

**TRIGGER POINT GUIDE**

**- Head and Neck Pain -**

**Crown Headaches**

SCM  
Splenius capitis

**Frontal Headaches**

SCM  
Semispinalis capitis  
Zygomaticus  
Levator labii  
Frontalis

**Temple Headaches**

Traps  
SCM  
Temporalis  
Splenius cervicis  
Suboccipitals  
Semispinalis capitis

**Eye Pain**

SCM  
Temporalis  
Splenius cervicis  
Suboccipitals  
Masseter  
Orbicularis occuli  
Traps

**Sinus Pain**

SCM  
Masseter  
Lateral pterygoid  
Orbicularis occuli  
Zygomaticus  
Levator labii

**Ear & Jaw Pain**

Lateral pterygoid  
Medial pterygoid

**Masseter**

SCM  
Traps

**Tongue Pain**

SCM  
Medial pterygoid  
Mylohyoid

**Tooth Ache**

Temporalis  
Masseter  
Digastric  
Buccinator

**Throat Pain**

SCM  
Medial pterygoid  
Digastric  
Longus colli

Buccinator  
Platysma

**Back of Head Pain**

Traps  
SCM  
Semipinalis capitis  
Splenius cervicis  
Suboccipitals  
Temporalis

**Back of Neck Pain**

Traps  
Multifidi  
Rotatores  
Levator scapula  
Splenius cervicis  
Infraspinatus

**- Shoulder, Upper Back & Upper Arm -**

**Front of Shoulder Pain**

Infraspinatus  
Anterior deltoid  
Scalenes  
Supraspinatus  
Pec major  
Pec minor  
Biceps  
Lats  
Coracobrachialis

**Back of Shoulder Pain**

Scalenes  
Levator scapula  
Posterior deltoid  
Supraspinatus

Teres major  
Teres minor  
Subscapularis  
Serratus posterior superior  
Lats  
Triceps  
Traps  
Superficial spinal muscles

**Side of Shoulder pain**

Infraspinatus  
Lateral deltoid  
Supraspinatus

**Front of Arm Pain**

Scalenes

Infraspinatus  
Biceps  
Brachialis  
Triceps  
Supraspinatus  
Anterior deltoid  
Subclavius

**Back of Arm Pain**

Scalenes  
Triceps  
Posterior deltoid  
Subscapularis  
Supraspinatus  
Teres major  
Teres minor

Lats  
Serratus posterior superior  
Coracobrachialis

**Upper Back Pain**

Scalenes  
Levator scapula  
Supraspinatus  
Traps  
Rhomboids  
Lats  
Deep spinal muscles  
Superficial spinal muscles  
Serratus posterior superior  
Serratus anterior

**- Elbow Forearm & Hand -**

**Outer Elbow Pain**

Extensors  
Triceps  
Brachioradialis  
Supinator  
Supraspinatus  
Anconeus

**Outer Forearm Pain**

Triceps  
Scalenes  
Extensors  
Brachioradialis  
Brachialis

Flexors  
Infraspinatus  
Teres major  
Coracobrachialis  
Supraspinatus

**Outer Wrist and Hand Pain**

Subscapularis  
Extensors  
Scalenes  
Serratus posterior superior  
First dorsal interossei  
Lats  
Coracobrachialis

**Thumb and Web Pain**

Brachialis  
Scalenes  
Supinator  
Infraspinatus  
ECRL  
Brachioradialis  
Opponens pollicis  
Adductor pollicis  
First dorsal interossei  
FPL

**Inner Elbow Pain**

Triceps  
FCU  
Pec major  
Pec minor  
Serratus anterior  
Serratus posterior superior

**Inner Forearm Pain**

Palmaris longus  
Pronators  
Serratus anterior  
Triceps  
Lats  
Pec major

Pec minor  
Serratus posterior superior

**Inner Wrist and Palm Pain**

Opponens pollicis  
Flexors  
Palmaris longus  
Pronators  
Pec major  
Pec minor  
Lats

Serratus anterior

**Inner Finger Pain**

Flexor digitorum  
Interossei  
Triceps  
Lats  
Serratus anterior

**Outer Finger Pain**

Extensor digitorum  
Scalenes  
Triceps  
Interossei  
Pec minor  
Lats

**Hand and Finger Numbness**

Scalenes  
Serratus posterior superior  
Teres minor

Pec minor  
Triceps  
Coracobrachialis  
Brachialis  
Supinator  
ECRB  
FCU  
Flexor digitorum  
Pronator teres

