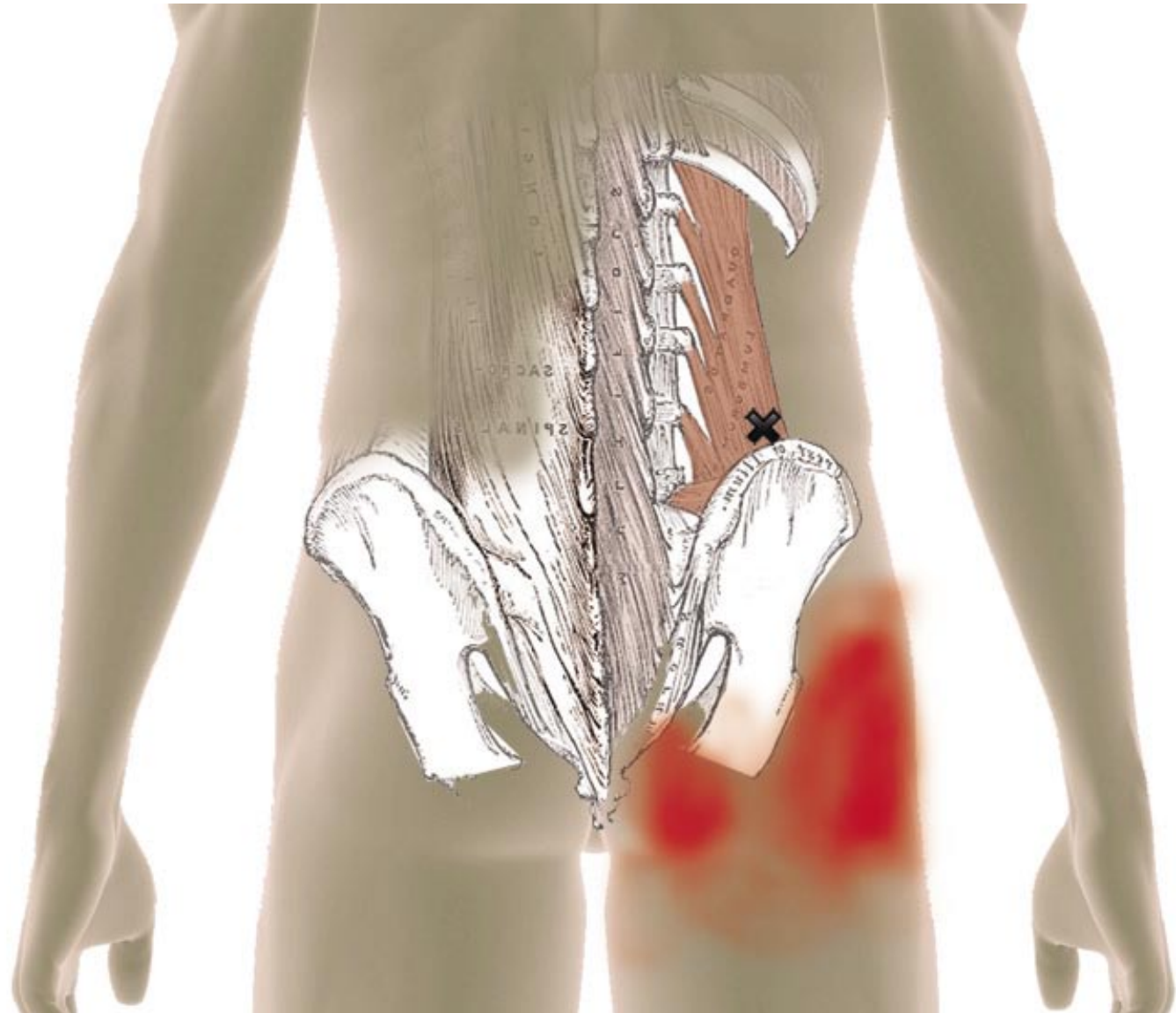


Go to the next page
to see trigger point
pain patterns

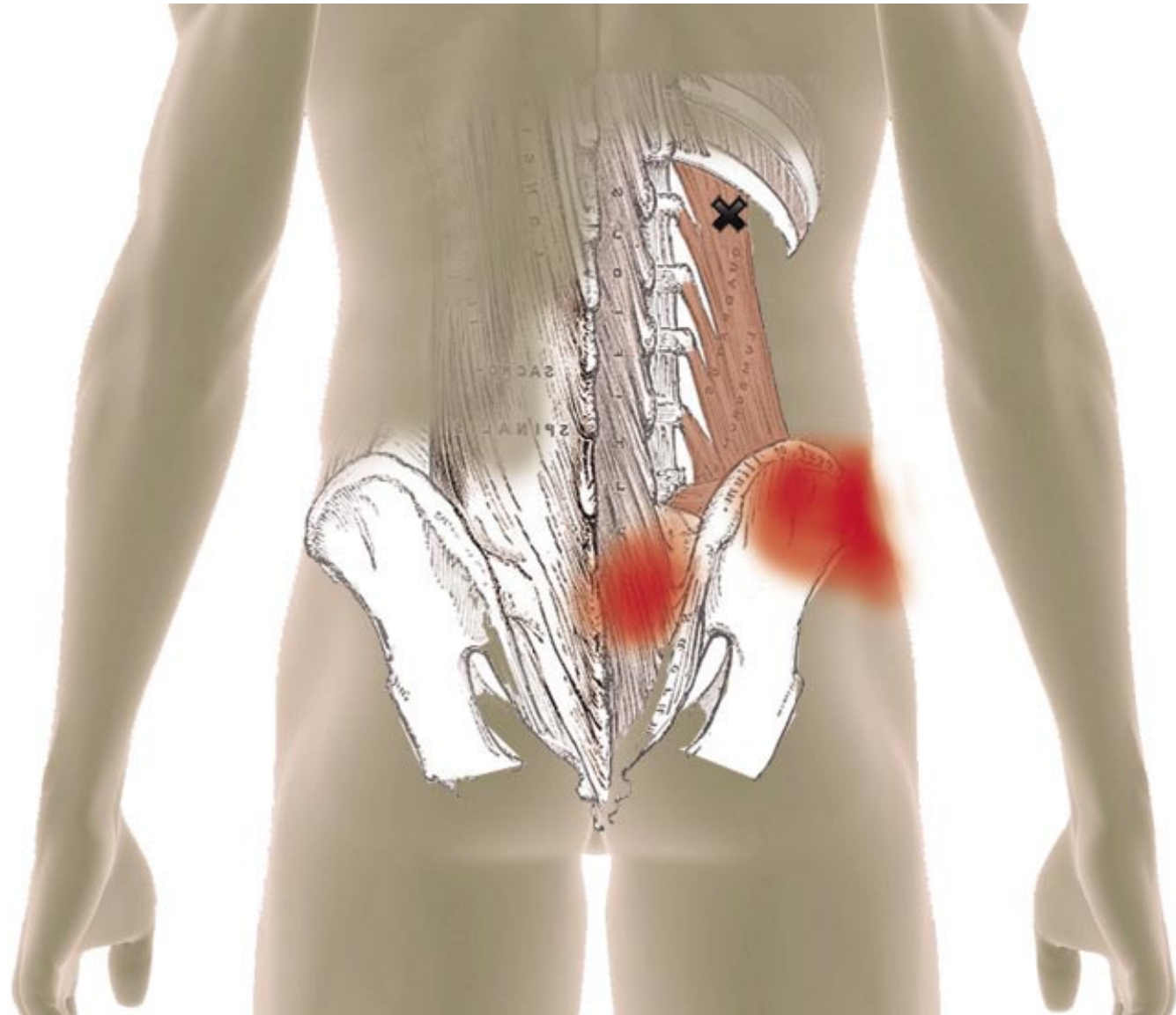
1. Quadratus Lumborum Trigger Points



2. Quadratus Lumborum Trigger Points

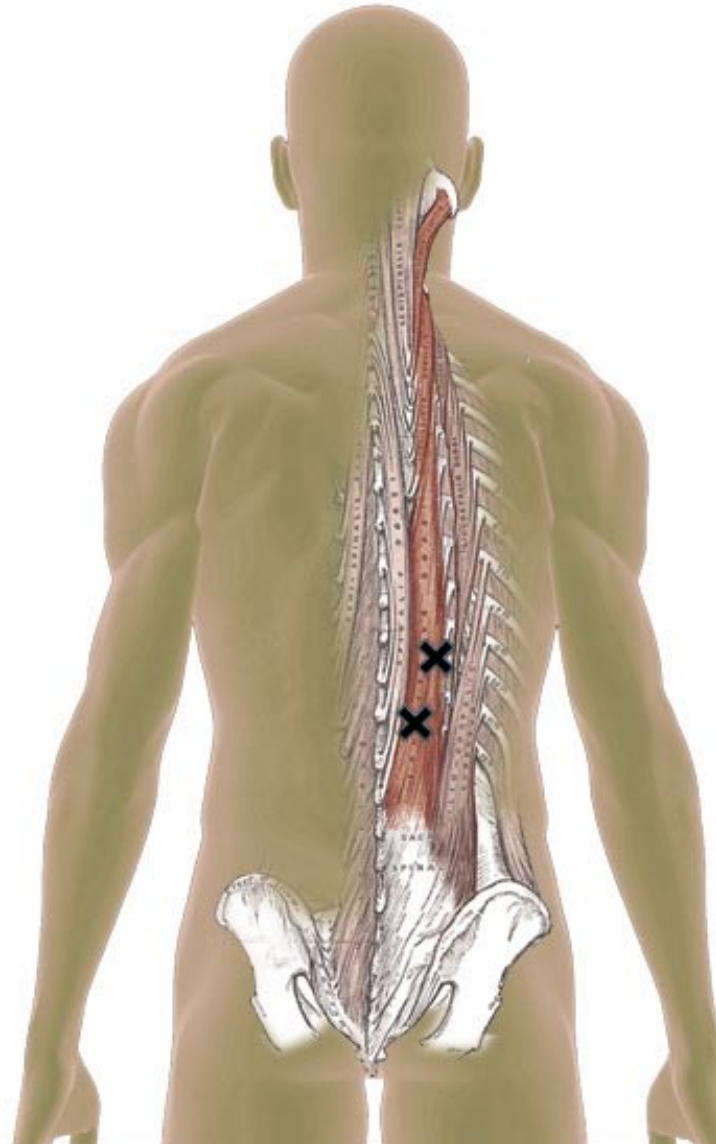


3. Quadratus Lumborum Trigger Points



<i>Pages</i>	<i>Areas of Pain</i>
