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Presents

53

Muscles

With

TrP's

(Posterior)

By

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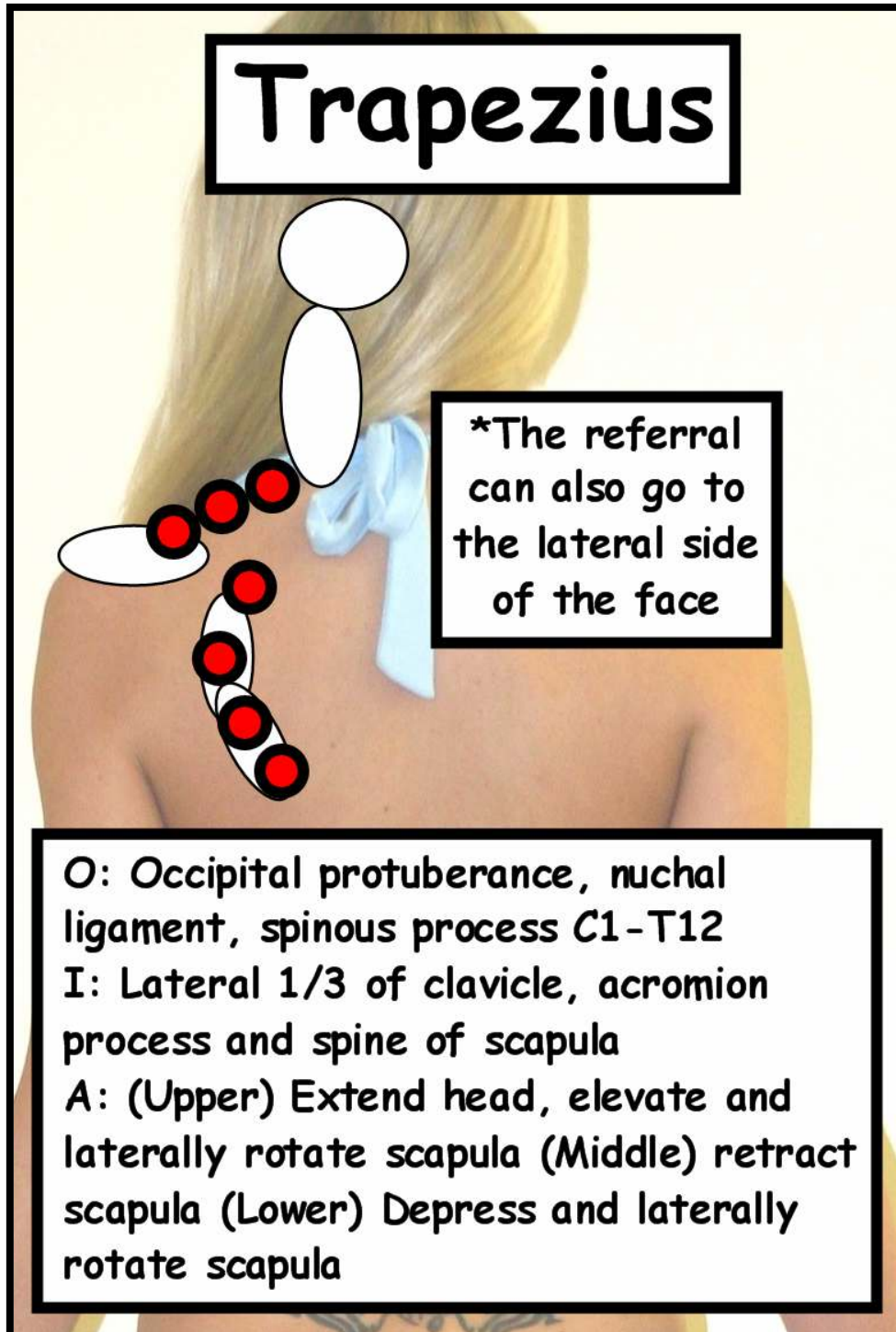
Trapezius (TRA-PEE-zee-us) - Figure with 4 unequal sides (Coat hanger muscle / superficial mid and upper back muscle / antagonist to itself)

TrP Location – One TrP you have to pinch the shoulder. The three top TrP's are at an angle from the acromium process. The middle one is just off the superior angle of the scapula. The final 3 are at an angle (Starting on the center of the vertebral border of the scapula) and the other 2 are not on the scapula.

FUN FACTS

Stiff Neck (Acute) - Levator scapulae, Sternocleidomastoid, Upper Trapezius

Headache (Tension/Migraine) - Sternocleidomastoid, Upper trapezius, Posterior cervicals, Temporalis



Suboccipitals

Obliquus Capitis Inferior (oh-BLI-kwus KAP-ih-tiss) - Slanting and head

Obliquus Capitis Superior (oh-BLI-kwus KAP-ih-tiss) - Slanting and head

Rectus Capitis Posterior Major (REK-tus KAP-ih-tiss) - Straight and head

Rectus Capitis Posterior Minor (REK-tus KAP-ih-tiss) - Straight and head

TrP Location – One TrP is under the Suboccipital ridge and the other 3 are on the suboccipital ridge

FUN FACTS

Suboccipitals - Ghost headache muscle / Rectus capitis posterior major, Rectus capitis posterior minor, oblique capitis inferior and oblique capitis superior

Neuralgia, Occipital - Splenii, Multifidus, Semispinalis, Suboccipitals

Suboccipitals

1. Rectus capitis major
2. Rectus capitis minor
3. Oblique capitis superior
4. Oblique capitis inferior

***Considered the ghost headache muscles**

O: Below the spinous process C2, Posterior tubercle C1, Spinous process C2, Transverse process C1

I: Occipital bone, Transverse process C1

A: Extension, lateral flexion and rotation of head

***The referral goes around their head in a pattern of where you would have your sunglasses on**

Ryan Jay Hoyms

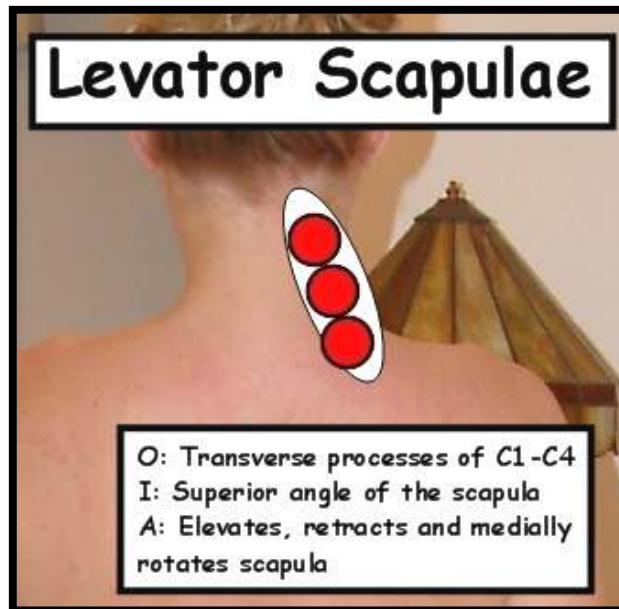
Levator Scapulae (le-VAY-tor SKAP-you-lee) - Elevate the scapula

TrP Location – Find the superior angle of the scapula and go up the neck in an angle

