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Trigger Point Chart Set Torso

The torso chart shows trigger points of the upper torso and shoulder, posterior deep and anterior-posterior pain referral guide. The extremities

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chart shows upper
extremity, lower
extremity, and head
and neck trigger
points. Made in USA

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Trigger Point Chart Set: Torso & Extremities Paper...

The torso chart shows trigger points of the upper torso and shoulder, posterior deep and anterior-posterior pain referral guide. The extremities chart shows upper extremity, lower extremity, and head and neck trigger points. Made in USA Available in the following versions: 20'

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Trigger Point Chart Set: Torso & Extremities ...

Trigger Point Chart Set:
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Each chart illustrates

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and labels the muscles affected by trigger points and shows trigger point locations with primary and secondary pain sensitive zones. Each chart also includes a legend that explains how to identify specific trigger points and their pain zones.

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This two-poster set includes Trigger Points: Torso and Trigger Points: Extremities. Each chart illustrates and labels the muscles affected by trigger points. The 20" x 26" (51 x 66 cm) anatomy posters show trigger point locations with primary and secondary pain sensitive zones.

Trigger Points: Torso and Extremities Chart

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and Extremities Chart
Set 20x26 Two 20x 26
inch posters
representing torso and
extremities show
trigger point locations
with primary and
secondary pain
sensitive zones of
muscles.

Trigger Points: Torso and Extremities Chart

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Set 20x26 ...

The Trigger Point &
Referred Pain Guide.

Main menu. Map;

Muscles; Symptoms;

Info; Torso

Torso | The Trigger Point & Referred Pain Guide

Trigger points are
involuntary tight
tender spots in a
contracted muscle.

This creates pain and
dysfunction within the
muscle. They are in

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parts of the muscle where there is decreased circulation, increased muscle contraction, spasm and increased nerve sensitivity causing a sharp pain or a constant ache.

Back Trigger Points Chart | Self Massage Trigger Point ...

How to Use the Trigger Point Finder. You can use the charts above to find trigger points

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anywhere in your body. Use the images above to find which trigger points may be responsible muscle pain you may be experiencing. To begin, click on the area of the model's body where feel your pain. When you do this, a selection of different muscles will ...

Trigger Point Charts

Myofascial trigger point reference including

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referred pain and
muscle diagrams as
well as symptoms
caused by
triggerpoints.

Anatomical Chart **The Trigger Point & Referred Pain Guide**

The torso chart shows
trigger points of the
upper torso and
shoulder, posterior
deep and anterior-
posterior pain referral
guide. The extremities
chart shows upper
extremity, lower

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extremity, and head
and neck trigger
points. Lamination
protects the Trigger
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allows for annotation
using washable pens.

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The torso chart shows
trigger points of the
upper torso and
shoulder, posterior
deep and anterior-

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posterior pain referral
guide. The extremities
chart shows upper
extremity, lower
extremity, and head
and neck trigger
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Laminated version has
grommets in top
corners.

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Trigger Point Pain Patterns Wall Charts: Upper and Lower ...

The X's represent the
Trigger Points. The red
dotted area is the
referred pain caused
by the Trigger Point

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and the solid red means more people experienced pain in that area. The dark green color areas represent the muscles of the human body.

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