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

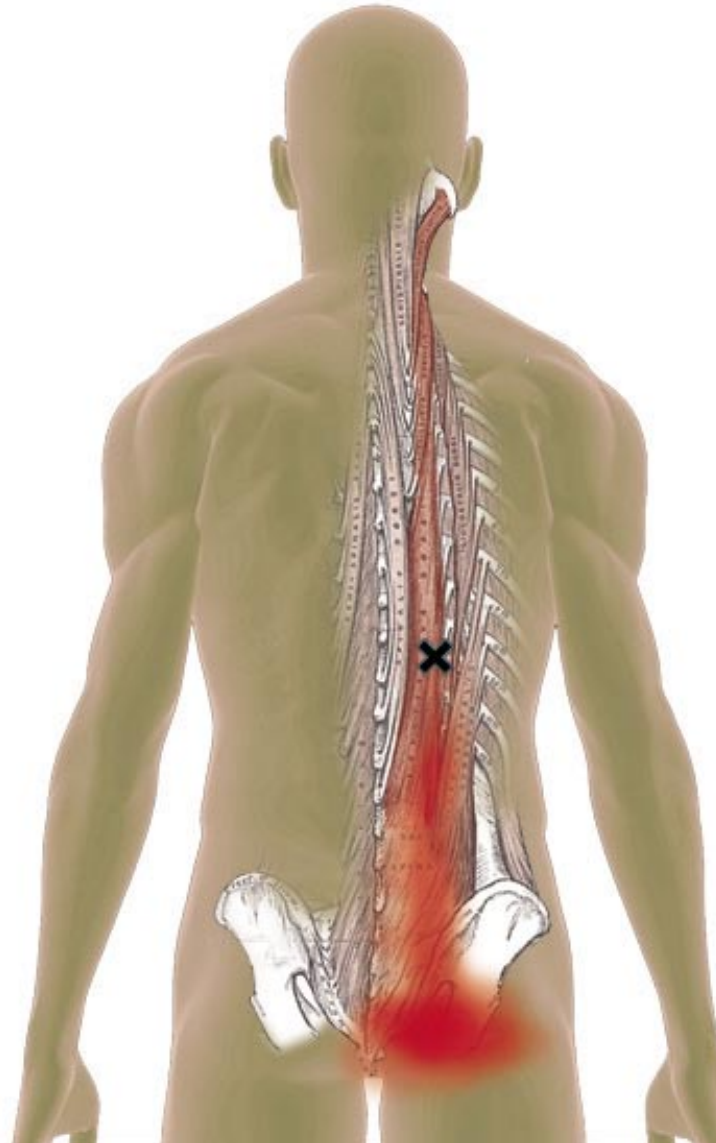
Longissimus Trigger Points



Go to the next page
to see trigger point
pain patterns

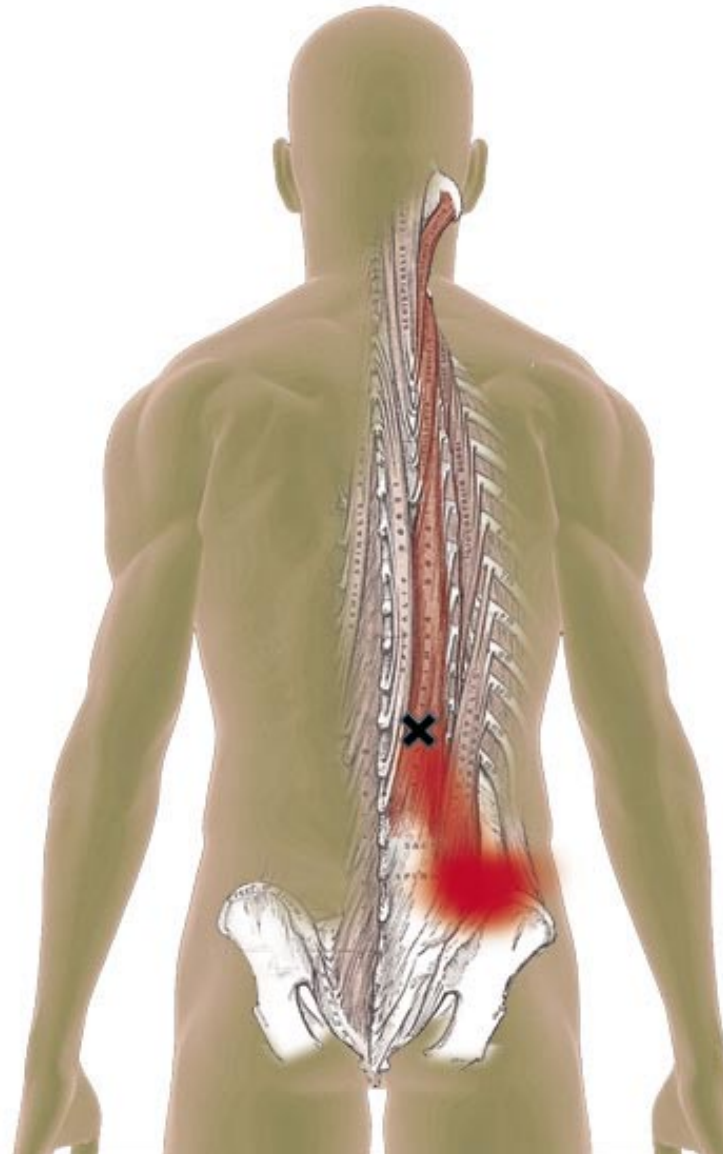
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Longissimus Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

