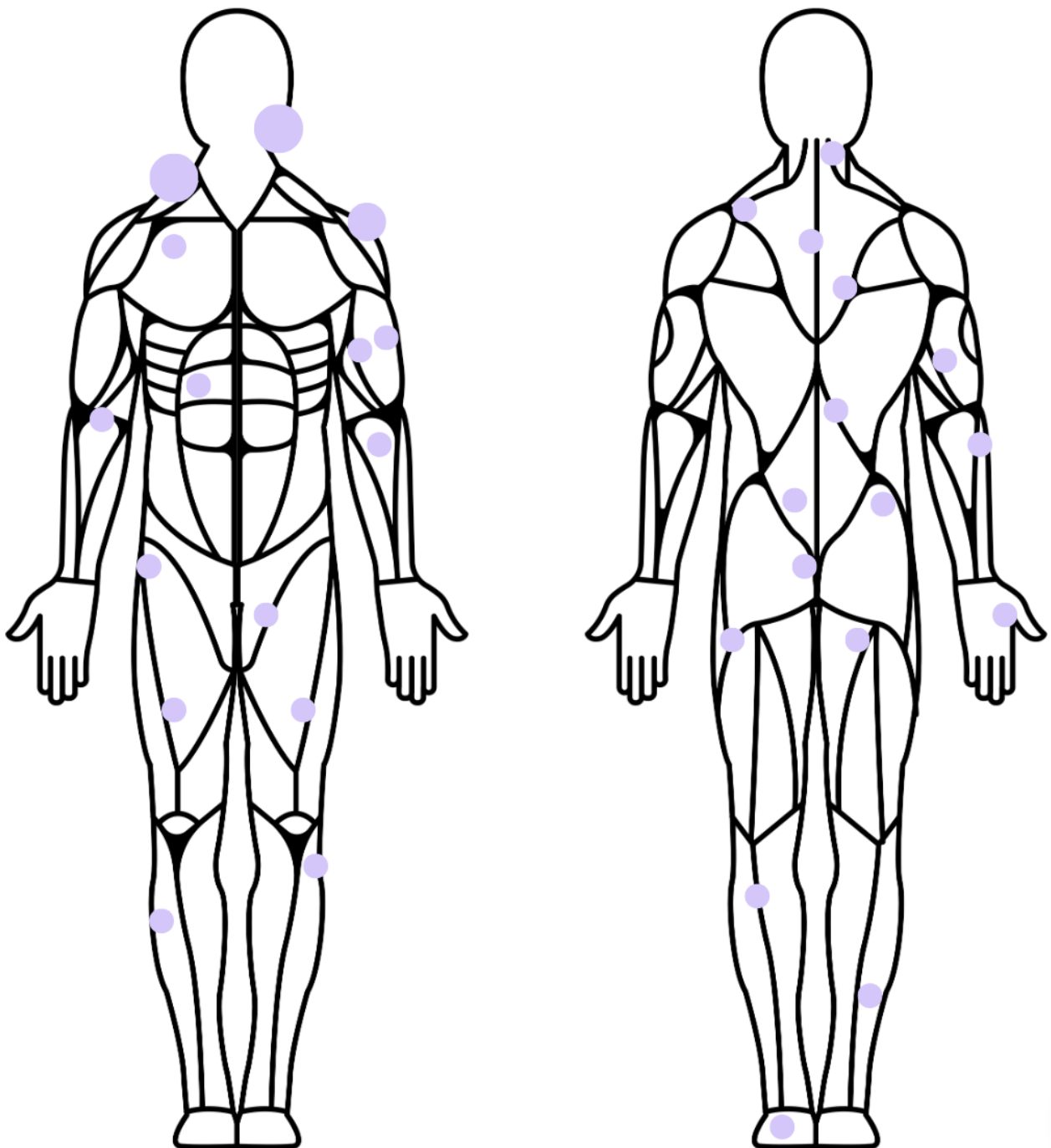


Trigger Points Chart

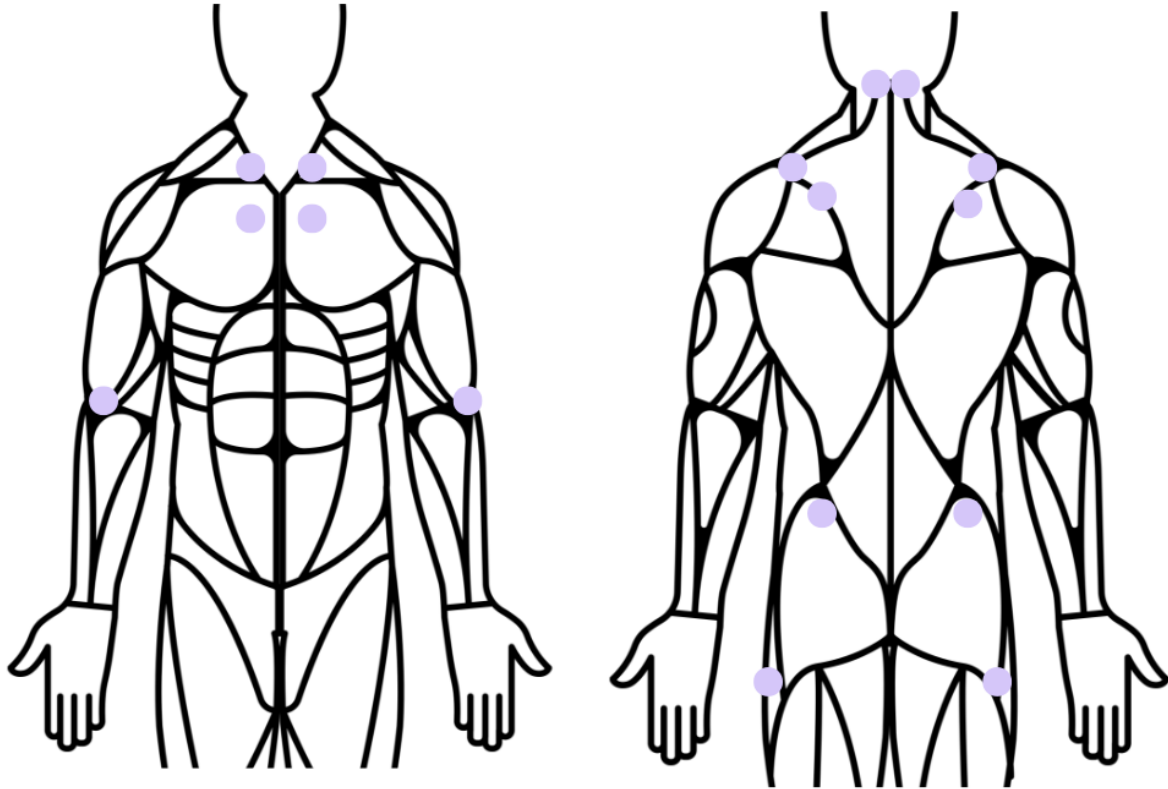
Deep Tissue Massage Diagram

Common Trigger Points

Common Triggerpoints



Fibromyalgia Tenderpoints



Muscle	Location	Symptoms
Trapezius	Upper Back	Headache, neck pain, shoulder pain
Levator scapulae	Neck	Neck pain, shoulder pain
Piriformis	Buttock	Sciatica
Iliotibial band	Outer Thigh	Knee pain
Quadratus lumborum	Lower Back	Low back pain, hip pain

Notes: