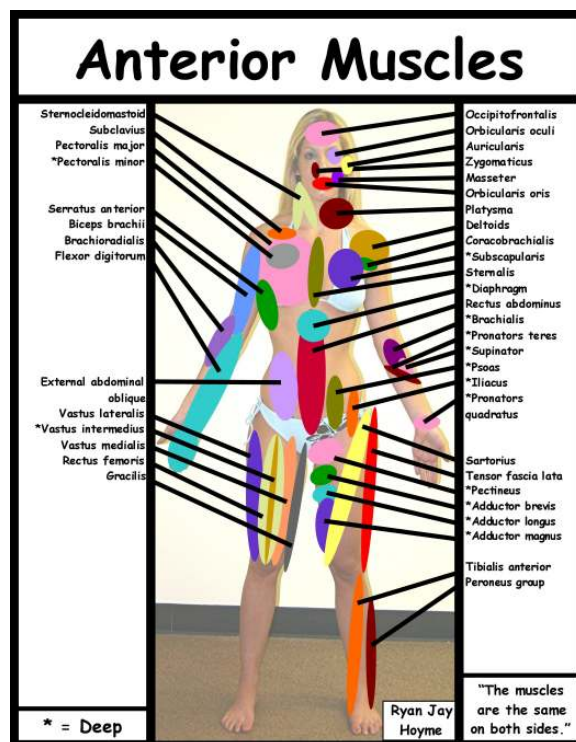


Presents – 1 of 2

- Muscle Charts
- TrP Charts
- TrP Referral Charts



By
Ryan Hoyme
CMT, NCTMB, HST

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Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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Anterior Muscles

Sternocleidomastoid
 Subclavius
 Pectoralis major
 *Pectoralis minor

Serratus anterior
 Biceps brachii
 Brachioradialis
 Flexor digitorum

External abdominal
 oblique
 Vastus lateralis
 *Vastus intermedius
 Vastus medialis
 Rectus femoris
 Gracilis

Occipitofrontalis
 Orbicularis oculi
 Auricularis
 Zygomaticus
 Masseter
 Orbicularis oris
 Platysma
 Deltoids
 Coracobrachialis
 *Subscapularis
 Sternalis
 *Diaphragm
 Rectus abdominus
 *Brachialis
 *Pronators teres
 *Supinator
 *Psoas
 *Iliacus
 *Pronators
 quadratus

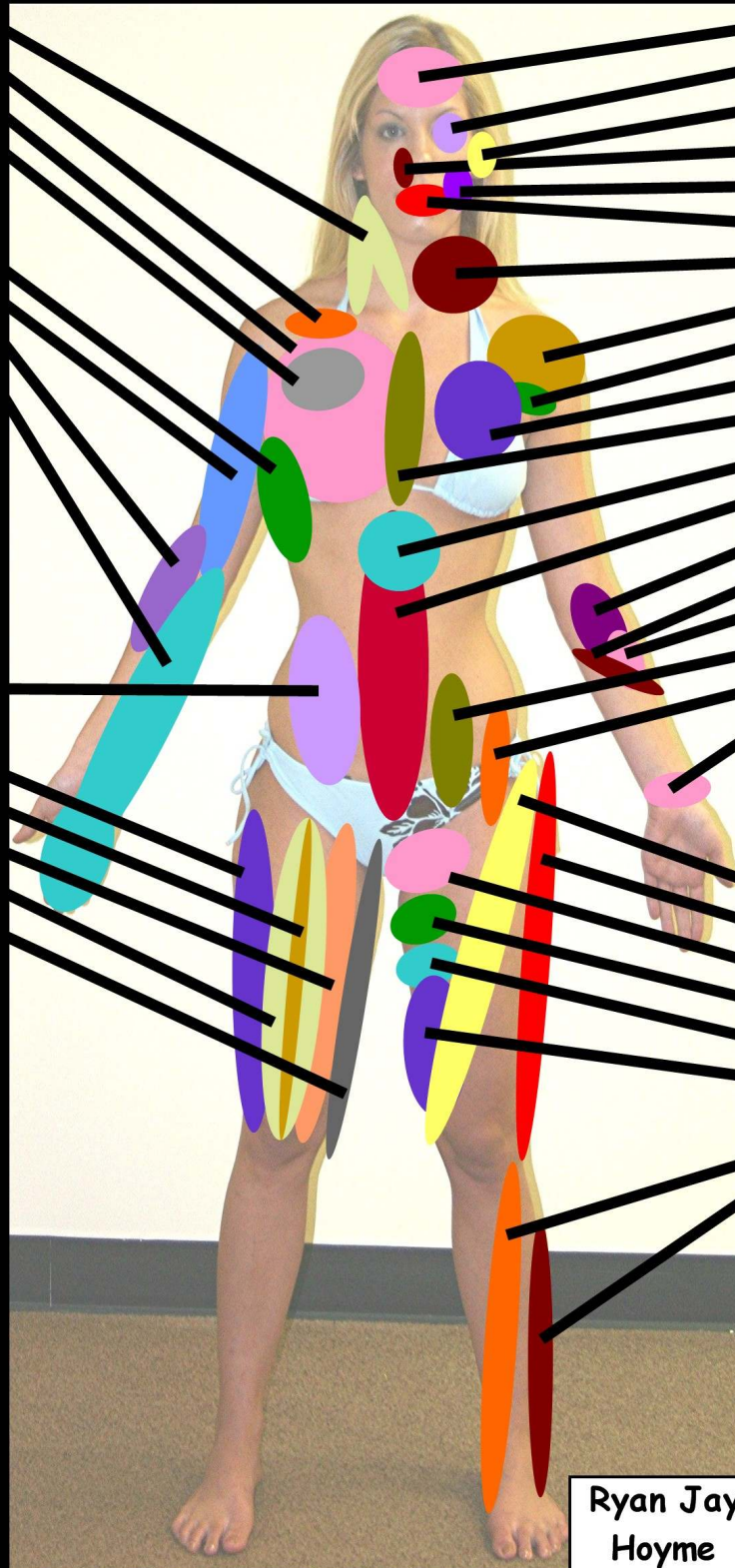
Sartorius
 Tensor fascia lata
 *Pectineus
 *Adductor brevis
 *Adductor longus
 *Adductor magnus

Tibialis anterior
 Peroneus group

* = Deep

Ryan Jay
 Hoyme

"The muscles
 are the same
 on both sides."