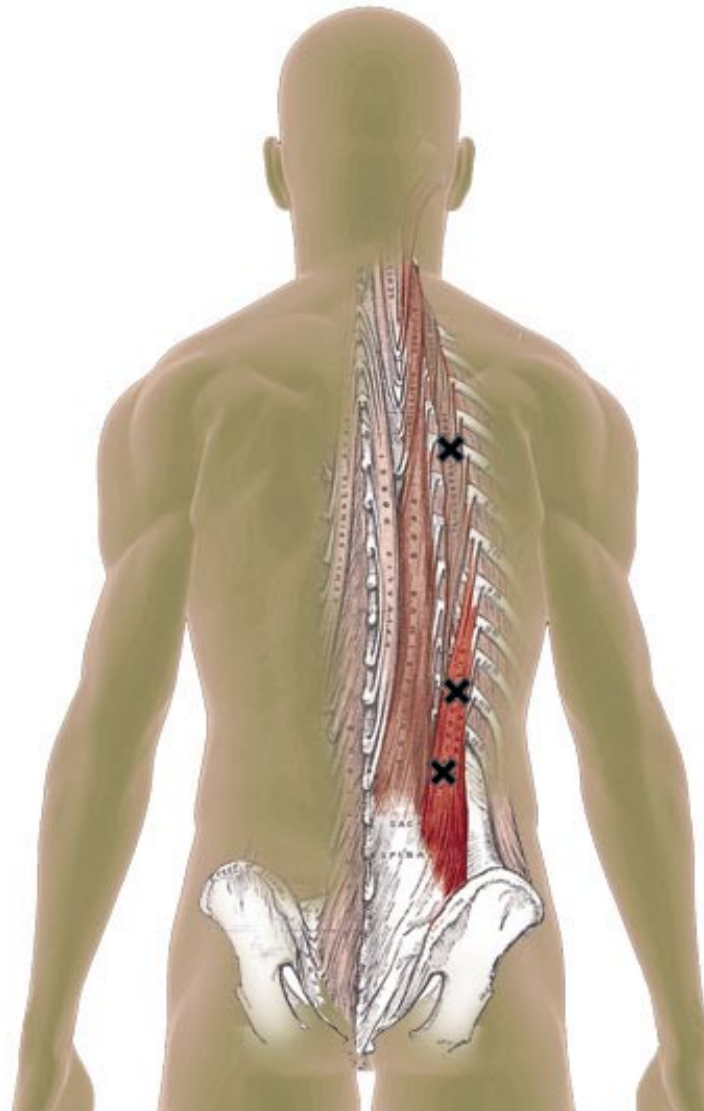
2. Longissimus Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

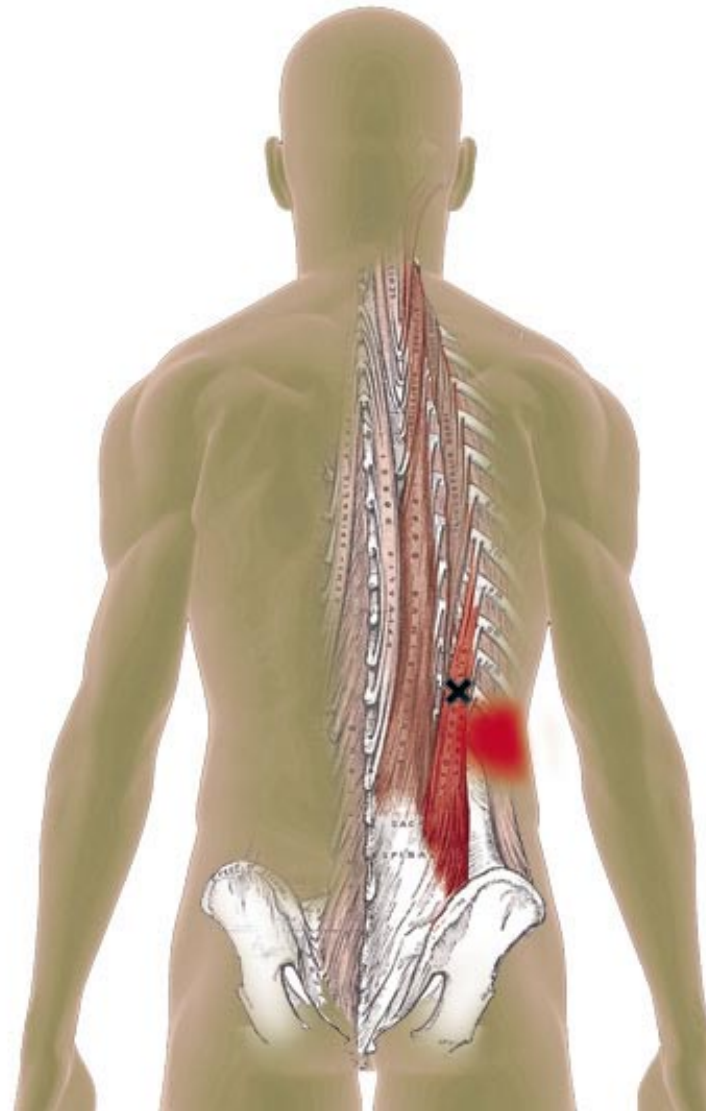
Ilio Costalis Triggers

<i>Pages</i>	<i>Areas of Pain</i>
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



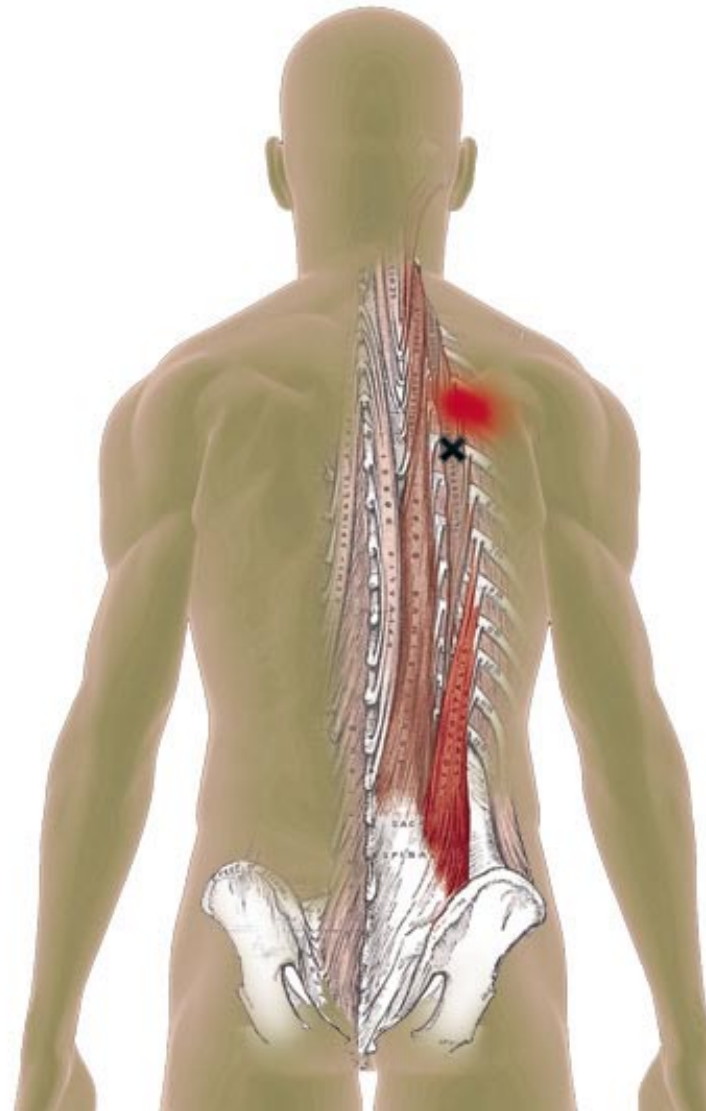
Go to the next page
to see trigger point
pain patterns

