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Presents

Pain Charts
Possible Visceral Pain Referrals

1. Heart
2. Lung & Diaphragm
3. Liver & Gallbladder
4. Stomach & Pancreas
5. Small Intestine
6. Colon & Appendix
7. Kidney
8. Urinary Bladder
9. Ovary

*The diagrams indicate cutaneous areas to which visceral pains may be referred.

*The therapist encountering pain in these areas needs to refer the client for diagnosis to rules out visceral dysfunction.
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
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)
23. Extensor carpi radialis longus
24. Extensor carpi radialis brevis
25. Extensor carpi ulnaris
26. Extensor digitorum
27. Serratus posterior superior
28. Scalene
29. Coracobrachialis
30. Supinator / Brachioradialis

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

*The TrP’s are the same on both sides*

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

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15. Peroneus brevis
16. Peroneus tertius

Ryan Jay Hoyme
Strain-Counterstrain (Tender Point) Technique

1. Squamosal
2. Nasal
3. Masseter-temporo-mandibular
4. Anterior 1st thoracic
5. Anterior acromio-clavicular
6. Latissimus dorsi
7. Anterior 7th thoracic
8. Anterior 8th thoracic
9. Anterior 9th thoracic
10. Anterior 10th thoracic
11. Anterior 11th thoracic
12. Anterior 2nd lumbar
13. Medial & lateral meniscus
14. Medial & lateral extension strain of meniscus
15. Tibialis anticus, medial ankle
16. Flexion strain of ankle
17. Medial & lateral hamstrings
18. Medial & lateral patella
19. Thumb & fingers
20. Low ilium, flare out
21. Anterior 5th lumbar
22. Low ilium
23. Anterior lateral trochanter
24. Anterior 1st lumbar
25. Iliacus
26. Anterior 12th thoracic
27. Radial head
28. Medial & lateral coronoid
29. Depressed upper ribs
30. Anterior 8th cervical
31. Anterior 7th cervical
32. Infra-orbital nerve
33. Supra-orbital nerve
34. Extension strain of ankle
35. High flare of ankle
36. Elevated upper ribs
37. Lateral ankle strain
38. Posterior cruciate ligament strain
39. Anterior cruciate ligament strain
40. Posterior medial trochanter
41. Coccyx or sacro-iliac
42. Posterior lateral trochanter
43. Lower pole 5th lumbar
44. 4th lumbar
45. 3rd lumbar
46. Upper pole 5th lumbar
47. Upper lumbar
48. Medial & lateral olecranon
49. 3rd thoracic & shoulder strain
50. Lateral 2nd thoracic; shoulder strain
51. Medial 2nd thoracic; shoulder
52. Posterior acromio-clavicular
53. Supraspinatus
54. Elevated 1st rib
55. Posterior 1st cervical
56. Inion
57. Left occipito-mastoid
58. Sphenobasilar
59. Right lambdoid

*These points are not fixed. They will vary within the region indicated.*
Possible Non-muscular Pain Patterns

1. C6 Radiculopathy
2. Facet Vertebral
3. Head Pain
4. Shoulder Impingement Conditions
5. Forearm and Hand Conditions
6. Sacroiliac Joint
7. S1 Radiculopathy
8. Diabetic Neuropathy

[Diagram showing different pain areas on the body labeled 1 to 8]
Nerve Pain Referred

C1 - Back of head
C2 - Various areas of the head
C3 - Side and front of neck
C4 - Upper back of neck
C5 - Middle of neck and upper part of arms
C6 - Lower part of neck, arms, and elbow
C7 - Lower part of arm and shoulder

T1 - Hand, wrist, Fingers, and thyroid
T2 - Heart, heart valves and coronary arteries
T3 - Lungs, bronchial tubes, pleura, and chest
T4 - Gall bladder and common duct
T5 - Liver and solar plexus
T6 - Stomach and mid-back area
T7 - Pancreas and duodenum
T8 - Spleen and lower mid-back
T9 - Adrenal glands
T10 - Kidneys
T11 - Ureters
T12 - Small intestine and upper/lower back

L1 - Iliocecal valve and large intestine
L2 - Appendix, abdomen and upper leg
L3 - Sex organs, uterus, bladder, and knees
L4 - Prostate gland and lower back
L5 - Sciatic nerve, lower legs, ankles, and feet

Sacrum - Hipbones and buttocks
Coccyx - Rectum and anus
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Major Tender Points

*Tender Points are the same on both sides

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Fibromyalgia Tender Points

- Occiput
- Trapezius
- Supraspinatus
- Gluteal
- Greater Trochanter

Same on Both Sides
Fibromyalgia Tender Points

- Low Cervical
- 2nd Rib
- Lateral Epicondyle
- Knee

Same on Both Sides
Each Layer

SKIN
FASCIA
MUSCLE
FASCIA
MUSCLE
FASCIA
BONE
FASCIA
MUSCLE
FASCIA
SKIN

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Match Connective Tissue Massage

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Connective Tissue Massage

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Common Stress Points

*Stress Points are the same on both sides

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Lymph movement is increased in the muscles and organs by stimulation of neurolymphatic reflexes located primarily on the front and back of the trunk and on the medial and lateral aspects of the thigh.

Affected points may be massaged with strong, deep friction massage for 20-30 seconds.

These points may be quite tender and more evident on the front of the body.
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Possible Problems

1. Torticollis (Tight SCM & or Levator Scapula)
2. Thoracic Outlet Syndrome (Sclenenes & or Pec Minor)
3. TMJ Syndrome (TMJ Joint & or Masseter)
4. Frozen Shoulder (Subscapularis)
5. Golfer’s Elbow (Flexor Tendonitis)
6. Tennis Elbow (Extensor Tendonitis)
7. Student Elbow (Bursitis)
8. Carpal Tunnel Syndrome (Median Nerve Impinged)
9. Dupuytren’s contracture (Fascia Tightness of the Palm)
10. Trigger Finger (Tendonitis)
11. Sinus Problems (Sinus)
12. Vertigo (Stapedius)
13. Groin (Sprain or Strain)
14. Runner’s Knee (IT Band Problems)
15. Sciatica (Sciatic Nerve Impinged)
16. Shin Splints (Tibialis Anterior)
17. Tarsal Tunnel Syndrome (Posterior Tibial Nerve Impinged)
18. Turf Toe (Sprain of the Toe)
19. Plantar Fasciitis (Fascia Tightness of the Plantar)
20. De Quervain’s Syndrome (Pollicis Muscles & or Thumb Sprain)
21. Wing Back (Weak Serratus Anterior)
22. Dancers Knee (Tight Quads)
23. Lumbago (Tight Gluteus Medius, Psoas & or Quadratus Lumborum)
24. Breathing Problems (Tight Intercostals, Pecs & or Sclenenes)
25. Hockey player’s syndrome (External Oblique Tear)
26. Ankle Sprain (Peroneus Muscles & or Ligaments)
27. Rotator Cuff Problems (Any SITS Muscle)