FUN FACTS

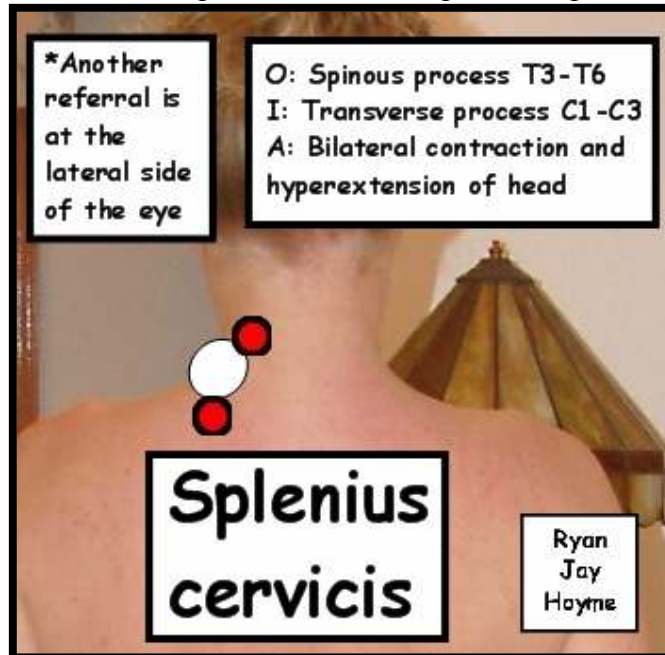
Stiff Neck (Acute) - Levator scapulae, Sternocleidomastoid, Upper Trapezius

Back Pain (Upper) - Scaleni, Levator scapulae, Rhomboids, Latissimus dorsi, Serratus posterior superior, Thoracic paraspinals



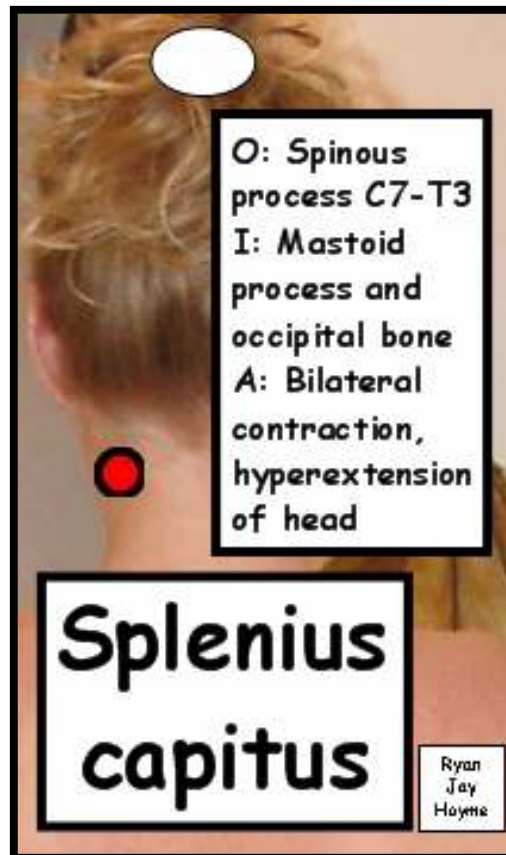
Splenius Cervicis (SPLEEN-ee-us SIR-vih-siss) - Bandage and neck

TrP Location – In between the Levator Scapula and the Semispinalis Capitis



Splenius Capitis (SPLEEN-ee-us KAP-ih-tiss) - Bandage and head

TrP Location - Easy way to remember it, is that the referral goes to the top of your head (Cap)
About an inch over from the vertebrae and one inch down from the suboccipital ridge

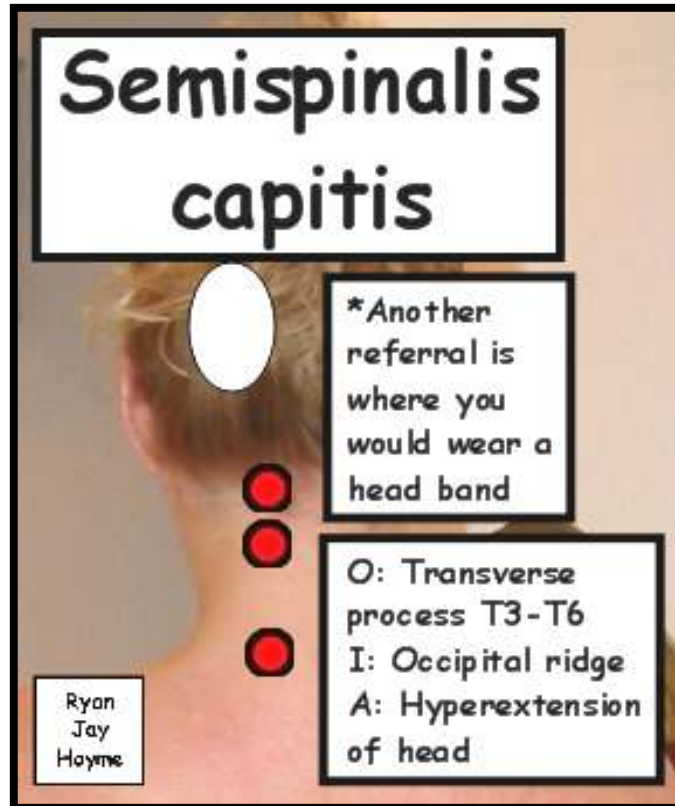


Semispinalis Capitis (sem-ee-spy-NAL-us KAP-ih-tiss) - Half spine and head

TrP Location – You have to push into the vertebrae to access the TrP's

FUN FACTS

Neuralgia, Occipital - Splenii, Multifidus, Semispinalis, Suboccipitals



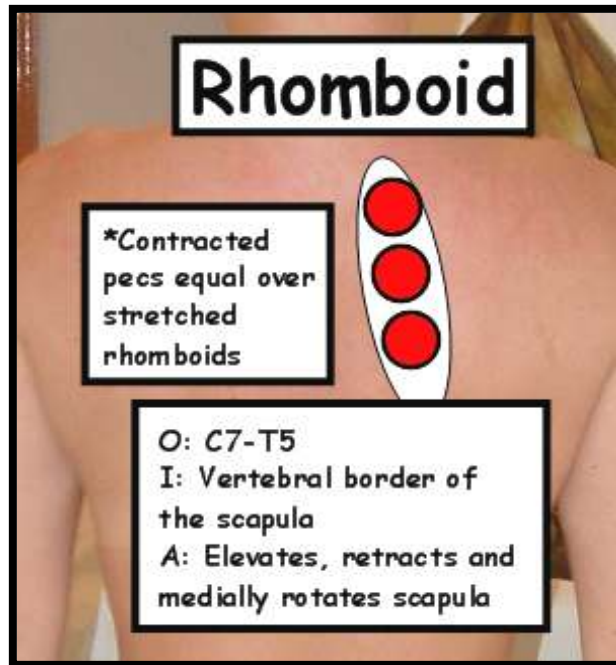
Rhomboides Major (rom-BOYD-ee-us) - Diamond shaped (Christmas tree muscle)

Rhomboides Minor (rom-BOYD-ee-us) - Diamond shaped (Minor is on top of the major)

TrP Location – Find the vertebral border of the scapula and they are just off of the scapula
(Rhomboid minor is just superior to Rhomboid major)

FUN FACTS

Back Pain (Upper) - Scaleni, Levator scapulae, Rhomboids, Latissimus dorsi, Serratus posterior superior, Thoracic paraspinals



Supraspinatus (SOO-prah-spy-NAH-tus) - Above the spine of the scapula (One of the main shoulder stabilizers)