Posterior Muscles

*Suboccipitals
 *Splenius capitus
 *Levator scapulae

*Teres minor
 *Teres major
 Triceps brachii
 Anconeus
 Extensor digitorum

Latissimus dorsi
 *Quadratus
 lumborum
 *Piriformis

Biceps femoris
 Semitendinosus
 Semimembranosus

Trapezius
 (Upper, Middle &
 Lower)
 *Rhomboids
 (Major & Minor)
 *Supraspinatus
 *Infraspinatus
 *Erectors spinae

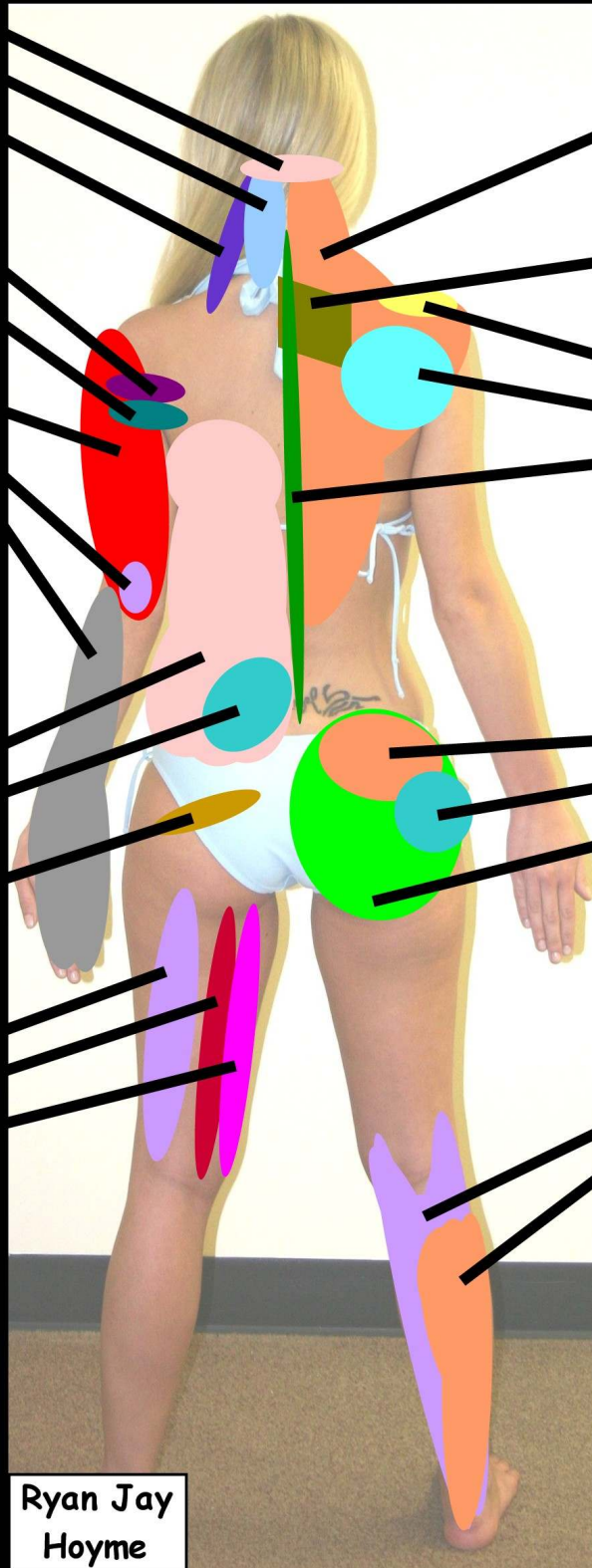
*Gluteus Medius
 *Gluteus Minimus
 Gluteus Maximus

Gastrocnemius
 *Soleus

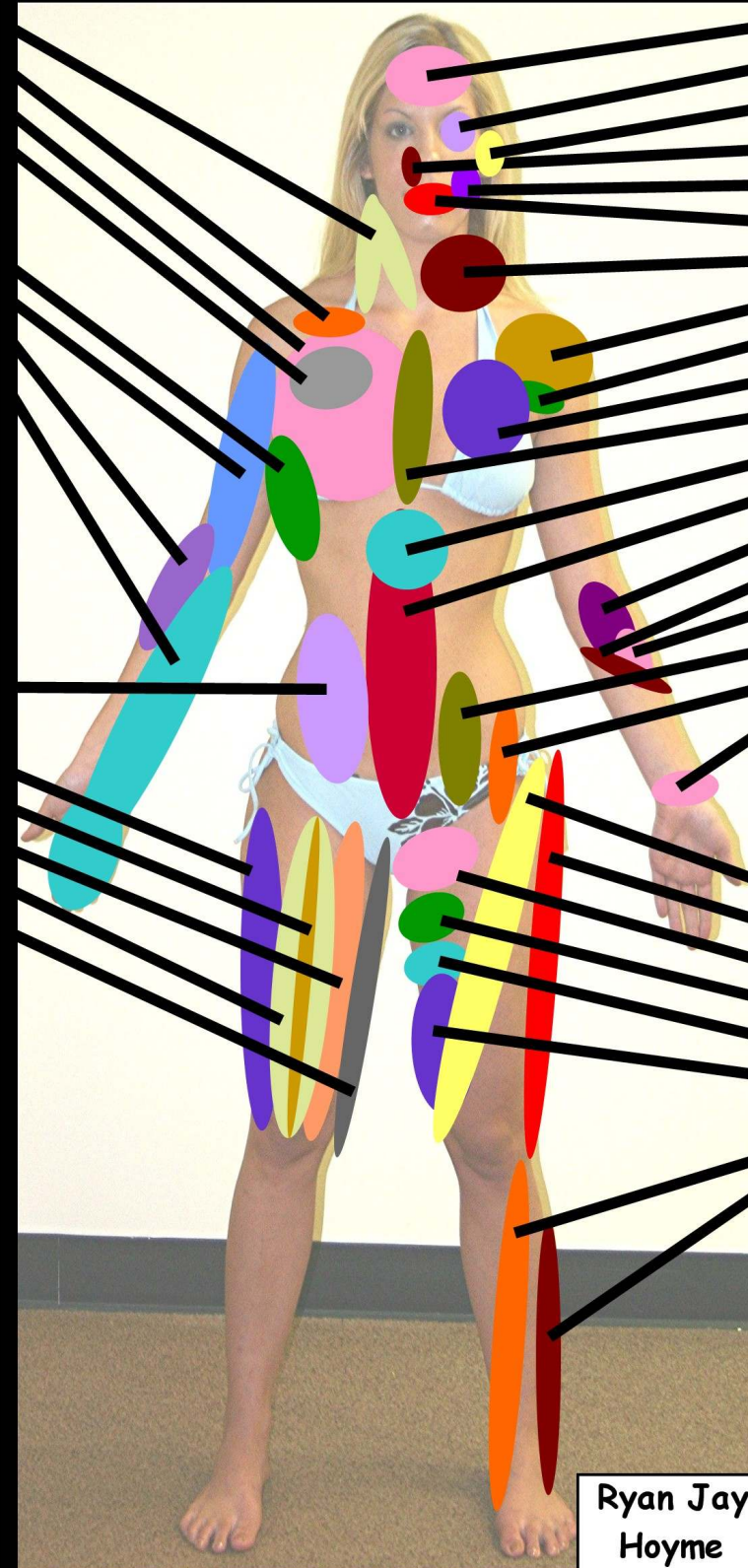
* = Deep

Ryan Jay
 Hoyme

"The muscles
 are the same on
 both sides."