**- Chest & Abdomen -**

**Chest Pain**

Pec major  
Pec minor  
Scalenes  
SCM  
Sternalis  
Intercostals  
Superficial spinal muscles  
Subclavius  
Rectus abdominis  
Diaphragm

**Side Pain**

Serratus anterior  
Obliques  
Intercostals  
Lats  
Diaphragm

**Abdominal Pain**

Rectus abdominis  
Obliques  
Superficial spinal muscles  
Deep spinal muscles  
Quadratus lumborum

**-Mid Back, Low Back & Gluteals -**

**Mid Back Pain**

Superficial spinal muscles  
Deep spinal muscles  
Serratus anterior  
Serratus posterior inferior  
Rectus abdominis  
Intercostals  
Lats  
Infraspinatus

**Low Back Pain**

Glute medius  
Psoas  
Superficial spinal muscles  
Deep spinal muscles  
Quadratus lumborum  
Glute maximus  
Rectus abdominis  
Soleus

**Gluteal Pain**

Glute maximus  
Glute medius  
Glute minimus  
Quadratus lumborum  
Semitendinosus  
Semimembranosus  
Piriformis  
Soleus  
Superficial spinal muscles

**Hip Pain**

Vastus lateralis  
Glute minimus  
Piriformis  
Quadratus lumborum  
TFL  
Glute maximus

**- Hip, Thigh & Knee -**

**Groin Pain**

Pectineus  
Adductor longus  
Adductor magnus  
Rectus abdominis  
Obliques  
Psoas  
Intrapelvic muscles

**Inner Thigh Pain**

Pectineus  
Vastus medialis  
Gracilis  
Adductor magnus

**Front of Thigh Pain**

Adductor longus  
Psoas  
Adductor magnus  
Vastus intermedius  
Pectineus  
Sartorius  
Quadratus lumborum  
Rectus abdominis

**Back of Thigh Pain**

Glute minimus

Semitendinosus  
Semimembranosus  
Biceps femoris  
Piriformis  
Intrapelvic muscles

**Inner Knee Pain**

Vastus medialis  
Gracilis  
Rectus femoris  
Sartorius  
Adductor longus

**Outer Knee Pain**

Vastus lateralis

**Front of Knee Pain**

Rectus femoris

Vastus medialis  
Adductor longus

**Back of Knee Pain**

Gastrocnemius  
Biceps femoris  
Popliteus  
Semitendinosus  
Semimembranosus  
Soleus  
Plantaris

**Numbness of the Thigh**

Sartorius  
Psoas  
Glute minimus

**- Lower Leg, Ankle & Foot -**

**Front of Leg Pain**

Tibialis anterior

Adductor longus

**Back of Leg Pain**

Soleus

Glute minimus  
Gastrocnemius

Semitendinosus  
Semimembranosus  
Flexor digitorum longus  
Tibialis posterior  
Plantaris

**Side of Leg Pain**

Gastrocnemius  
Glute minimus  
Peroneus longus  
Peroneus brevis

Vastus lateralis

**Front of Ankle Pain**

Tibialis anterior  
Peroneus tertius  
Extensor digitorum longus

**Back of Ankle Pain**

Soleus  
Tibialis posterior

**Outer Ankle Pain**

Peroneus longus  
Peroneus brevis  
Peroneus tertius  
Abductor digiti minimi

**Inner Ankle Pain**

Abductor hallucis  
Soleus  
Gastrocnemius  
Flexor digitorum longus

**Leg and Foot Numbness**

Glute minimus  
Piriformis  
Interossei  
Soleus  
Peroneus longus  
Extensor digitorum longus  
Abductor hallucis  
Flexor hallucis longus

**Common Pain Conditions that could be mimicked by Trigger Points**

Tension Headache	– SCM, upper traps, splenii, posterior cervicals, temporalis
Facial Neuralgia	– SCM, facial muscles
Ear Ache	– deep masseter, SCM
Acute Neck Stiffness	– levator scapula, SCM, upper traps
Arthritis of Shoulder	- infraspinatus
Subdeltoid Bursitis	– infraspinatus, deltoid, supraspinatus
TOS	– scalene, pec minor
Tennis Elbow	– supinator, wrist extensors, triceps
Angina	– pec major, pec minor
Appendicitis	– rectus abdominis, iliocostalis
Hip Arthritis	– TFL
Sciatica	– piriformis, glute minimus
Knee Arthritis	– rectus femoris, vastus medialis, vastus lateralis
Trochanteric Bursitis	– vastus lateralis, TFL, QL
Heel Spur	– soleus