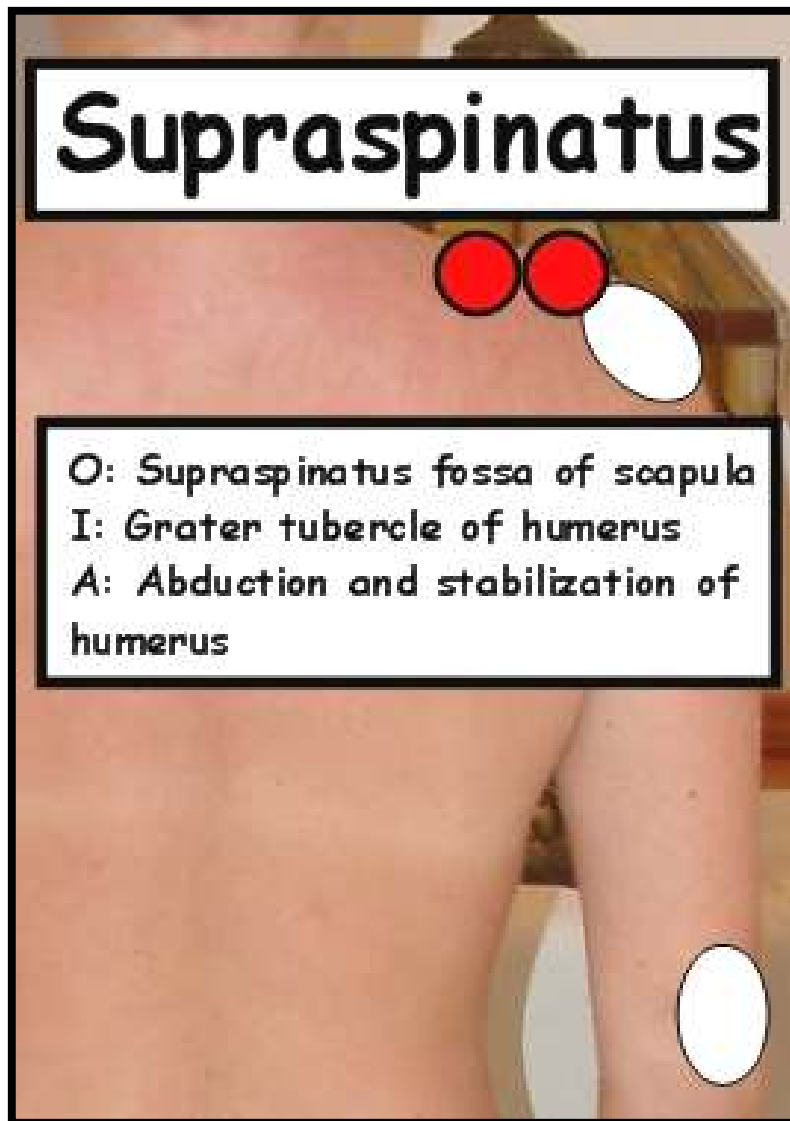
TrP Location – Find the spine of the scapula and go in the groove

FUN FACTS

Supraspinatus / Infraspinatus / Teres minor / Subscapularis - SITS muscles or rotator muscles

Bursitis of shoulder (Subdeltoid) - Infraspinatus, Deltoid, Supraspinatus

Rotator Cuff Tendinitis (Swimmer's Shoulder; Tennis Shoulder; Pitcher's Shoulder; Shoulder Impingement Syndrome) - Supraspinatus, Infraspinatus, Subscapularis or the teres minor.



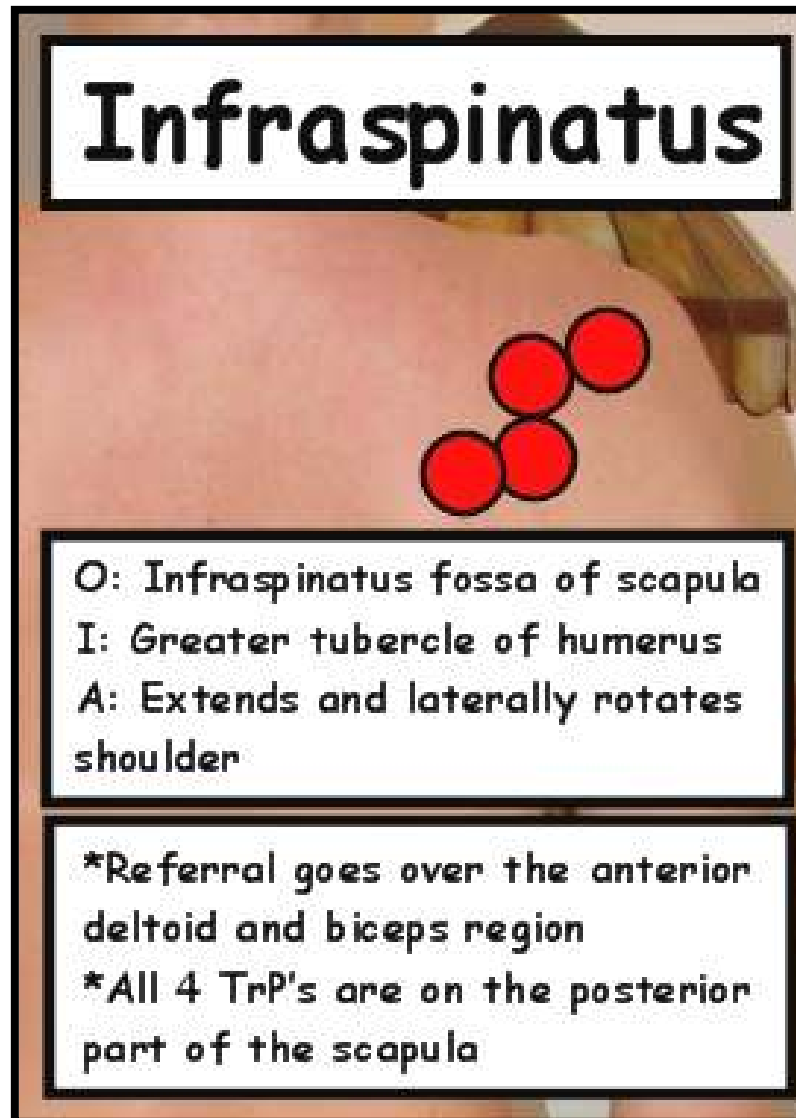
Infraspinatus (in-fra-spy-NAH-tus) - Below the spine of the scapula (Below the supraspinatus)

TrP Location – All 4 TrP's are on the scapula (The only other TrP on the posterior part of the scapula is one of the Trapezius TrP's)

FUN FACTS

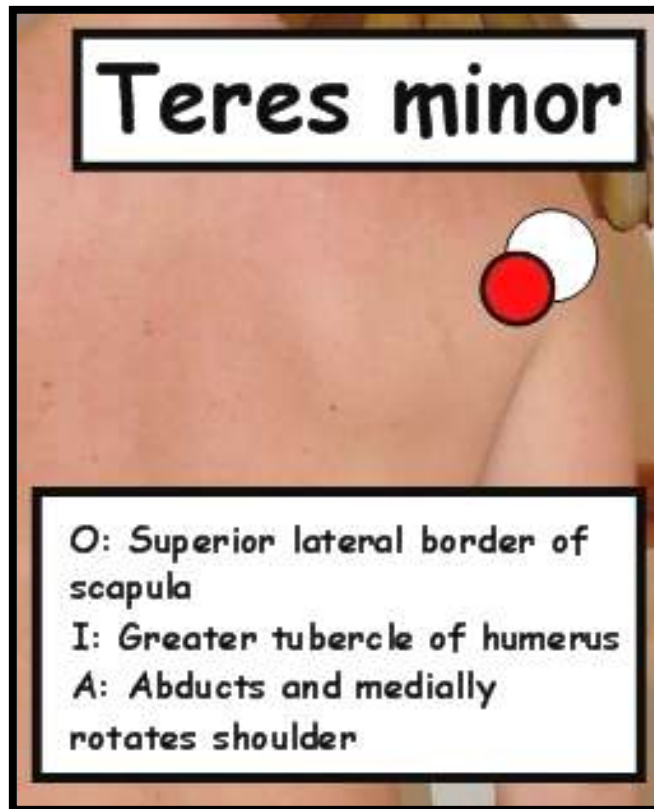
Arthritis of Shoulder - Infraspinatus or Deltoid

