

Myofascial Trigger Point Chart

Name:	Date:
Medical history (if needed):	
Trigger points classifications	
<ul style="list-style-type: none"> • Active trigger point: Causes pain at rest, tender to palpation, and has a referred pain pattern similar to the pain the patient is experiencing. • Latent trigger point: Local or referred pain is only felt with strong digital pressure and can cause muscle weakness. It doesn't spontaneously evoke pain. 	
Pain patterns	
<ul style="list-style-type: none"> • Pain in the area, feeling the same pain, spreading pain: The patient complains of localized pain, and touching the spot brings back the same pain or causes pain in another area. • Tight band feeling and trouble moving: The patient can feel tight bands in muscles, is sensitive to stretching and has a limited range of motion. • Muscle jump: The patient's muscles may twitch when palpating the spot 	
Patient's trigger points	Pain intensity
Notes	