

TRIGGER POINT & MYOFASCIAL STRETCH

MUSCLE	ORIGIN	INSERTION	Referred Pain pattern	Trigger Point	Myofascial Stretch
Sternocleidomastoid	Manubrium & medial clavicle	Mastoid of temporal bone and Lig Nuchae of occiput	Occiput, ear, frontal , over eye, cheek, throat, sternum, tinnitus	Use Pincer Along both bellies	Ext – SB – Rot to opposite Et – SB opposite then Rot same side
SubOccipital	Occiput - atlas	Atlas & Axis	Occiput, pain behind eyes	Flat Palpation Suboccipital region	Chin tuck with distraction occiput
Upper Trapezius	Lig Nuchae of occiput	Outer 1/3 clavicle	Post-lateral neck, ear, temporal	Use Pincer Angle neck & shoulder	Flex – SB opposite with slight Rot to same
Levator Scapulae	Transverse C1 to C4	Root scapulae	Angle neck, medial scapulae, post shoulder	Flat Palpation 2 finger below & 1 finger medial	Flex – Rot to opposite with slight SB
Rhomboids	Spinous T2 to T5	Medial Scapulae border	Medial scapulae	Flat Palpation 2 fingers medial to scap border	Sitting, head flexed. Lean fwd with scapular abduction
Supraspinatus	Supraspinatus fossa	Greater Tub Humerus	Mid deltoid region, dorsal-lat arm and elbow	Flat Palpation 1 finger above middle spine scap	IR shoulder, slight horizontal adduct
Infraspinatus	Infraspinatus fossa	Greater Tub Humerus	Ant deltoid, shldr jnt, medial scap, dorsal lat arm and forearm	Flat Palpation 2 finger below middle spine scap	IR shoulder, slight horizontal adduct
Pectoralis Major	Clavicle, sternum, cartilage ribs 1-6	Greater Tub Humerus	Chest. Breast, shldr, medial arm & forearm	Use Pincer Ant axillary fold	Abdu to 90, flex elbow to 90. Horizontal Abd
Pectoralis Minor	Ant 3-5 Ribs	Coracoid	Upper chest, Ant shldr, medial arm	Flat Palpation 2-3 fingers below lat 1/3 clavicle	Abduct to 120, horizontal abduct Depress scapulae
Deltoid	Lat 1/3 clavicle and spine scapulae	Deltoid Tub of Humerus	Shoulder	Flat Palpation 3 fingers below ant. AC 2 below post AC	ANT: Shldr ext with elbow ext POST: Shldr horizontal add, elbow flexed
Biceps	Supraglenoid Tub scap Coracoid	Tub of radius	Volar arm	Use Pincer Belly muscle, 3 fingers below shldr	Ext elbow & shldr
Triceps	Humeral groove, Infraglenoid Tub Shaft humerus	Olecranon	Post arm, lat epi, fingers	Use Pincer Belly muscle	Shldr flex & elbow flex
Supinator	Lat epi humerus	Upper 1/3 radius	Lat epi, forearm, webspace	Flat palpation Radial to bicep tendon	Elbow ext with pronation, flex and UD wrist
Pronator Teres	Medial epi humerus	Lat midshaft radius	Radial wrist, ant forearm	Flat Palpation 2 finger below medial epi and bicep tendon	Elbow ext – supination with wrist ext
Wrist Flexors	Medial epi humerus	Radial and Ulnar Carpals	Volar Radial and Ulnar Wrist	Flat Palpation 2-4 fingers below medial epi	Elbow ext – supination, wrist extension, Radial & Ulnar deviation
Wrist Extensors	Lat epi humerus	Radial and Ulnar Carpals	Dorsal Radial & Ulnar wrists into dorsal fingers	Flat Palpation 2-3 fingers below lat epi	Elbow ext – pronation, wrist flexion, Radial & Ulnar deviation