Bursitis of shoulder (Subdeltoid) - Infraspinatus, Deltoid, Supraspinatus



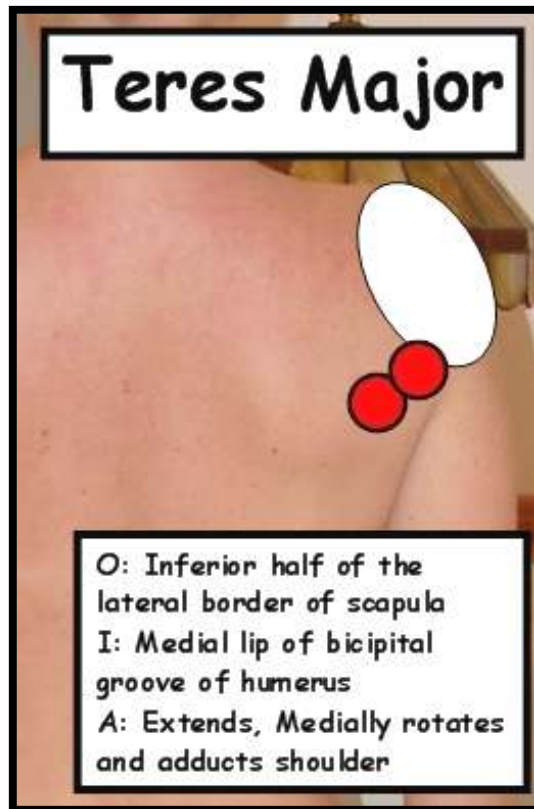
Teres Minor (TER-eze) - Smooth and round (The T in SITS muscles)

TrP Location – Find the axillary border of the scapula and it is in between the humerus and the scapula
It is superior to the Teres Major (Major Supports Minor)



Teres Major (TER-eze) - Smooth and round (Same actions as the lats) (Teres major is inferior to the Teres minor)

TrP Location – Find the Inferior angle of the scapula and go up at an angle (Not on the scapula)

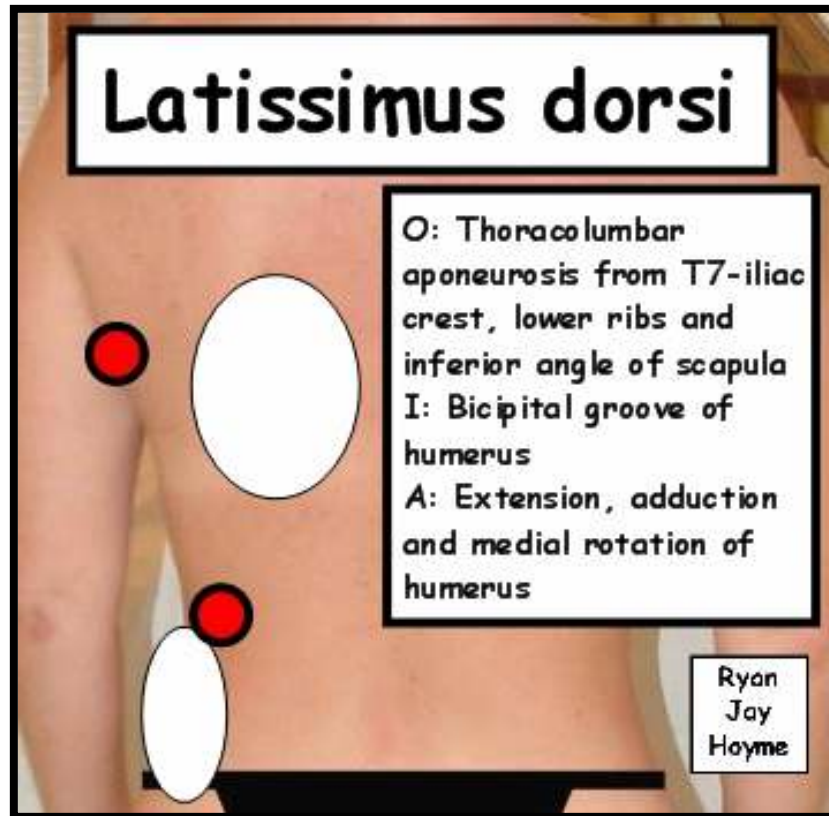


Latissimus Dorsi (la-TISS-ih-mus DOR-see) - Widest and back (Swimmer's muscle / widest muscle / superficial mid back and lower back muscle)

TrP Location – The top TrP is inferior to the Teres Major. The bottom TrP is about 4 inches superior to the iliac crest and 4 inches distal from the vertebrae

FUN FACTS

Back Pain (Upper) - Scaleni, Levator scapulae, Rhomboids, Latissimus dorsi, Serratus posterior superior, Thoracic paraspinals



Serratus Posterior Superior (suh-RATE-us) - Saw like (Helps inhale)

TrP Location – Find the superior angle of the scapula and go under it (If you have a hard time; just have the client in a prone position and have them perform horizontal adduction)

FUN FACTS

Back Pain (Upper) - Scaleni, Levator scapulae, Rhomboids, Latissimus dorsi, Serratus posterior superior, Thoracic paraspinals



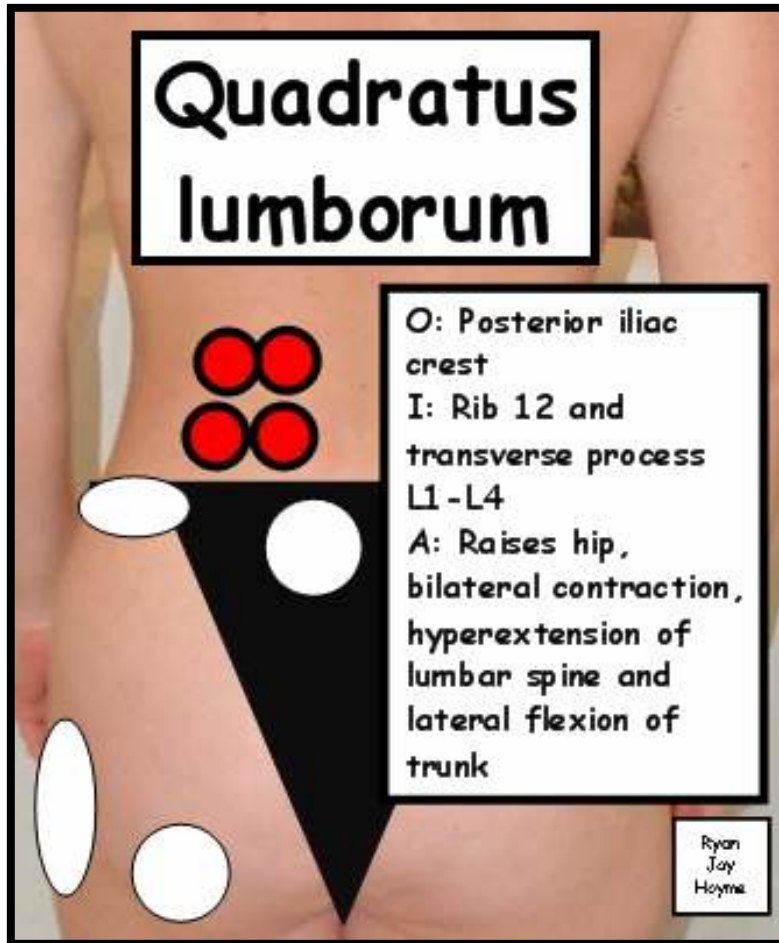
Quadratus Lumborum (kwad-RATE-us lum-BOR-um) - Square shaped and loins (Hip hiker muscle)

TrP Location – Place your hand on their lower back and have them lift their hip towards their head to feel it. For the lateral 2 TrP's, you have to push towards the spine (So you don't affect the kidneys). For medial 2 TrP's, you can push straight down (There is enough muscle mass there) and they are about an inch away from the lumbar.

