

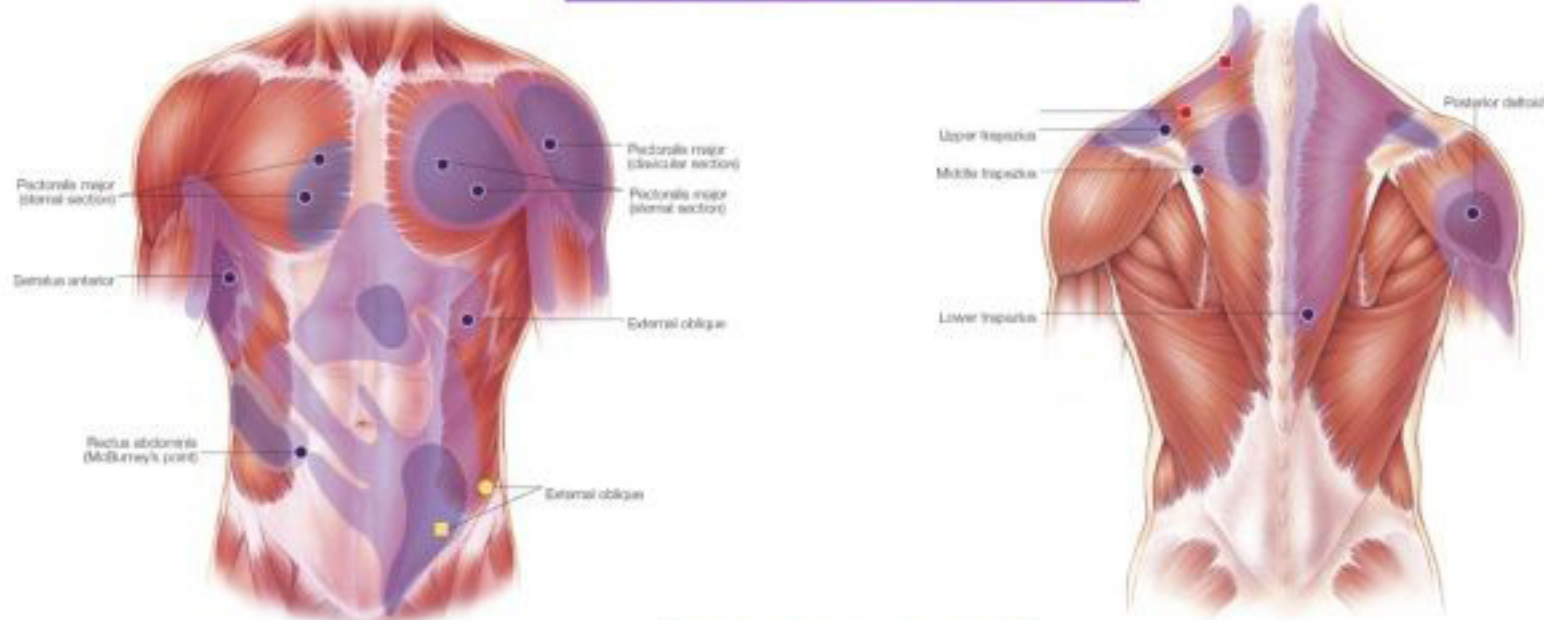
TRIGGER POINTS: TORSO

When muscle tissue is damaged, movement and use of the muscle may be uncomfortable, and the muscle may feel tender. Damage to muscles can be caused by external or internal factors, including strain, overuse, emotional distress, poor nutrition, poor posture, exposure to cold temperatures, lack of regular exercise, and trauma. The muscle fibers respond by contracting and twisting, making the area feel like a hard lump, or a firmness that is tender to the touch. This lump is called a trigger point. Pressing on the area triggers pain either at that location or somewhere else.