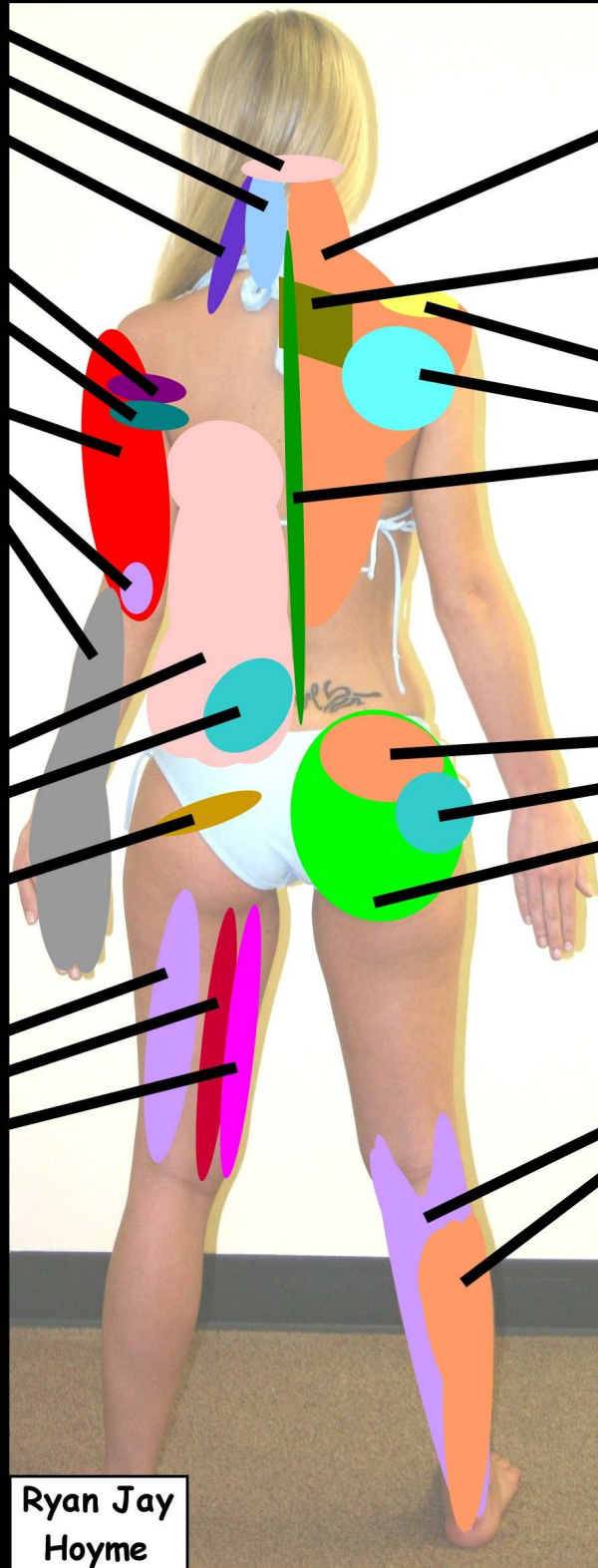


MATCH Anterior Muscles



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Hoyme

MATCH Posterior Muscles



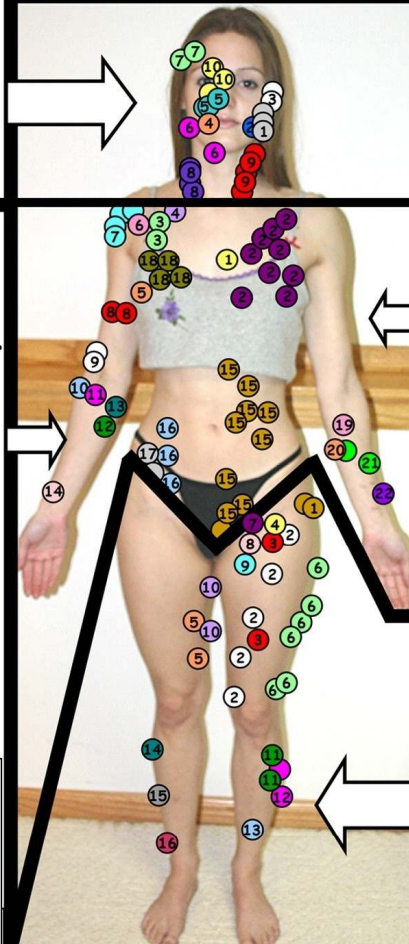
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Hoyme

Trigger Point Therapy

1. Masseter
2. Medial pterygoid
3. Lateral pterygoid
4. Buccinator
5. Zygomaticus
6. Digastric
7. Temporalis
8. Scalenes
9. Sternocleidomastoid
10. Obicularis oculi

TrP Chart

*The TrP's are the same on both sides



1. Sternalis
2. Pectoralis major
3. Pectoralis minor
4. Subclavius
5. Serratus anterior
6. Coracobrachialis
7. Deltoids
8. Biceps brachii
9. Brachialis
10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres
14. Pronator quadratus
15. Abdominals
16. Psoas
17. Iliacus
18. Subscapularis

19. Flexor carpi radialis
20. Flexor carpi ulnaris
21. Flexor digitorum
22. Flexor pollicis longus

1. Tensor fasciae latae
2. Sartorius
3. Rectus femoris
4. Vastus intermedius
5. Vastus medialis
6. Vastus lateralis
7. Pectineus
8. Adductor brevis
9. Adductor longus
10. Gracilis
11. Tibialis anterior
12. Extensor digitorum
13. Extensor hallucis
14. Peroneus longus
15. Peroneus brevis
16. Peroneus tertius

Ryan
Jay
Hoyme

*There are approximately 696 muscles in the body (347 paired and 2 unpaired).

*Skeletal muscle accounts for 40% of body weight, and about 85% of human pain complaints.