1. Ilio Costalis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

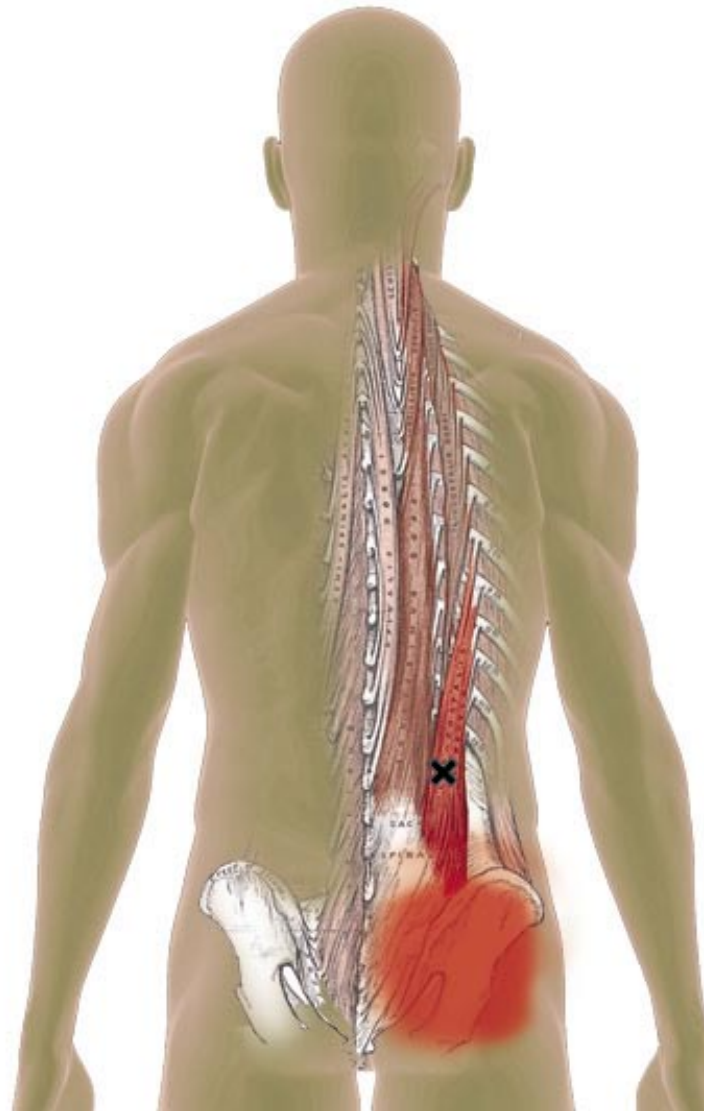
2. Ilio Costalis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

3. Ilio Costalis Pain Patterns

<i>Pages</i>	<i>Areas of Pain</i>
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



Semi Tendonosis Triggers



Go to the next page
to see trigger point
pain patterns

<i>Pages</i>	<i>Areas of Pain</i>
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

1. Semi Tendonosis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

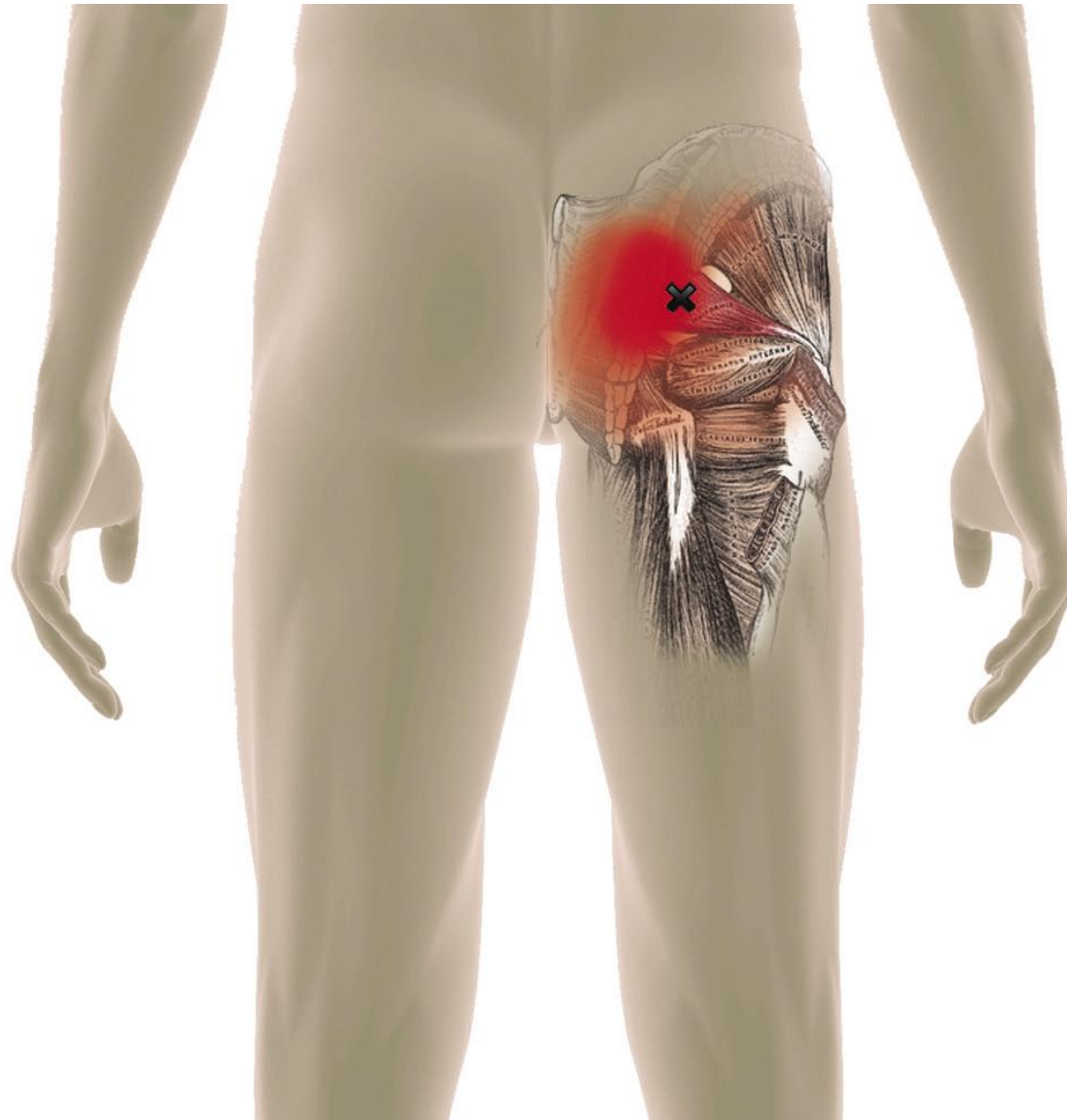
Piriformis Trigger Points



Go to the next page
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pain patterns