FUN FACTS

Bursitis of the hip (Trochanteric) - Gastrocnemius, Vastus lateralis, Tensor fasciae latae, or Quadratus lumborum

Back Pain (Lower) - Quadratus lumborum, Thoracolumbar paraspinals, Gluteus (maximus / medius), Rectus abdominis, Iliopsoas



Iliocostalis Cervicis (ILL-ee-oh-kos-TAL-iss SIR-vih-siss) - Connecting to ilium and neck

Iliocostalis Lumborum (ILL-ee-oh-kos-TAL-iss lum-BOR-um) - Connecting to ilium and lumbar

Iliocostalis Thoracis (ILL-ee-oh-kos-TAL-iss thor-AH-siss) - Connecting to ilium and chest

Longissimus Capitis (lon-GISS-ih-mus KAP-ih-tiss) - Longest and head

Longissimus Cervicis (lon-GISS-ih-mus SIR-vih-siss) - Longest and neck

Longissimus Thoracis (lon-GISS-ih-mus thor-AH-siss) - Longest and thorax

Serratus Posterior Inferior (suh-RATE-us) - Saw like (Helps exhale)

TrP Location – Place your hand on their lower back and have them lift their hip towards their head to feel it. For the lateral 2 TrP's, you have to push towards the spine (So you don't affect the kidneys). For medial 2 TrP's, you can push straight down (There is enough muscle mass there) and they are about an inch away from the lumbar.

TrP Location – The longissimus TrP's are in between the Erectors and the Spine.

TrP Location – The Iliocostalis TrP's are on the erectors

TrP Location – The Serratus Posterior Inferior TrP is just above the floating ribs (Push at an angle)

FUN FACTS

Erector spinae - Spinalis (Medial tract and hugs the spine), Iliocostalis (Lateral tract and hugs the ribs) and Longissimus (Intermediate tract)

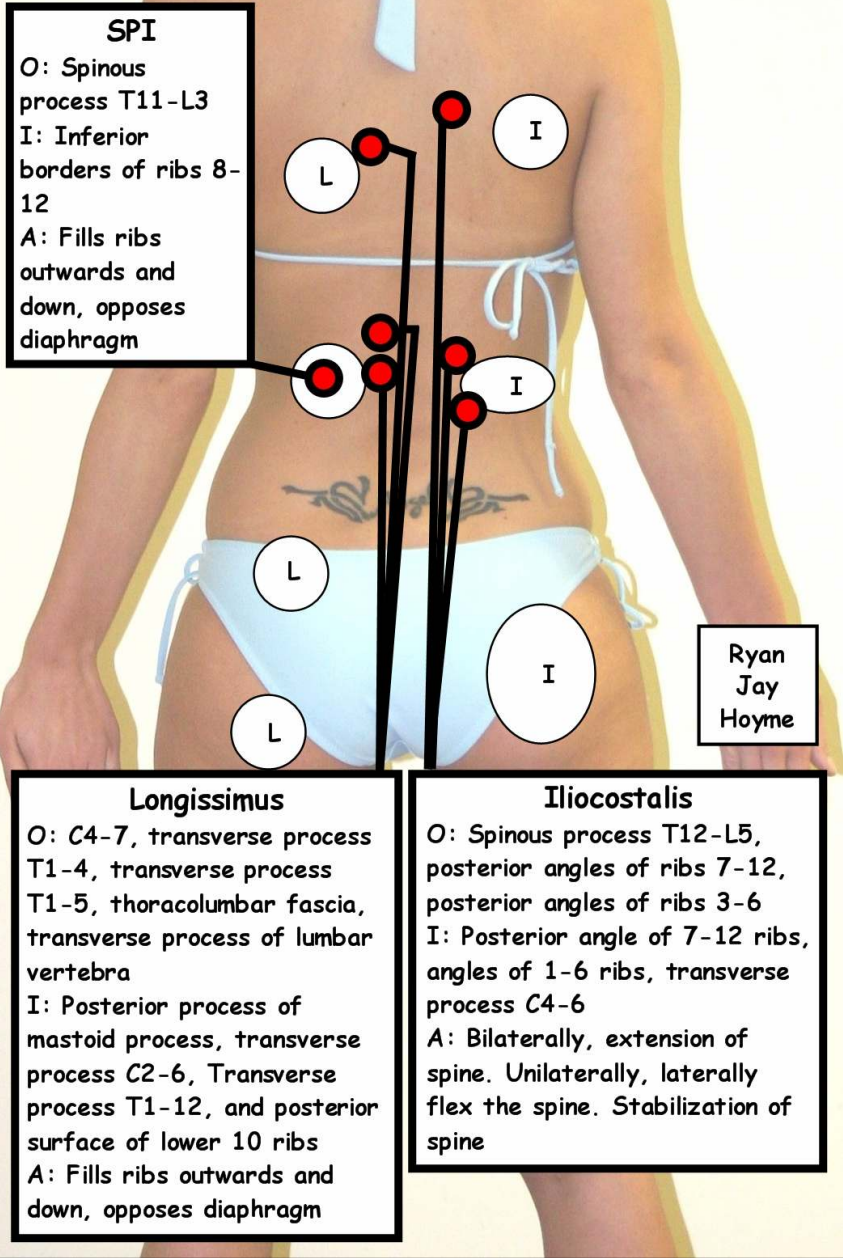
Rotatores longi and Rotatores brevis - Deepest of the transversospinalis group

Semispinalis - Most superficial of the transversospinalis group / most superficial of the transversospinalis group

Transversospinalis - Semispinalis, Multifidus and Rotator longi, Rotatores brevis

Heavy lifting - Erector Spinae be the cause from twisting while lifting.