*The commonest muscles affected are those in the neck, shoulder region, low back, and hip region.

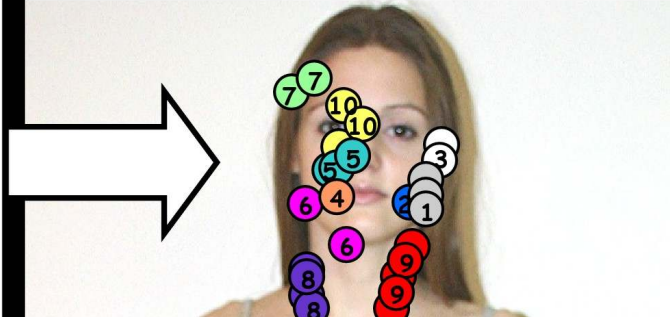
*Trigger points can present themselves as referred patterns of sensation such as sharp pain, dull ache, tingling, pins and needles, hot or cold, as well as can create symptoms such as nausea, ear ache, equilibrium disturbance, or blurred vision.

*A hyperirritable spot, usually within a taut band of skeletal muscle or in the muscles fascia. The spot is painful on compression and can give rise to characteristic referred pain, tenderness, and autonomic phenomena.

TrP Chart "Locations"

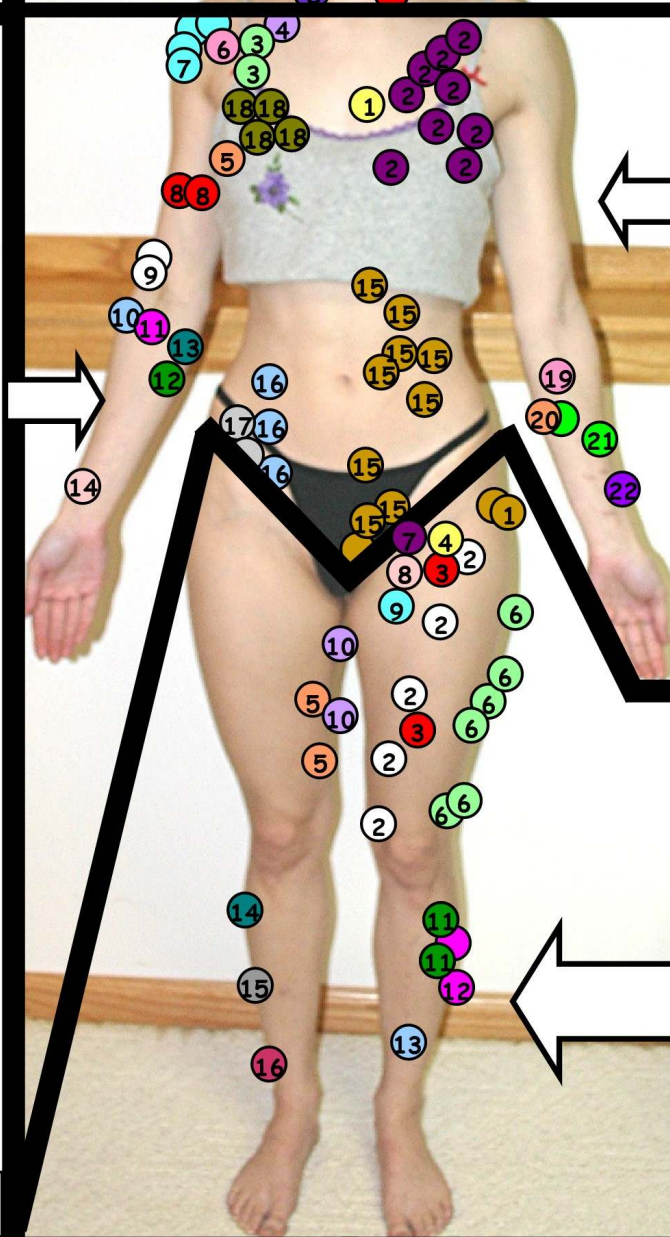
*The TrP's are the same on both sides

1. Masseter
2. Medial pterygoid
3. Lateral pterygoid
4. Buccinator
5. Zygomaticus
6. Digastric
7. Temporalis
8. Scalenes
9. Sternocleidomastoid
10. Obicularis oculi



19. Flexor carpi radialis
20. Flexor carpi ulnaris
21. Flexor digitorum
22. Flexor pollicis longus

1. Sternalis
2. Pectoralis major
3. Pectoralis minor
4. Subclavius
5. Serratus anterior
6. Coracobrachialis
7. Deltoids
8. Biceps brachii
9. Brachialis
10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres
14. Pronator quadratus
15. Abdominals
16. Psoas
17. Iliacus
18. Subscapularis



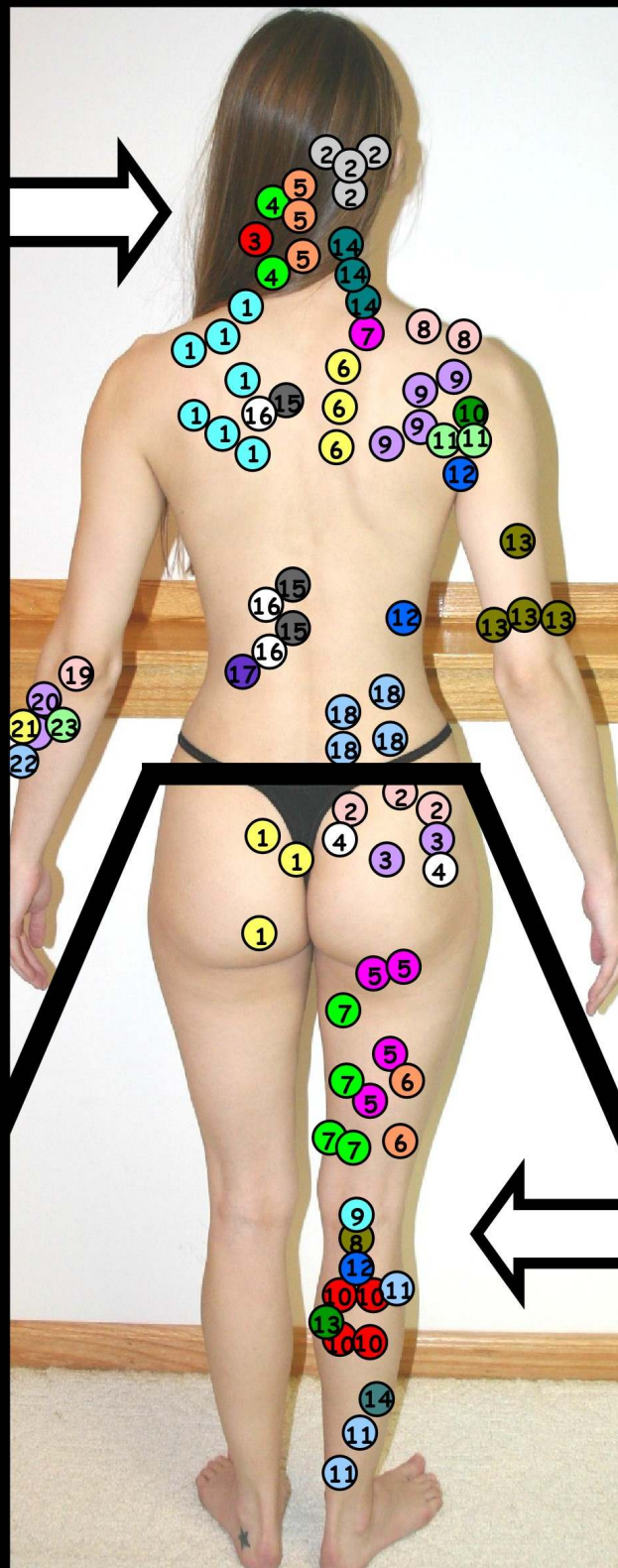
1. Tensor fasciae latae
2. Sartorius
3. Rectus femoris
4. Vastus intermedius
5. Vastus medialis
6. Vastus lateralis
7. Pectineus
8. Adductor brevis
9. Adductor longus
10. Gracilis
11. Tibialis anterior
12. Extensor digitorum
13. Extensor hallucis
14. Peroneus longus
15. Peroneus brevis
16. Peroneus tertius