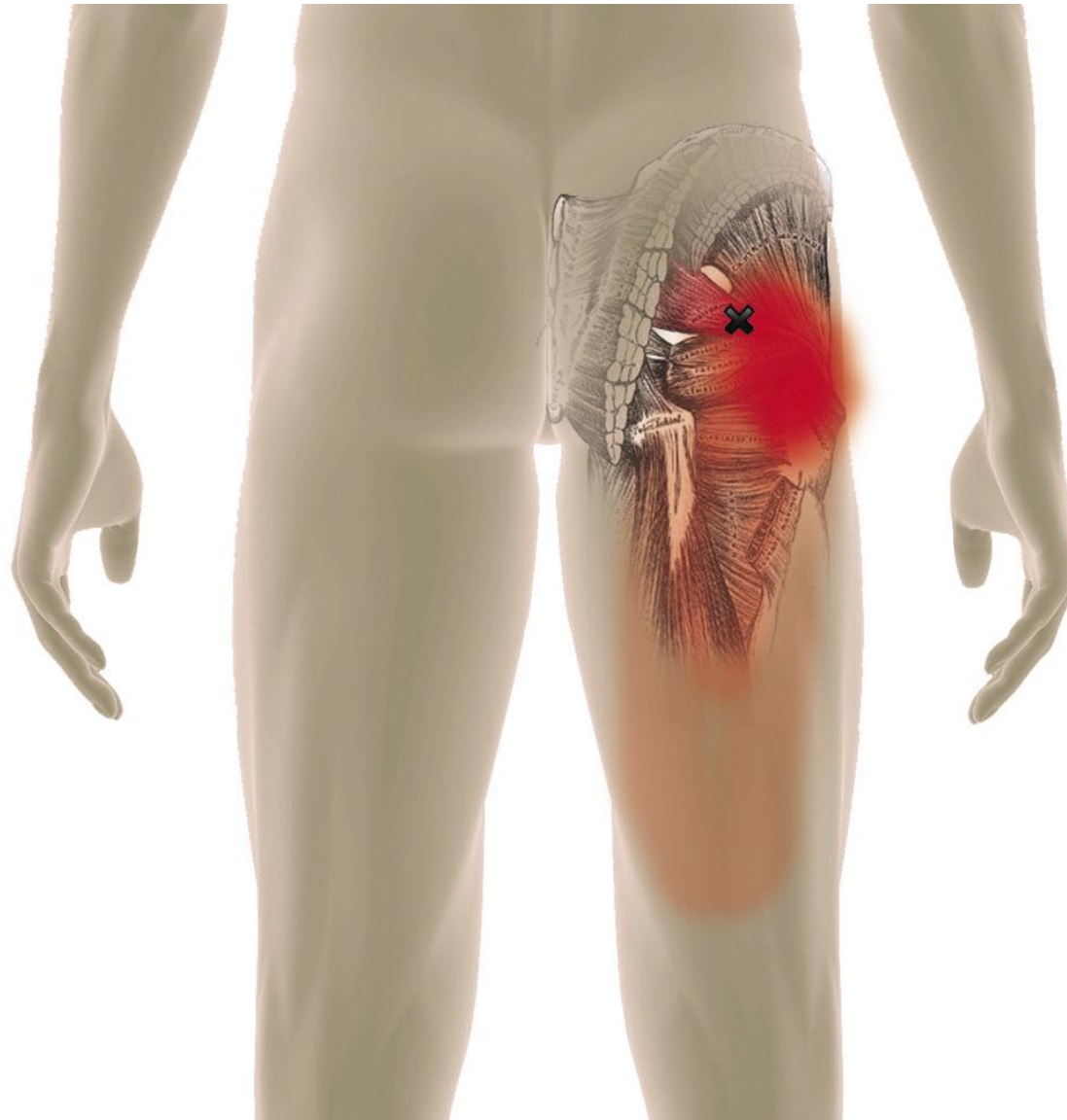
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Piriformis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

2. Piriformis Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

Intrapelvic Trigger Points



Go to the next page
to see trigger point
pain patterns

2. Intrapelvic Pain Patterns



<i>Pages</i>	<i>Areas of Pain</i>
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

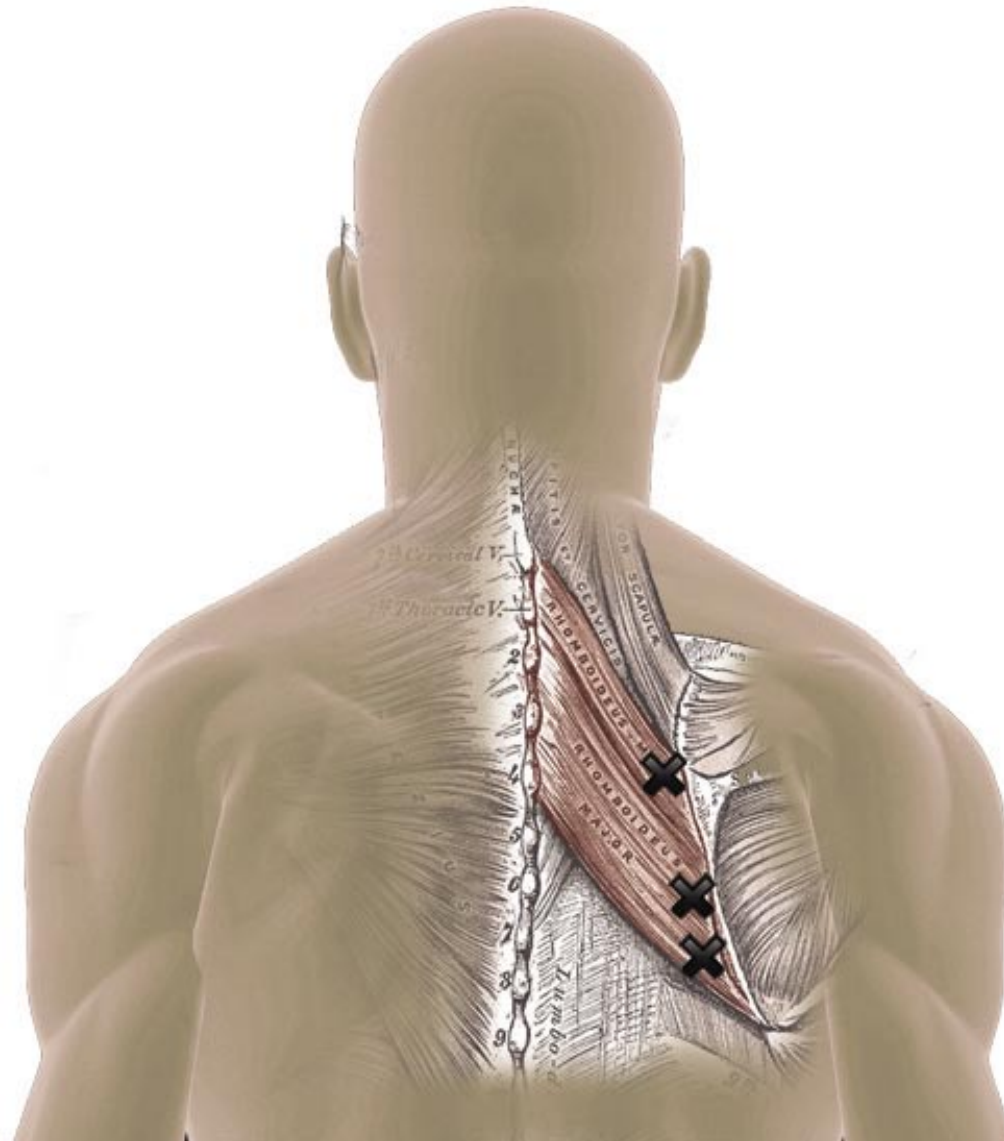
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

These Muscles Cause Upper Back Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Upper Trapezius	14
Infraspinatus	25
Latissimus Dorsi	42
Levator Scapulae	45
Rectus Abdominus	50
Longissimus	118
Ilio Costalis	121
Rhomboids	133
Multifidi	137

