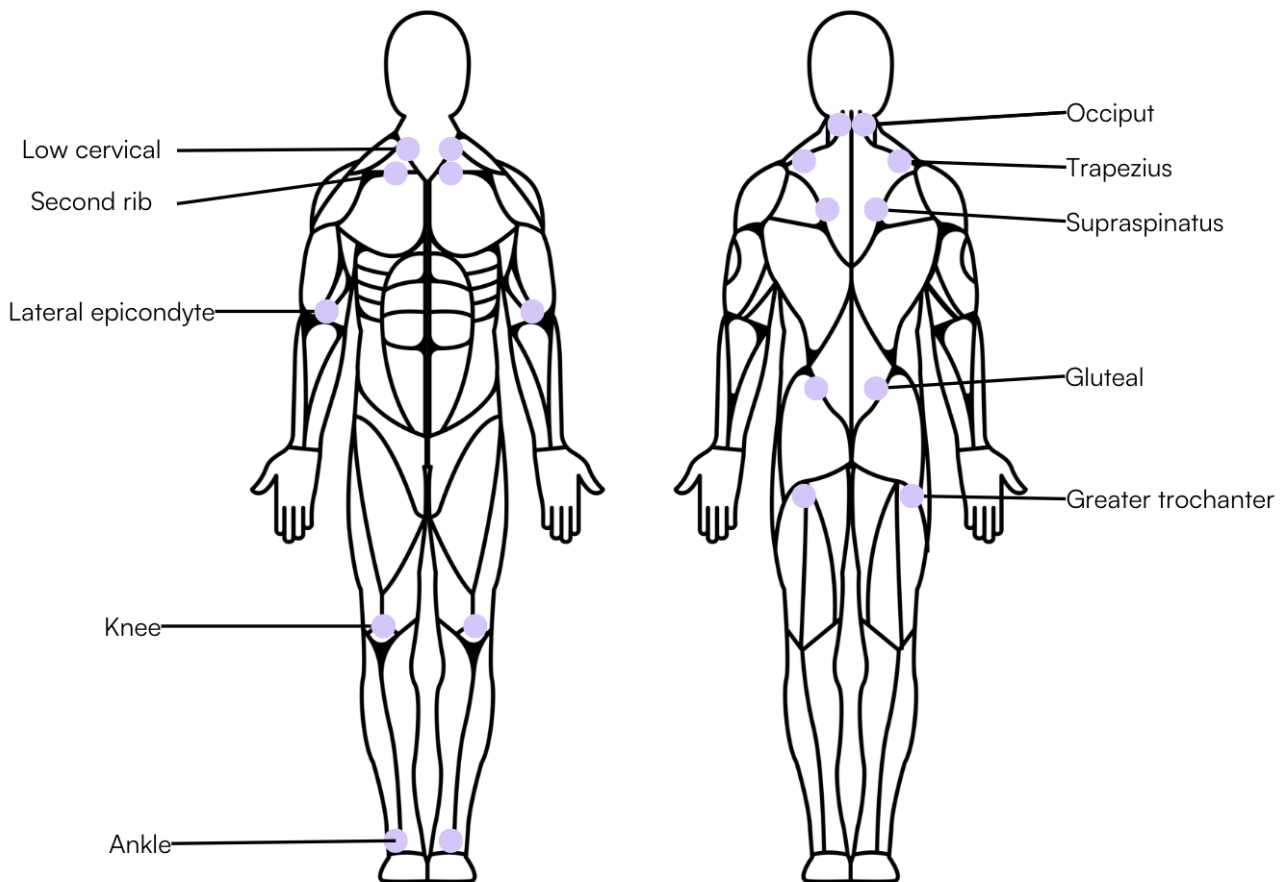


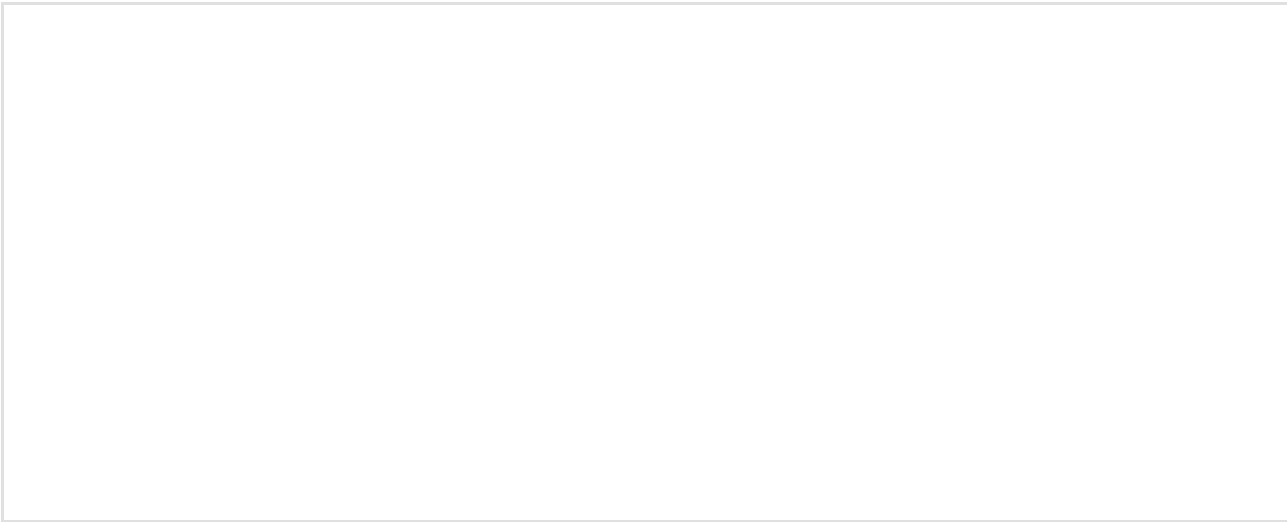
# Myofascial Trigger Point Chart



## Diagnostic Indicators for Myofascial Trigger Points

1. **Pain Area:** Patient complains of localized pain.
2. **Tight Band Feeling:** Can feel tight bands in muscles.
3. **Sensitive Spot:** Palpable tender spot along the tight band.
4. **Pain Spread:** Touching the spot causes pain in another area.
5. **Trouble Moving:** Muscles have some difficulty moving.
6. **Same Pain Again:** Touching the spot brings back the same pain.
7. **Muscle Jump:** The spot might make the muscle twitch.
8. **Stretch Comfort:** Relief when stretching the spot or numbing it.

**Notes:**

A large, empty rectangular box with a thin black border, intended for writing notes. It occupies the upper half of the page.