Longissimus Iliocostalis Serratus posterior inferior

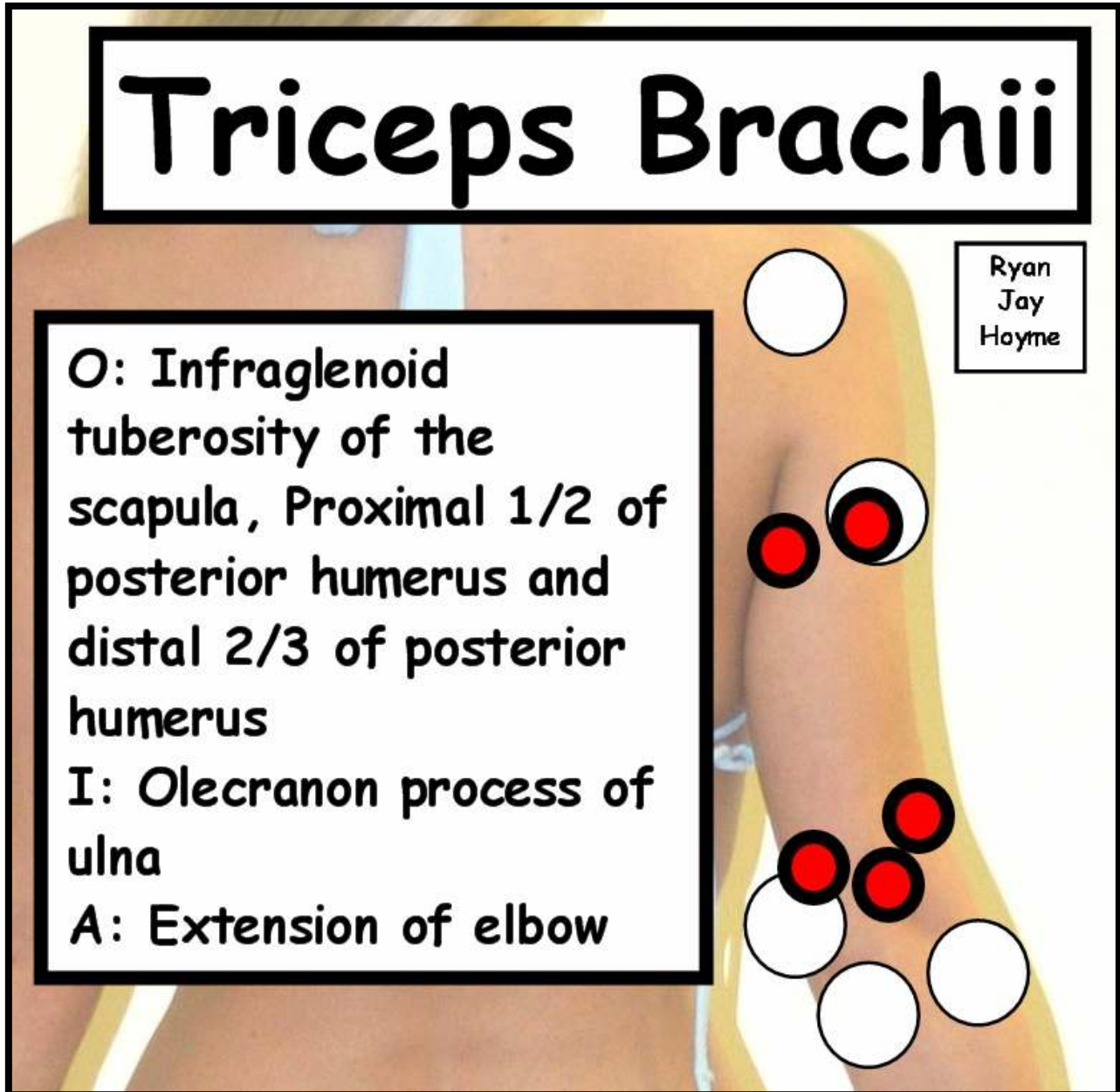


Triceps Brachii (TRY-seps BRAY-kee-eye) - Three heads and of the arm (Boxer's muscle)

TrP Location – 2 of the TrP's are in the center of the belly. To locate the other 3 TrP's you have to find the elbow and go up 1 inch for the center one and the other 2 are just lateral and medial to the center TrP.

FUN FACTS

Tennis Elbow (Epicondylitis) - Supinator, Wrist Extensors, Triceps brachii



Anconeus (an-KO-nee-us) - Elbow

Extensor Carpi Radialis Brevis (ex-STEN-sur KAR-pee RAY-dee-AL-iss BREV-us) - Stretches, wrist, radial and short

Extensor Carpi Radialis Longus (ex-STEN-sur KAR-pee- RAY-dee-AL-iss LONG-us) - Stretches, wrist, radius and long

Extensor Carpi Ulnaris (ex-STEN-sur KAR-pee ul-NAR-iss) - Stretches, wrist, and ulna

Extensor Digiti Minimi (ex-STEN-sur DIH-jih-tee MIN-ih-mee) - Stretches, digits and smallest (Tea drinker's muscle)

Extensor Digitorum (ex-STEN-sur DIH-jih-TOR-um) - Stretches, digits

Extensor Indicis (ex-STEN-sur IN-dih-siss) - Stretches and index finger

Extensor Pollicis Brevis (ex-STEN-sur POLL-is-iss BREV-us) - Stretches, thumb, and short

Extensor Pollicis Longus (ex-STEN-sur POLL-is-iss LONG-us) - Stretches, thumb and long

TrP Location – Extensor Indicis; in between the radius and ulna and 2 inches superior to the carpals (Extensor side)

TrP Location – Anconeus; ½ inch inferior to the elbow and ½ lateral

TrP Location – Extensor carpi radialis longus; find the brachioradialis and you have to hook under it on the posterior side (About 1 inch down from the lateral epicondyle of the humerus)

TrP Location – Extensor carpi radialis brevis; find the brachioradialis and you have to hook under it on the posterior side (About 2 inch down from the lateral epicondyle of the humerus)

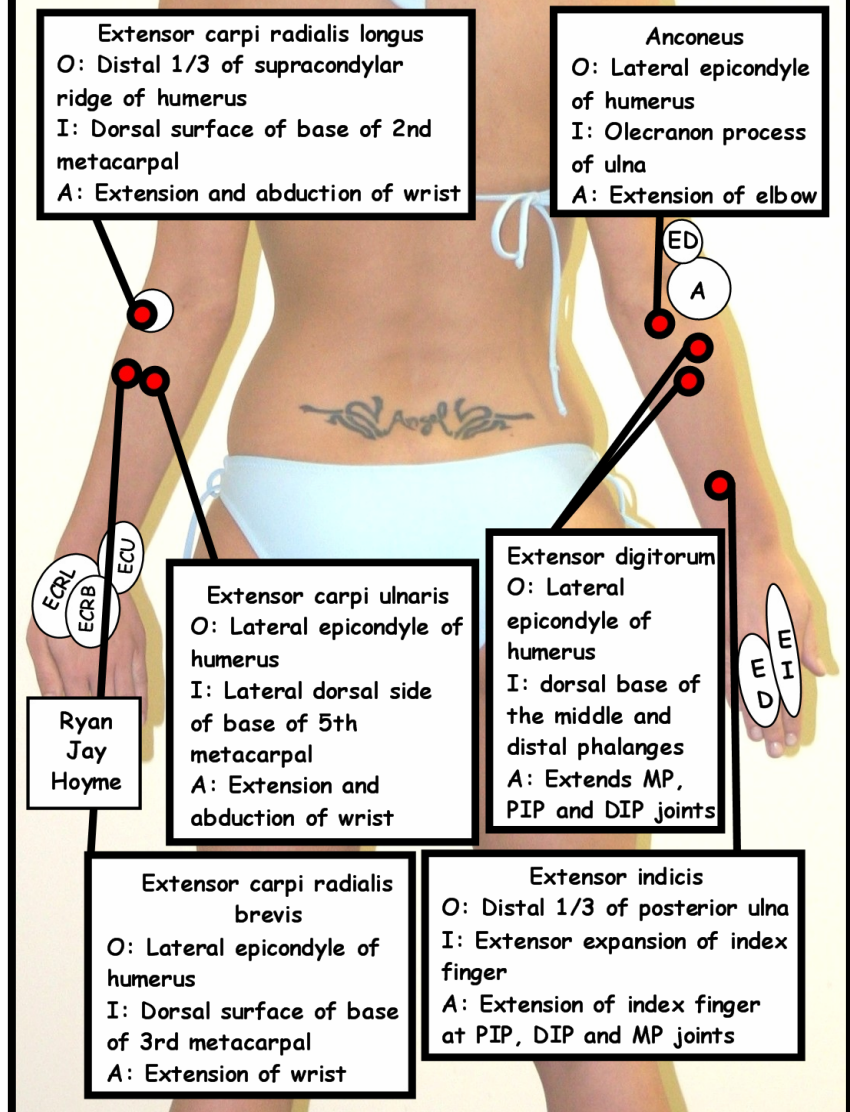
TrP Location – Extensor carpi ulnaris; about 2 ½ inches inferior from the elbow and on the medial side of the posterior forearm (Just off the ulna)

TrP Location – Extensor digitorum; about 2 inches inferior from the elbow and one TrP on each side of the ulna

FUN FACTS

Tennis Elbow (Lateral epicondylitis) - Inflammation of the tendon at the lateral epicondyle it could be the tendon of the Extensor Carpi Ulnaris, Extensor Carpi Radialis Longus, Extensor Carpi Brevis, Supinator, Extensor Digitorum, Triceps brachii and or the Extensor Digiti Longus.