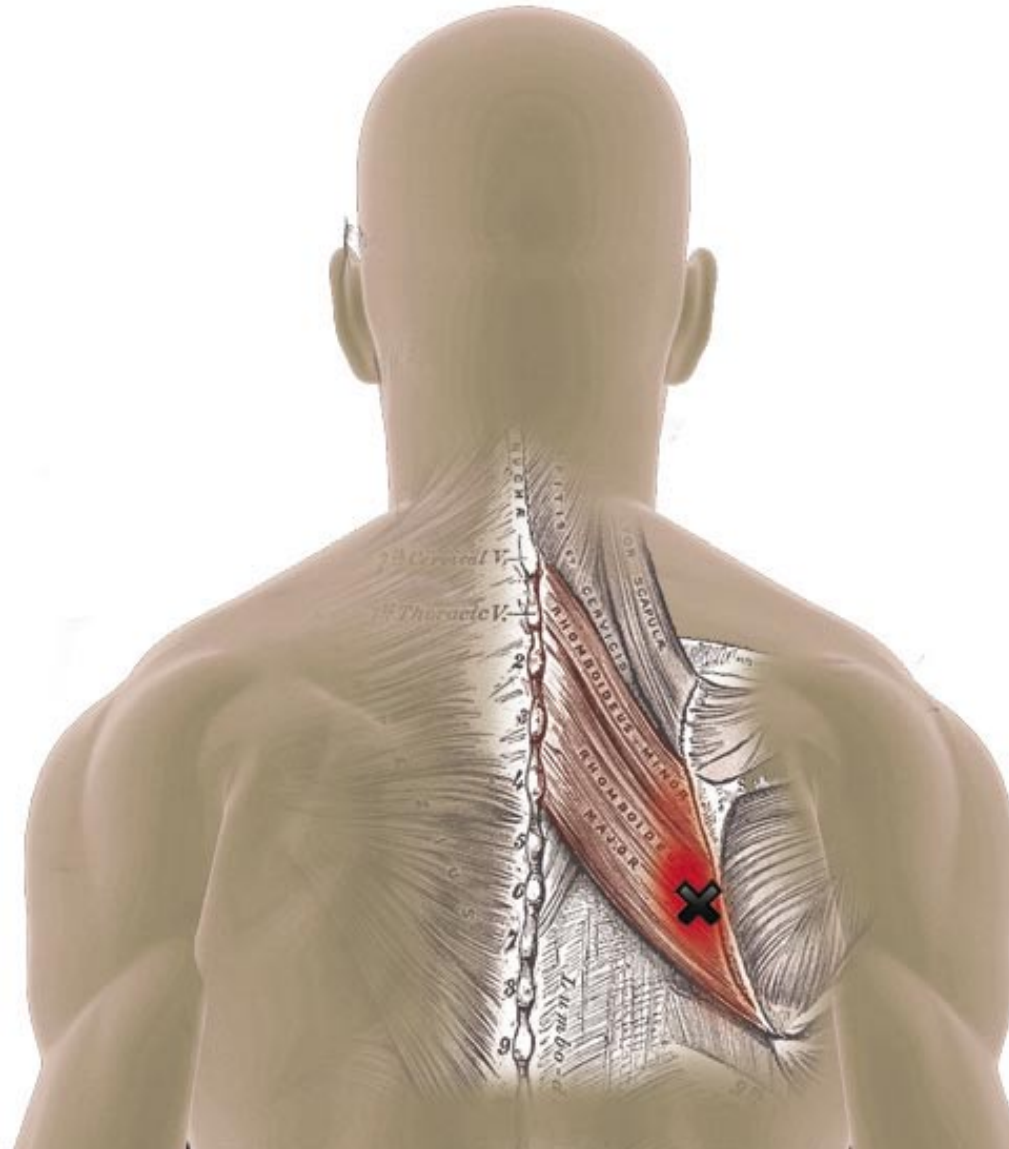
Rhomboids Trigger Points



Go to the next page
to see trigger point
pain patterns

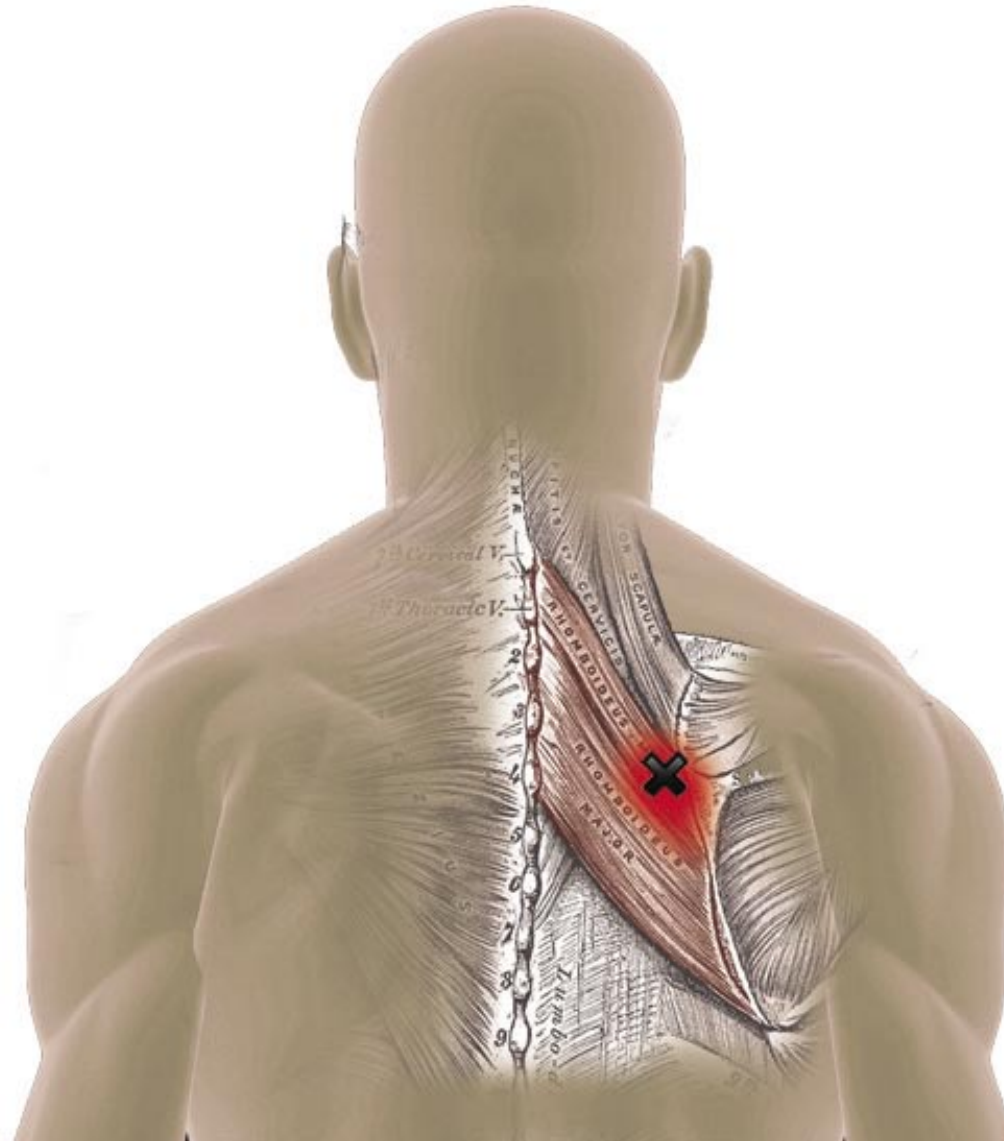
<i>Pages</i>	<i>Areas of Pain</i>
1	Head
22	Shoulder & Neck
47	Chest
55	Abdomen
59	Pelvis and Hip
72	Thigh
73	Knee
76	Foot
78	Calf
85	Upper Arm
90	Forearm
95	Hand
102	Buttock
132	Upper Back
142	Lower Back