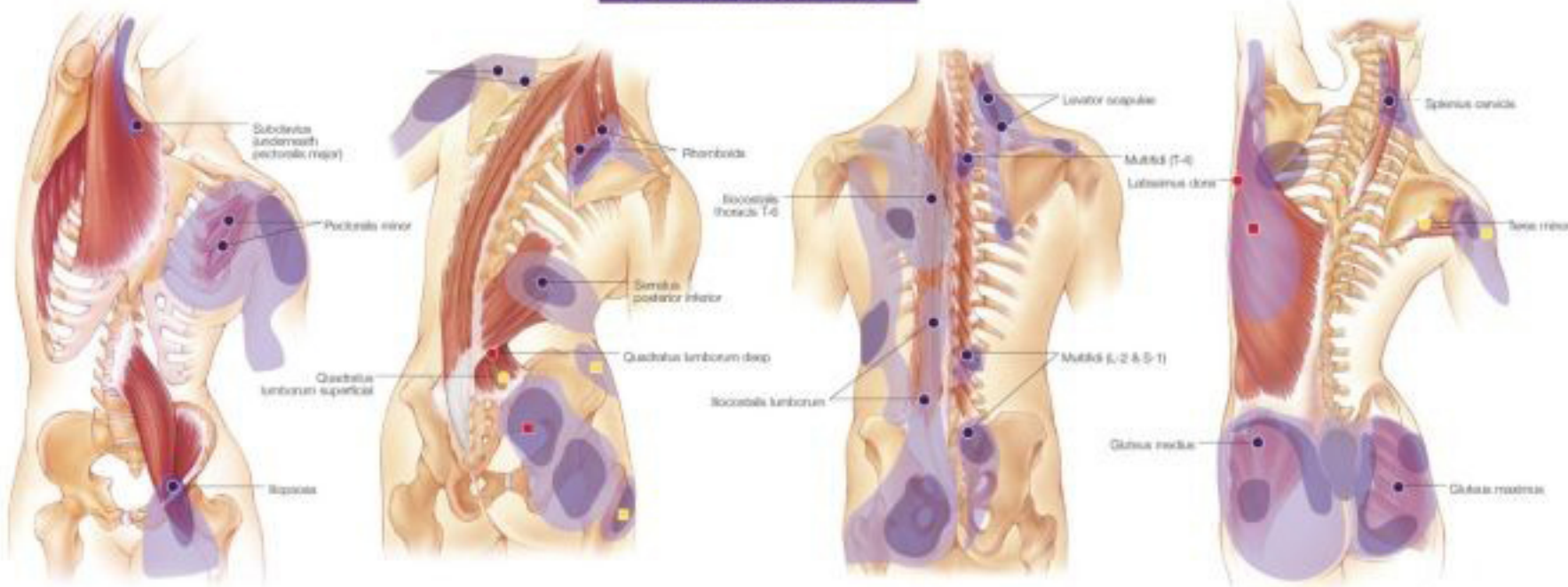


Trigger Point Symbols	Examples	How to Identify Trigger Points and Their Pain Zones
	Pectoralis major	A solid purple dot represents a trigger point located inside the pain zone.
	Latissimus dorsi	A solid dot in any color other than purple represents a trigger point that is located outside the pain zone. Its pain zone is labeled with a square of the same color.
	Scalenes	A dot half dark blue and half light blue represents trigger points that are outside the pain zone. Their pain zones are labeled with squares of dark blue (appearing in the image) and in light blue (appearing on separate images).