Extensor carpi radialis longus Extensor carpi radialis brevis Extensor carpi ulnaris Anconeus Extensor digitorum Extensor indicis



Serratus Anterior (suh-RATE-us) - Saw like (Boxer's muscle)
Subscapularis (sub-SKAP-you-LAR-iss) - Under the shoulder blade (Frozen shoulder muscle)
Tensor Fasciae Latae (TEN-sore FAH-she-a LAT-uh) - One that stretches and wide bandage

TrP Location – Serratus anterior; about 2 inches down from the inferior angle of the scapula and 1 inch anterior

TrP Location – TFL; find the ASIA and 2 inches inferior

TrP Location – Subscapularis; have the client in the supine position, then pinch the axillary and inferior angle of the scapula, then place your fingers on the anterior part of the scapula and finally have the client perform horizontal adduction to go more medial

FUN FACTS

Meralgia Paresthetica - Tensor fasciae latae or Sartorius

Bursitis of the hip

(Trochanteric) - Gastrocnemius, Vastus lateralis, Tensor fasciae latae or Quadratus lumborum

Arthritis of Hip - Tensor fasciae latae, Vastus lateralis

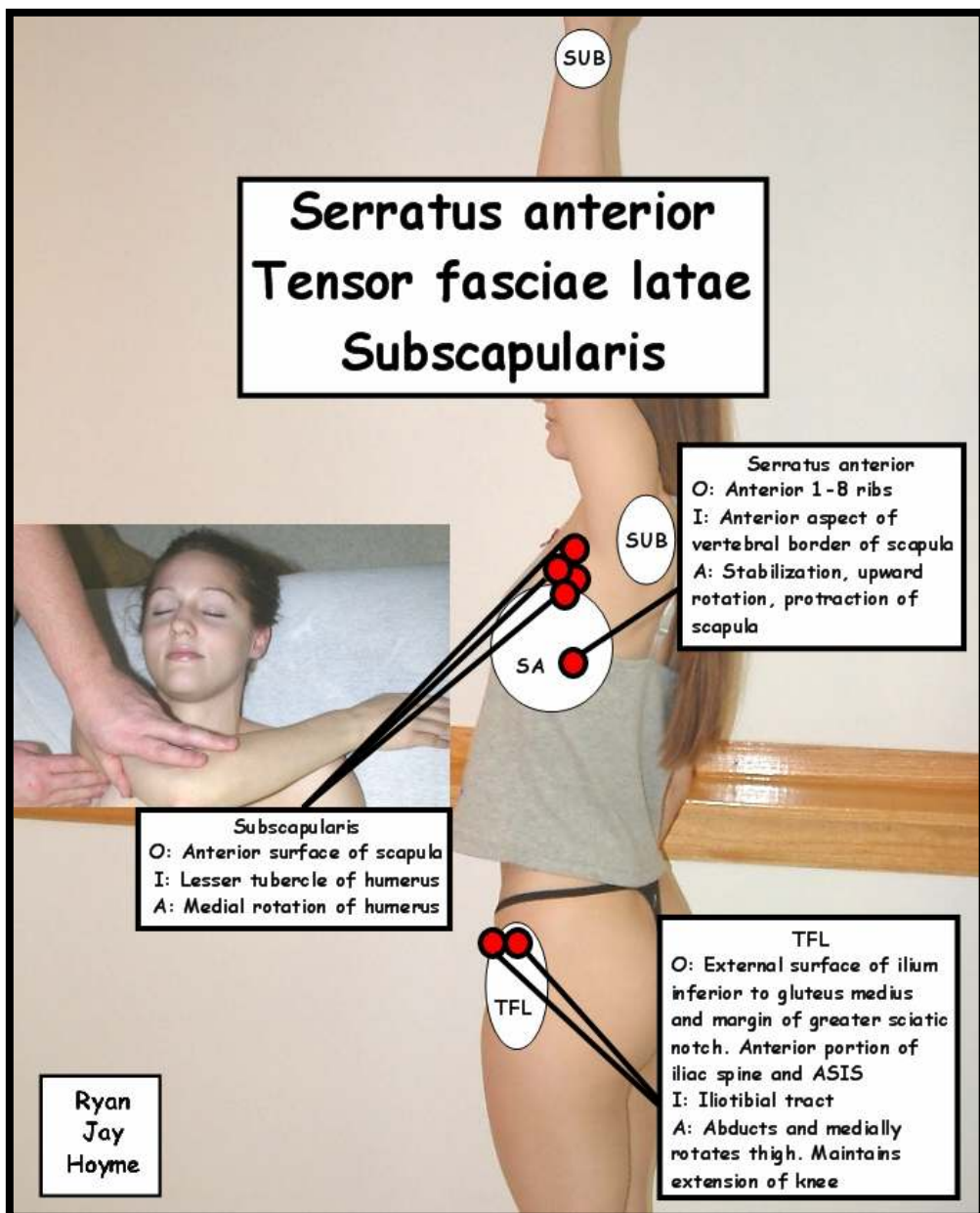
Frozen shoulder or Adhesive capsulitis - A painful condition, which results in a severe loss of motion in the shoulder. It may follow an injury to the shoulder, but may also arise gradually with no warning or injury. Usually the Subscapularis is affected.

Winged Scapula - Weakness in the Serratus Anterior muscle.

Snapping hip syndrome - This syndrome refers to conditions about the hip that cause an audible or palpable "snapping." The cause can be intra-articular or extra-articular. The most common cause involves the snapping of the IT band or the TFL over the greater trochanter of the femur (external snapping).

Iliotibial Band Syndrome - Tendon portion of the tensor fascia lata muscle and is indirectly attached to parts of the gluteus medius, gluteus maximus and the vastus lateralis muscles.

Patellofemoral Pain (Runner's Knee) - Patellofemoral pain is caused by patella alta (a congenitally high-riding patella); plicae (fibrous bands attached to the patella); tight hamstrings; tight heel cords; tightness of the vastus lateralis, iliotibial tract, and lateral retinaculum; weakness of the vastus medialis; and Q angle (between the patella tendon and the long axis of the thigh) > 15°.