1. Rhomboids Pain Patterns



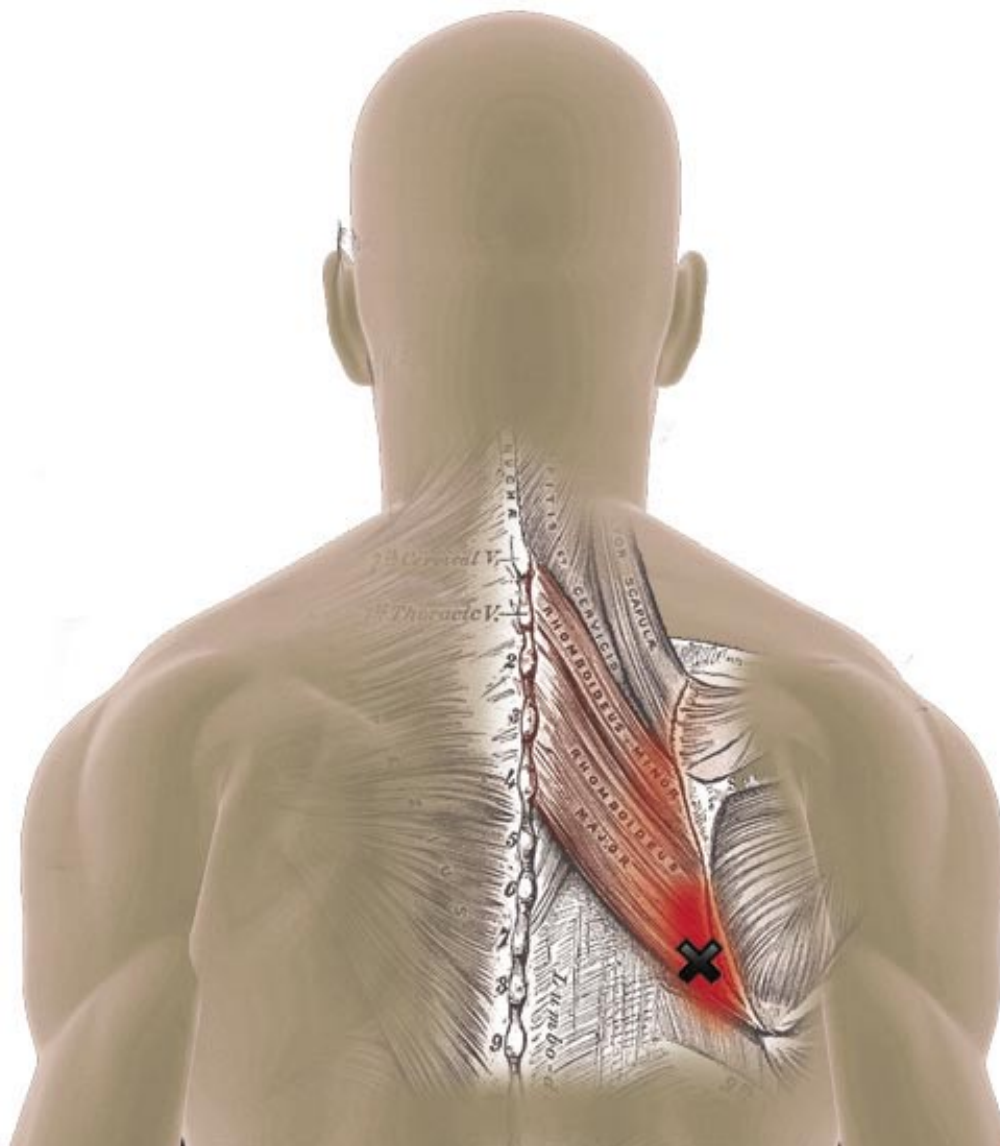
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2. Rhomboids Pain Patterns

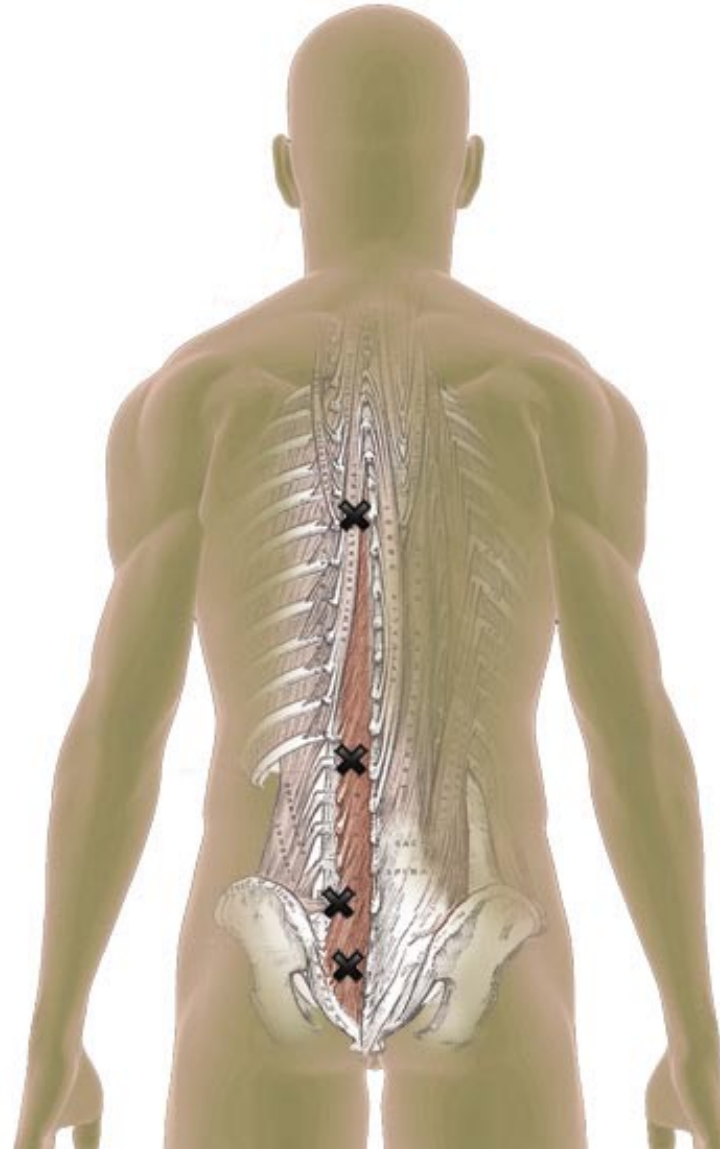


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3. Rhomboids Pain Patterns



Multifidi Trigger Points



Go to the next page
to see trigger point
pain patterns

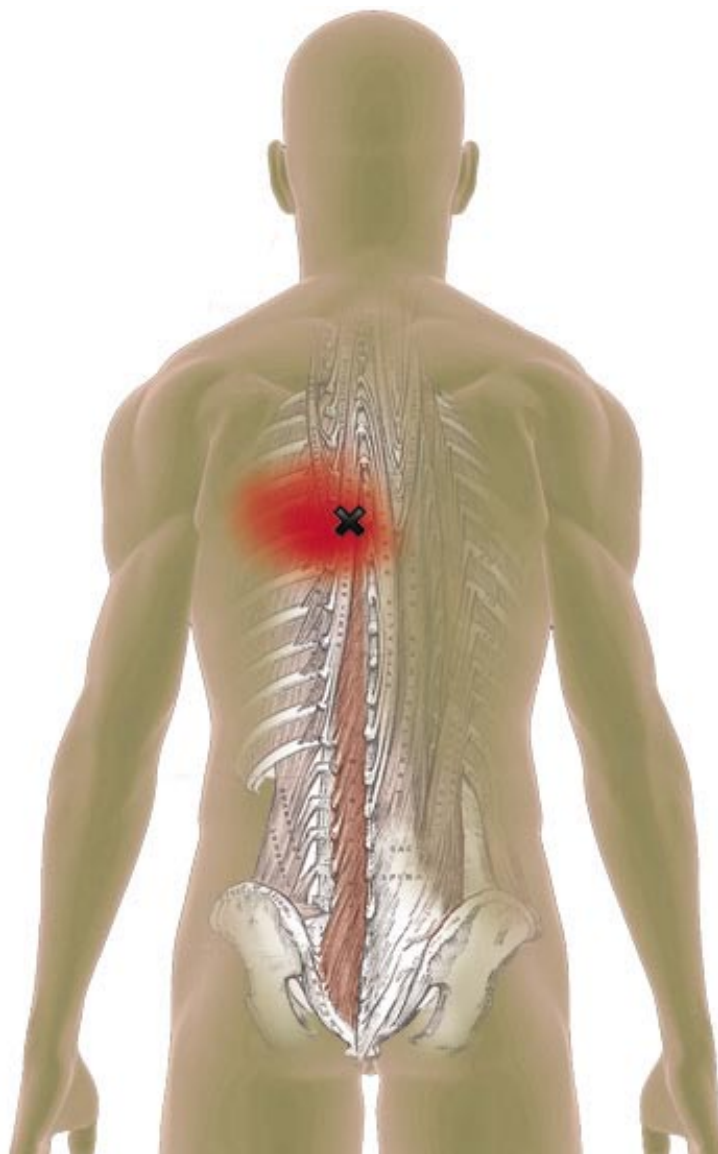
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1. Multifidi Pain Patterns