Ryan Jay Hoyme

TrP Chart "Locations"

*The TrP's are the same on both sides

1. Trapezius
2. Suboccipitals
3. Splenius capitis
4. Splenius cervicis
5. Semispinalis capitis
6. Rhomboids
7. Serratus posterior superior
8. Supraspinatus
9. Infraspinatus
10. Teres minor
11. Teres major
12. Latissimus dorsi
13. Triceps
14. Levator scapulae
15. Longissimus
16. Iliocostalis
17. Serratus posterior inferior
18. Quadratus lumborum
19. Anconeus
20. Extensor digitorum
21. Extensor carpi radialis longus
22. Extensor carpi radialis brevis
23. Extensor carpi ulnaris



1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Adductor magnus
6. Biceps femoris
7. Semitendinosus / Semimembranosus
8. Popliteus
9. Plantaris
10. Gastrocnemius
11. Soleus
12. Tibialis posterior
13. Flexor digitorum longus
14. Flexor hallucis longus

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TrP Chart

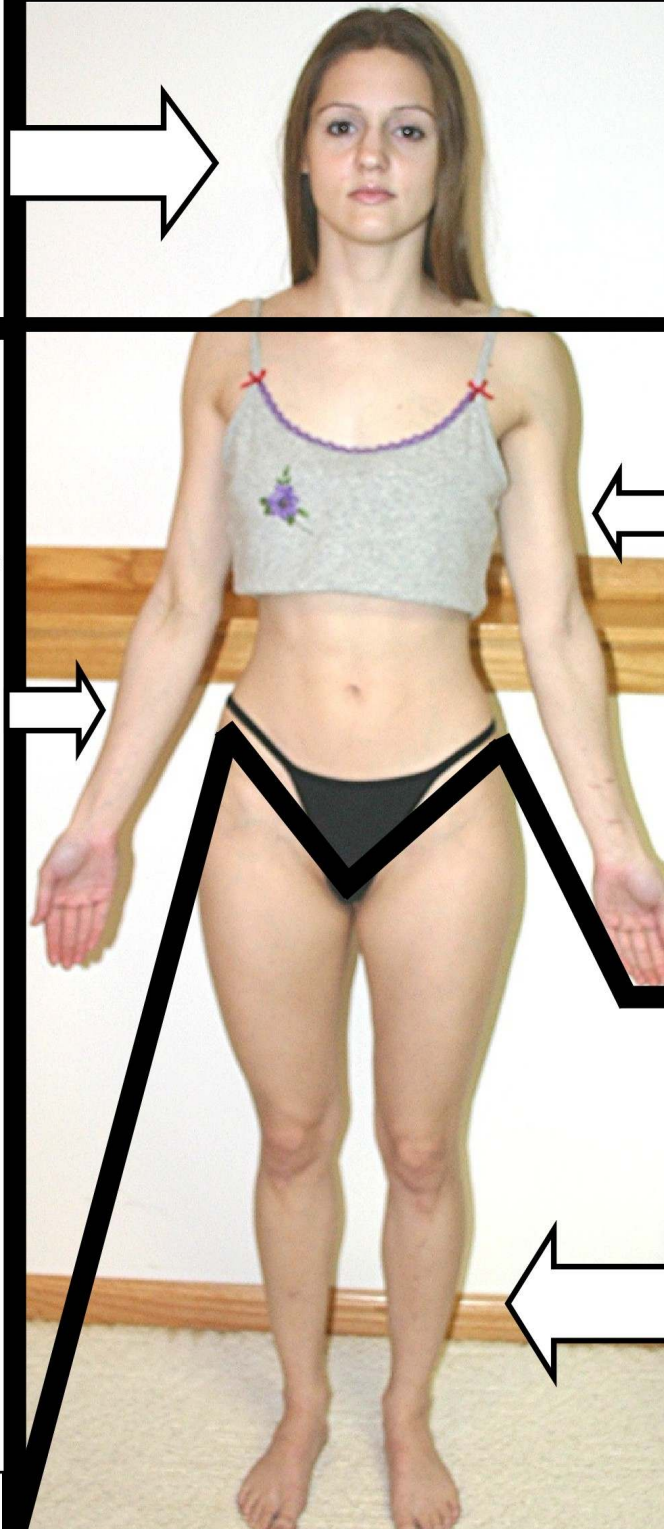
***Match
the
Trigger
Points**

1. Masseter
2. Medial pterygoid
3. Lateral pterygoid
4. Buccinator
5. Zygomaticus
6. Digastric
7. Temporalis
8. Scalenes
9. Sternocleido-
mastoid
10. Obicularis oculi

1. Sternalis
2. Pectoralis major
3. Pectoralis minor
4. Subclavius
5. Serratus anterior
6. Coracobrachialis
7. Deltoids
8. Biceps brachii
9. Brachialis
10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres
14. Pronator
quadratus
15. Abdominals
16. Psoas
17. Iliacus
18. Subscapularis