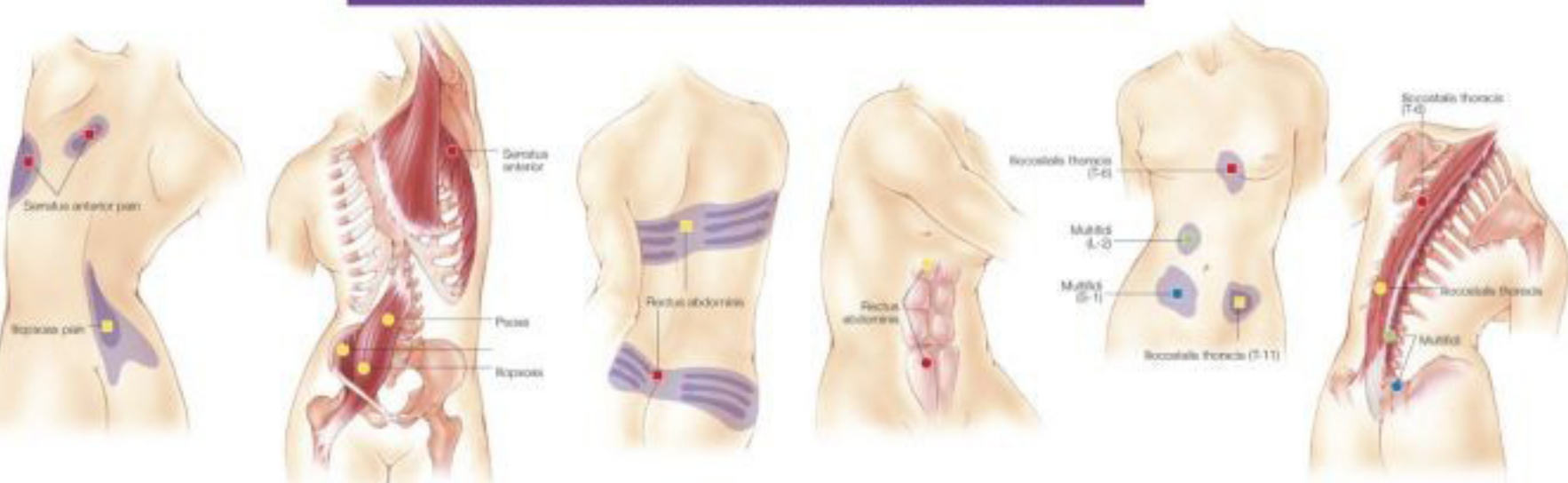
UPPER TORSO AND SHOULDER



POSTERIOR DEEP



ANTERIOR-POSTERIOR PAIN REFERRAL GUIDE



TRIGGER POINTS: EXTREMITIES

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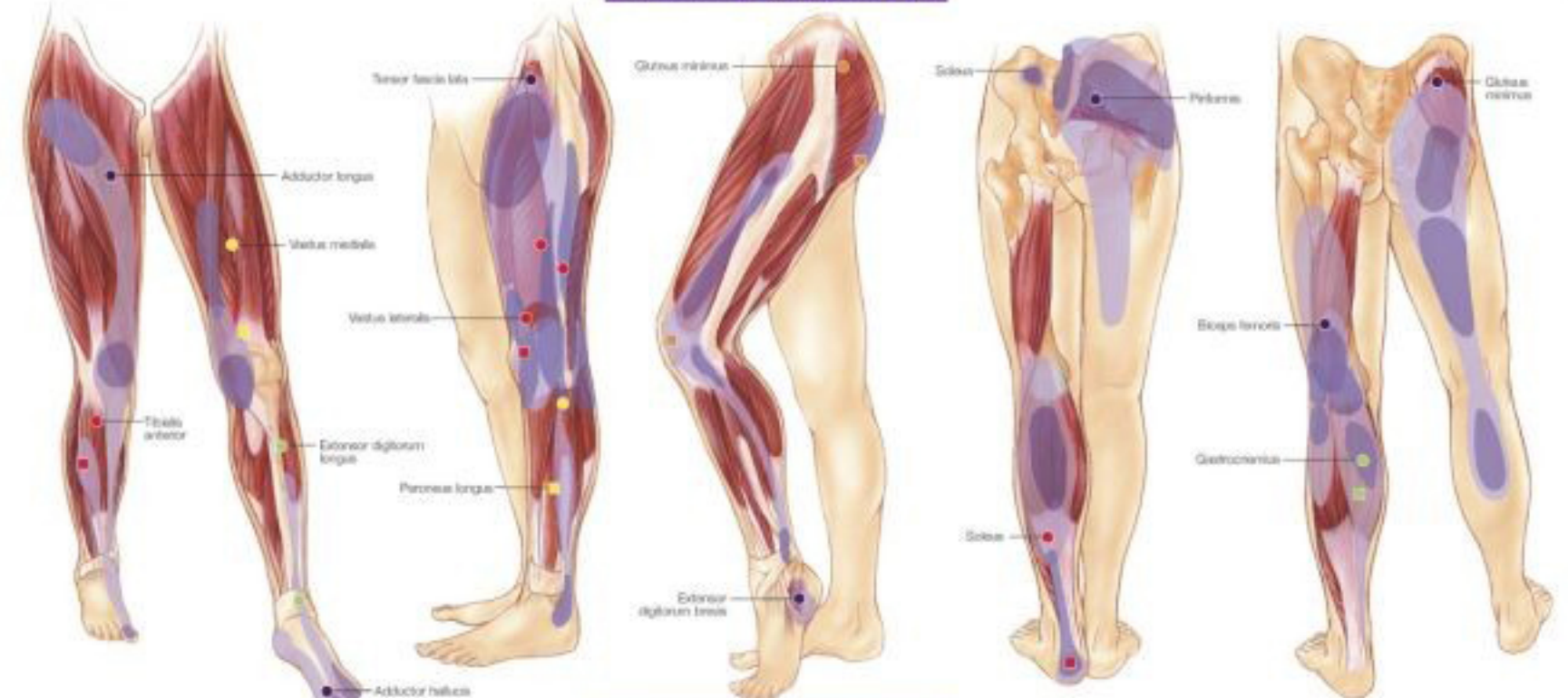


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UPPER EXTREMITY



LOWER EXTREMITY



HEAD AND NECK