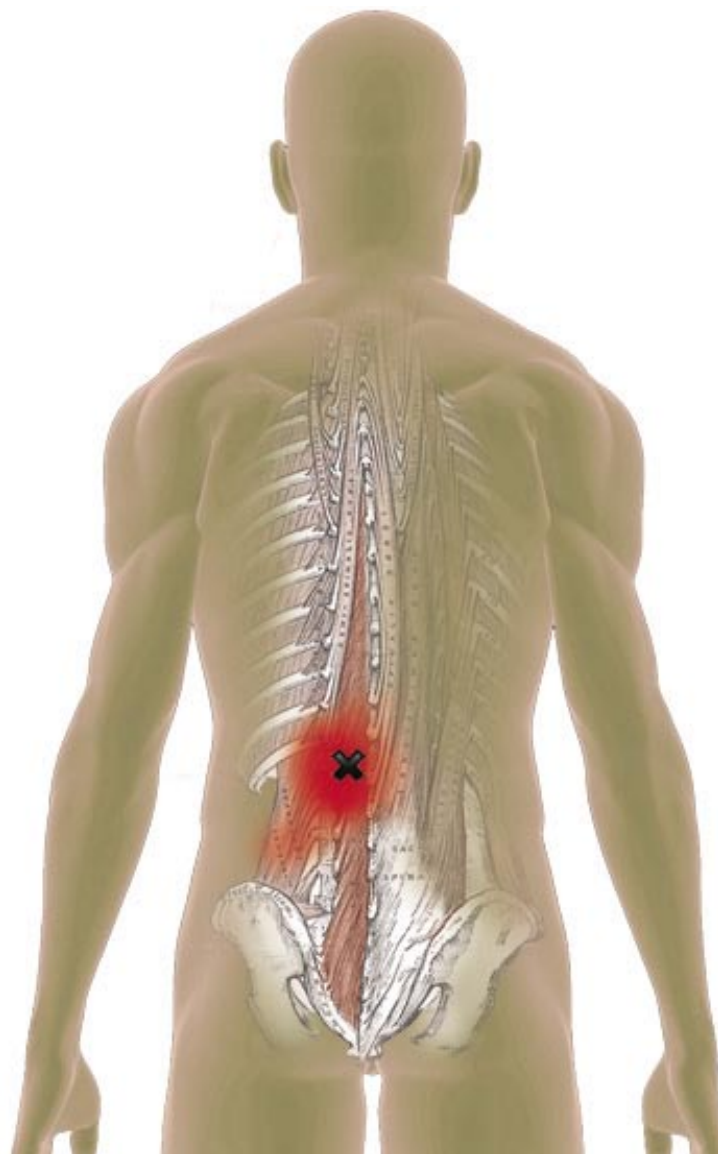
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2. Multifidi Pain Patterns



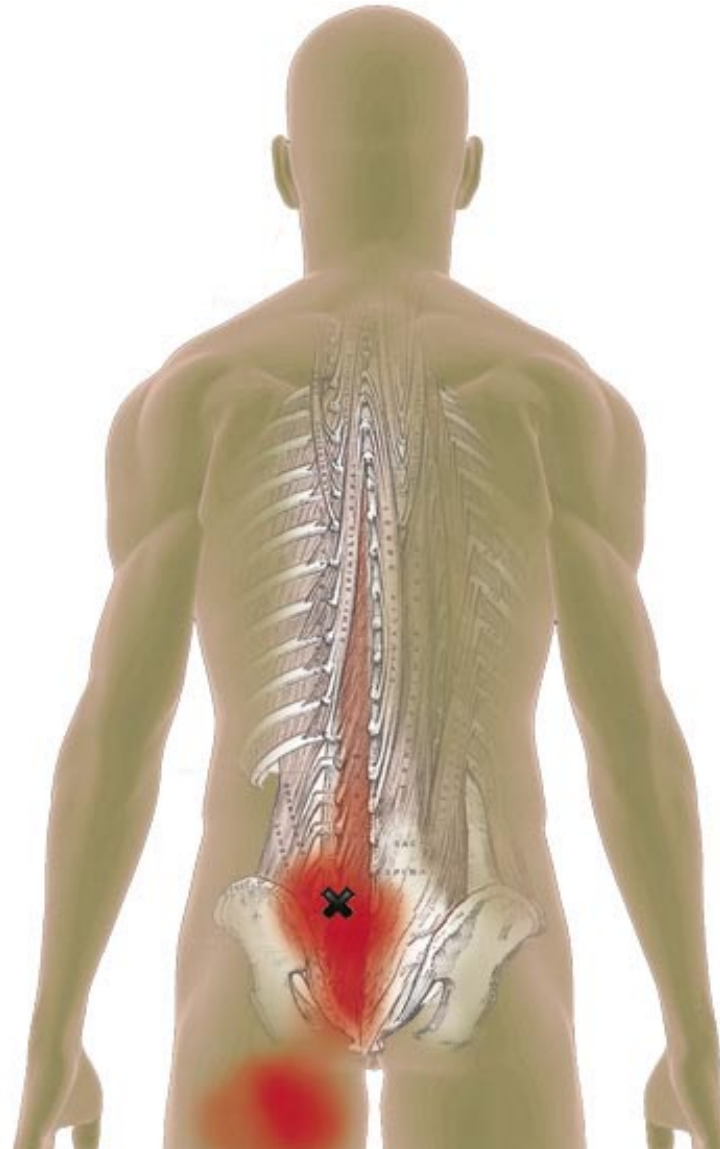
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3. Multifidi Pain Patterns



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4. Multifidi Pain Patterns



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These Muscles Cause Lower Back Pain:

(Click on the muscle names to see trigger point diagrams)

<i>Muscle</i>	<i>page</i>
Latissimus Dorsi	42
Rectus Abdominus	50
Psoas	60
Gluteus Medius	103
Longissimus	118
Ilio Costalis	121
Multifidi	137
Soleus	151

Biceps Femoris Trigger Points



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pain patterns

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1. Biceps Femoris Pain Patterns



2. Biceps Femoris Pain Patterns



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Gastrocnemius Trigger Points



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pain patterns

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1. Gastrocnemius Pain Patterns



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2. Gastrocnemius Pain Patterns



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3. Gastrocnemius Pain Patterns



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4. Gastrocnemius Pain Patterns



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Soleus Trigger Points



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pain patterns

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1. Soleus Pain Patterns



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2. Soleus Pain Patterns



3. Soleus Pain Patterns

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Popliteus Trigger Points



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1. Popliteus Pain Patterns



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I hope you've found this manual useful. I wish you all the best for your journey towards complete health.

Dr Jonathan Kuttner

**For more information on Treating Triggers,
head on over to www.LifeAfterPain.com**