19. Flexor carpi
radialis
20. Flexor carpi
ulnaris
21. Flexor
digitorum
22. Flexor pollicis
longus

1. Tensor fasciae
latae
2. Sartorius
3. Rectus femoris
4. Vastus
intermedius
5. Vastus medialis
6. Vastus lateralis
7. Pectineus
8. Adductor brevis
9. Adductor longus
10. Gracilis
11. Tibialis anterior
12. Extensor
digitorum
13. Extensor
hallucis
14. Peroneus longus
15. Peroneus brevis
16. Peroneus tertius

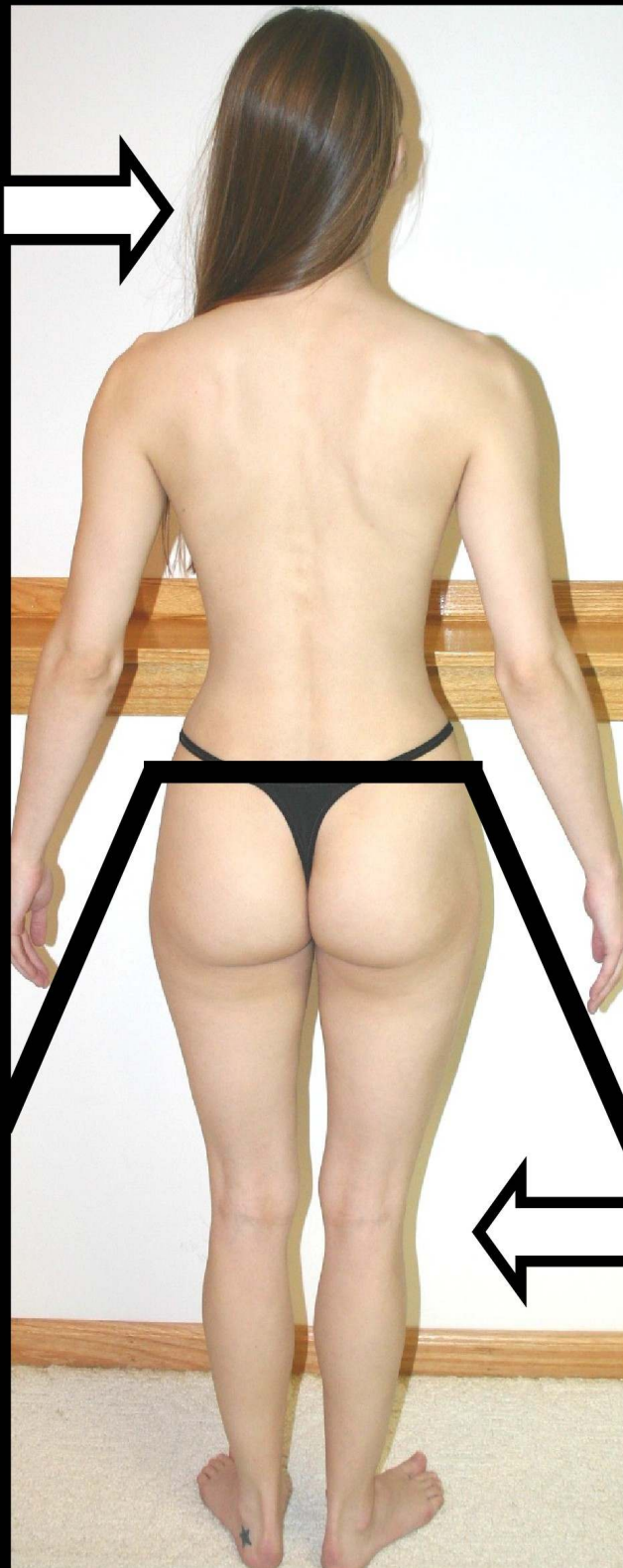


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TrP Chart

***Match
the
Trigger
Points**

1. Trapezius
2. Suboccipitals
3. Splenius capitis
4. Splenius cervicis
5. Semispinalis capitis
6. Rhomboids
7. Serratus posterior superior
8. Supraspinatus
9. Infraspinatus
10. Teres minor
11. Teres major
12. Latissimus dorsi
13. Triceps
14. Levator scapulae
15. Longissimus
16. Iliocostalis
17. Serratus posterior inferior
18. Quadratus lumborum
19. Anconeus
20. Extensor digitorum
21. Extensor carpi radialis longus
22. Extensor carpi radialis brevis
23. Extensor carpi ulnaris



1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Adductor magnus
6. Biceps femoris
7. Semitendinosus / Semimembranosus
8. Popliteus
9. Plantaris
10. Gastrocnemius
11. Soleus
12. Tibialis posterior
13. Flexor digitorum longus
14. Flexor hallucis longus

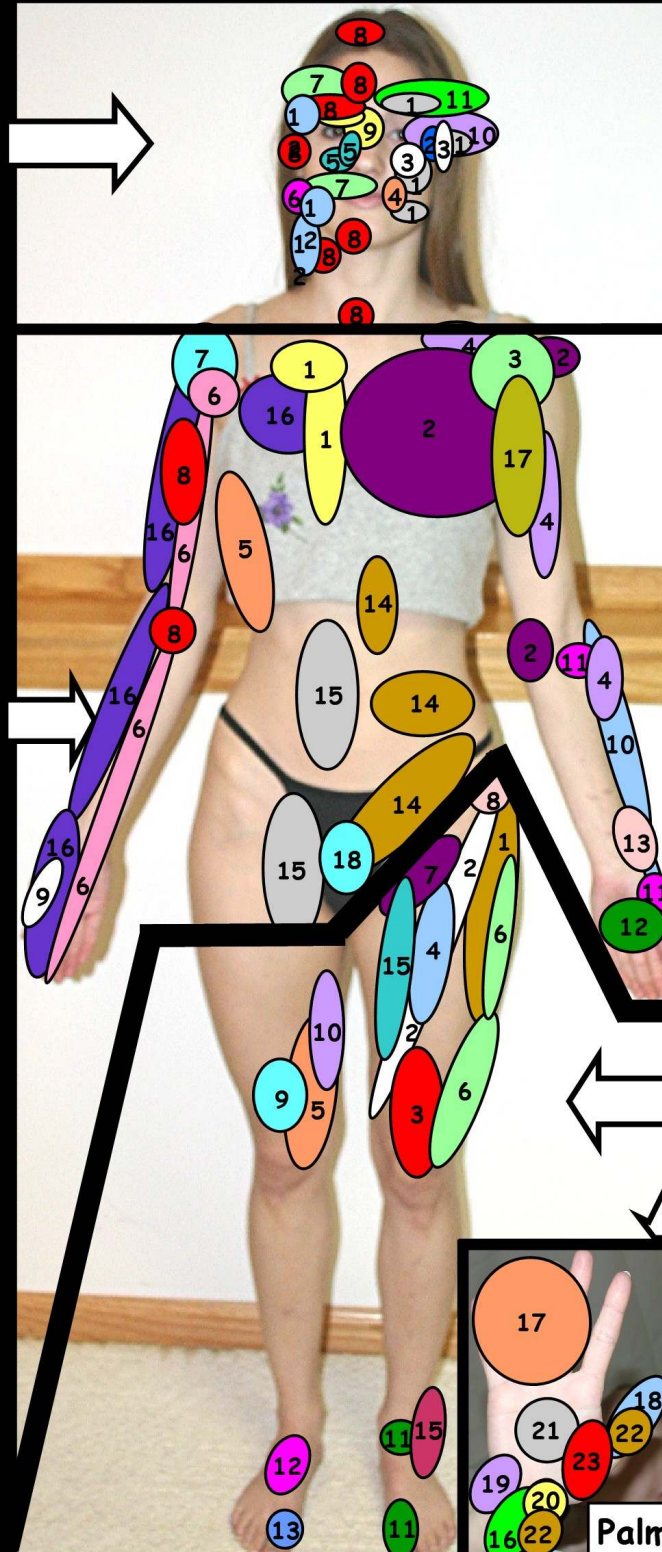
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TrP Chart "Referrals"

1. Masseter
2. Medial pterygoid
3. Lateral pterygoid
4. Buccinator
5. Zygomaticus
6. Digastric
7. Temporalis
8. Sternocleidomastoid
9. Obicularis oculi
10. Suboccipitals
11. Semispinalis capitis
12. Trapezius

1. Sternalis
2. Pectoralis major
3. Pectoralis minor
4. Subclavius
5. Serratus anterior
6. Coracobrachialis
7. Deltoids
8. Biceps brachii
9. Brachialis
10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres / Pronator quadratus
14. Abdominals
15. Psoas / Iliacus
16. Scalenes
17. Infraspinatus
18. Adductor magnus

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*The TrP referrals are the same on both sides.
*These are typical referrals (They can be different).

1. Tensor fasciae latae
2. Sartorius
3. Rectus femoris
4. Vastus intermedius
5. Vastus medialis
6. Vastus lateralis
7. Pectineus
8. Adductor brevis
9. Adductor longus
10. Gracilis
11. Tibialis anterior
12. Extensor digitorum
13. Extensor hallucis
14. Peroneus longus / Peroneus brevis / Peroneus tertius
15. Adductor magnus

16. Pronator teres / Pronator quadratus
17. Flexor digitorum
18. Flexor pollicis longus
19. Flexor carpi ulnaris
20. Flexor carpi radialis
21. Palmaris longus
22. Opponens pollicis
23. Adductor pollicis

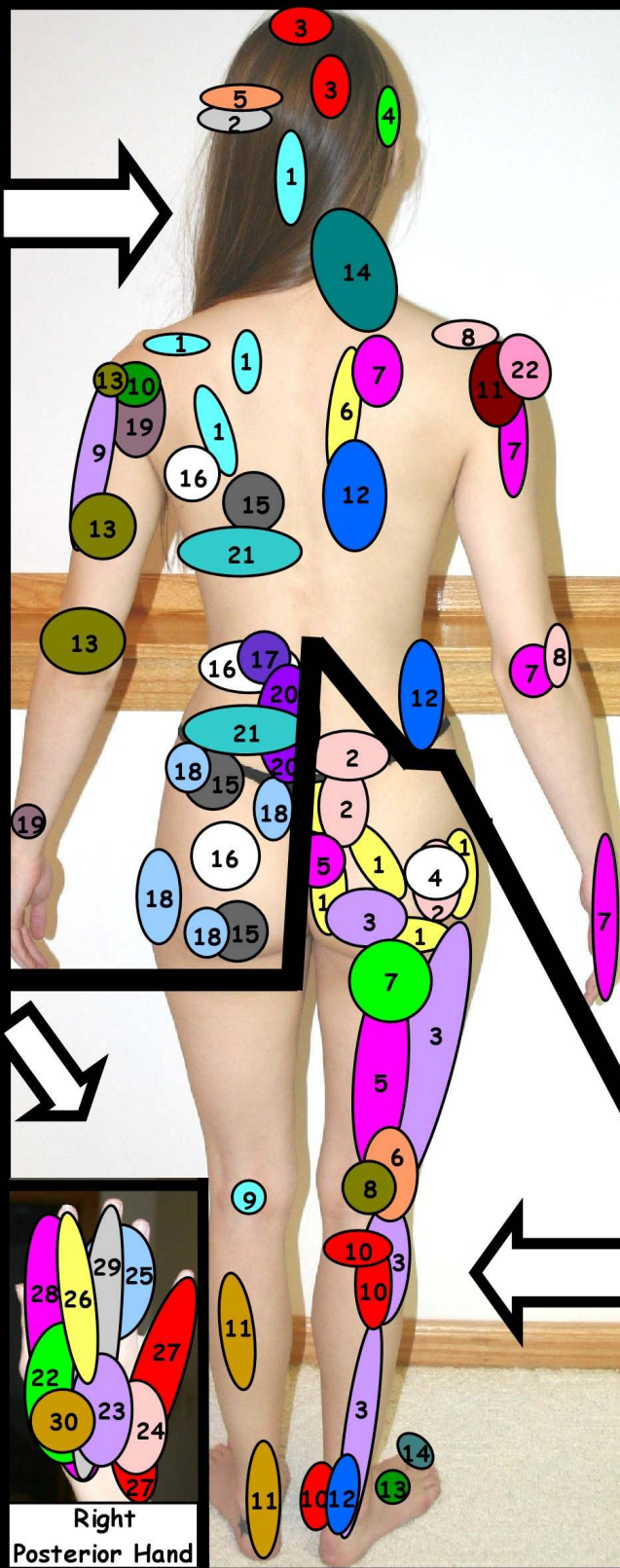
Palm

TrP Chart "Referrals"

***The TrP referrals are the same on both sides.
*These are typical referrals (They can be different).**

1. Trapezius
2. Suboccipitals
3. Splenius capitis
4. Splenius cervicis
5. Semispinalis capitis
6. Rhomboids
7. Serratus posterior superior
8. Supraspinatus
9. Infraspinatus
10. Teres minor
11. Teres major
12. Latissimus dorsi
13. Triceps
14. Levator scapulae
15. Longissimus
16. Iliocostalis
17. Serratus posterior inferior
18. Quadratus lumborum
19. Subscapularis
20. Psoas
21. Abdominals
22. Deltoids (post)

22. Extensor carpi radialis longus
23. Extensor carpi radialis brevis
24. Extensor carpi ulnaris
25. Extensor digitorum
26. Extensor indicis
27. Serratus posterior superior
28. Scalene
29. Coracobrachialis
30. Supinator / Brachioradialis



1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Adductor magnus
6. Biceps femoris
7. Semitendinosus / Semimembranosus
8. Popliteus
9. Plantaris
10. Gastrocnemius
11. Soleus
12. Tibialis posterior
13. Flexor digitorum longus
14. Flexor hallucis longus

Ryan Jay Hoyme

TrP Referrals

***Match
the
Referrals**

1. Masseter
2. Medial pterygoid
3. Lateral pterygoid
4. Buccinator
5. Zygomaticus
6. Digastric
7. Temporalis
8. Sternocleidomastoid
9. Obicularis oculi
10. Suboccipitals
11. Semispinalis capitis
12. Trapezius

1. Sternalis
2. Pectoralis major
3. Pectoralis minor
4. Subclavius
5. Serratus anterior
6. Coracobrachialis
7. Deltoids
8. Biceps brachii
9. Brachialis
10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres / Pronator quadratus
14. Abdominals
15. Psoas / Iliacus
16. Scalenes
17. Infraspinatus
18. Adductor magnus

1. Tensor fasciae latae
2. Sartorius
3. Rectus femoris
4. Vastus intermedius
5. Vastus medialis
6. Vastus lateralis
7. Pectineus
8. Adductor brevis
9. Adductor longus
10. Gracilis
11. Tibialis anterior
12. Extensor digitorum
13. Extensor hallucis
14. Peroneus longus / Peroneus brevis / Peroneus tertius
15. Adductor magnus

16. Pronator teres / Pronator quadratus
17. Flexor digitorum
18. Flexor pollicis longus
19. Flexor carpi ulnaris
20. Flexor carpi radialis
21. Palmaris longus
22. Opponens pollicis
23. Adductor pollicis



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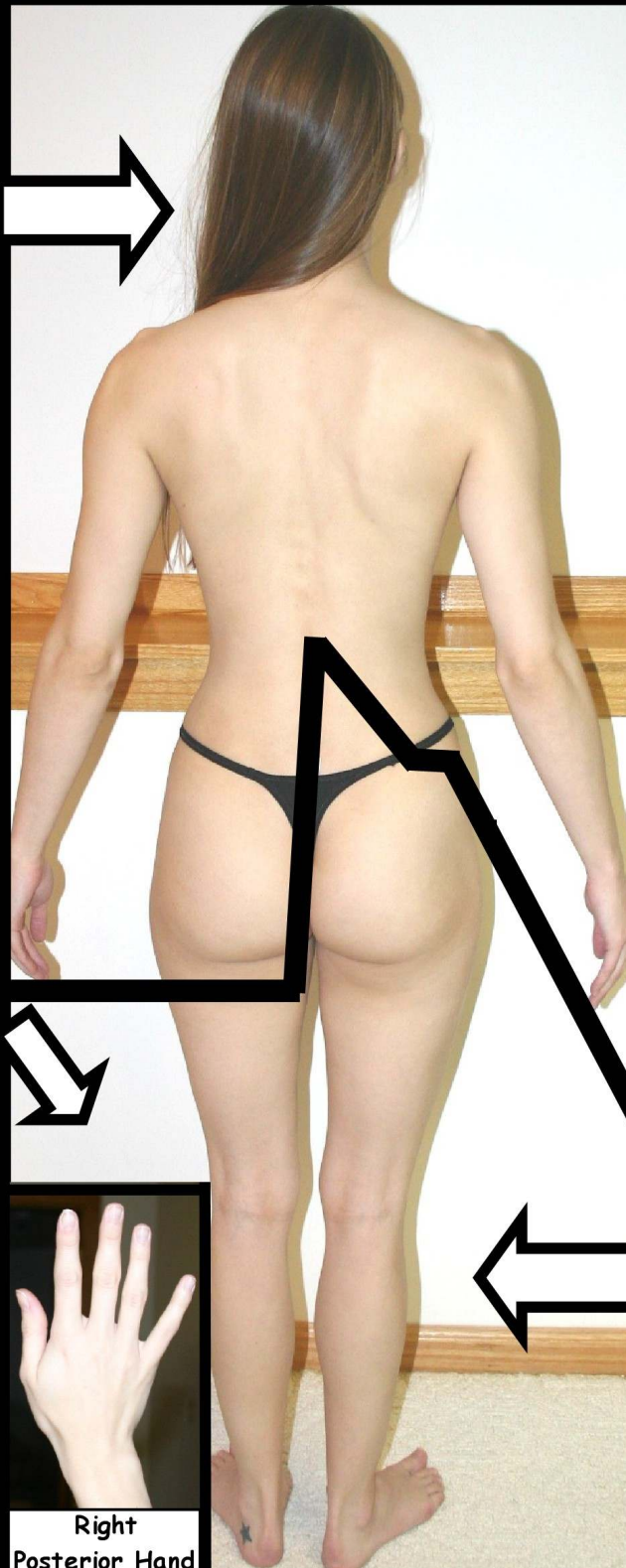
Palm

TrP Referrals

***Match the Referrals**

1. Trapezius
2. Suboccipitals
3. Splenius capitis
4. Splenius cervicis
5. Semispinalis capitis
6. Rhomboids
7. Serratus posterior superior
8. Supraspinatus
9. Infraspinatus
10. Teres minor
11. Teres major
12. Latissimus dorsi
13. Triceps
14. Levator scapulae
15. Longissimus
16. Iliocostalis
17. Serratus posterior inferior
18. Quadratus lumborum
19. Subscapularis
20. Psoas
21. Abdominals
22. Deltoids (post)

22. Extensor carpi radialis longus
23. Extensor carpi radialis brevis
24. Extensor carpi ulnaris
25. Extensor digitorum
26. Extensor indicis
27. Serratus posterior superior
28. Scalene
29. Coracobrachialis
30. Supinator / Brachioradialis



Right Posterior Hand

1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Adductor magnus
6. Biceps femoris
7. Semitendinosus / Semimembranosus
8. Popliteus
9. Plantaris
10. Gastrocnemius
11. Soleus
12. Tibialis posterior
13. Flexor digitorum longus
14. Flexor hallucis longus

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