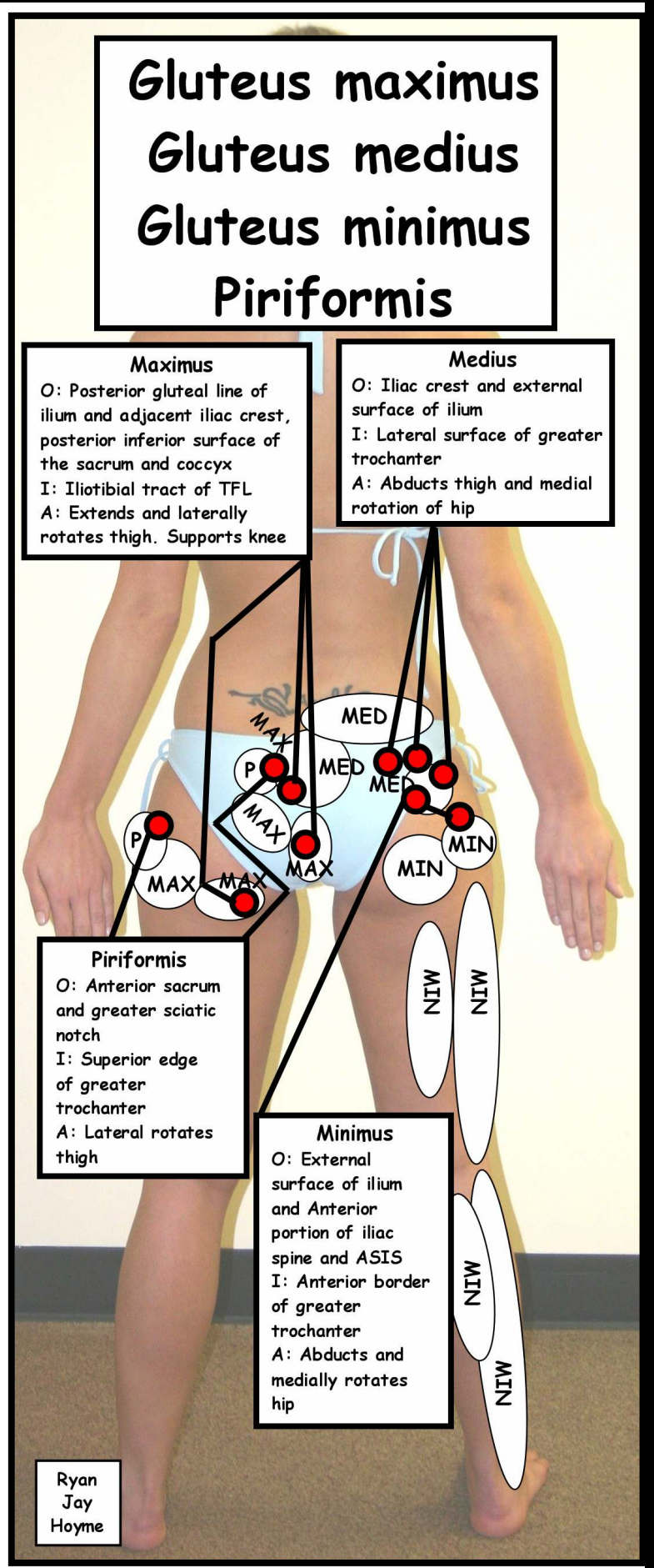


Gemellus Inferior (JEM-ell-us) - Twin
Gemellus Superior (JEM-ell-us) - Twin
Gluteus Maximus (GLUE-tee-us MAX-uh-mus) - Buttocks (Strongest hip extensor / can be at least one inch thick / most superficial gluteal muscle)
Gluteus Medius (GLUE-tee-us MEED-ee-us) - Buttocks
Gluteus Minimus (GLUE-tee-us MIN-ih-mus) - Buttocks
Obturator Externus (OB-tur-ATE-or ex-STIR-nus) - One that covers an opening
Obturator Internus (OB-tur-ATE-or in-TER-nus) - One that covers an opening
Piriformis (PEER-ih-FOR-miss) - Pear shaped

TrP Location – For the Maximus, the first one you have to find the sacrum and it is ½ way and you have to push into the sacrum. The second one you have to find the coccyx and it is just lateral to it. The 3rd one is just medial to the ischial tuberosity.
TrP Location – For the Medius, all three are inferior to the iliac crest
TrP Location – For the Piriformis, one is just superior to the greater trochanter and the other one is superior to the maximus TrP near the sacrum (Push into sacrum)

FUN FACTS

Lateral six deep rotatores - Piriformis, Gemellus superior, Obturator internus, Gemellus inferior, Obturator externus and Quadratus femoris
Quadratus Femoris (kwad-RATE-us FEM-or-iss) - Square shape and relates to the thigh
Sciatica - Gluteus minimus or Piriformis
Sexual Dysfunction - Piriformis, Adductors
Back Pain (Lower) - Quadratus lumborum, Thoracolumbar paraspinals, Gluteus (maximus / medius), Rectus abdominis, Iliopsoas
Piriformis Syndrome - The sciatic nerve typically passes under the piriformis, but in some cases will pass through it.



Biceps Femoris (BI-seps FEM-or-iss) - Two headed and thigh

Semimembranosus (SEM-ee-MEM-bran-oh-sus) - Half membrane (Most medial hamstring)

Semitendinosus (SEM-ee-TEN-din-oh-sus) - Half tendon (On top of the semimembranosus)

TrP Location – The Biceps femoris is the lateral hamstring and find the lateral condyle of the femur and go superior 2-3 inches and medial 1-2 inches (They will refer around the lateral part of the knee)

TrP Location – Semitendinosus and Semimembranosus are the medial hamstrings and there are 4 of them (They will refer around the gluteal fold)

FUN FACTS

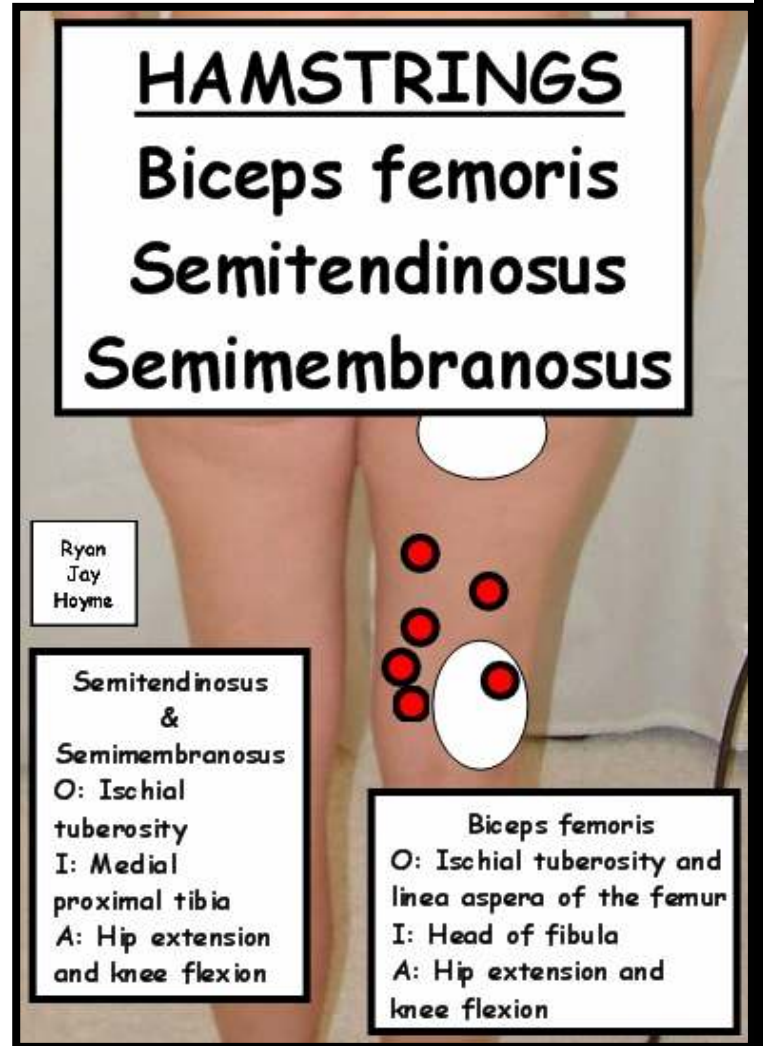
Balance problems - Tight hamstrings interfere with foot position. Poor contact of the feet with the ground: unstable foundation. Tight neck muscles interfere with proper head carriage and movement, distorting the sensations provided by the balance centers of the inner ear.

Rapid Acceleration (problems with) - Biceps Femoris, Semitendinosus, Semimembranosus.

Posterior Femoral Muscle Strain (Hamstring Tear) - The quadriceps muscles flex the hip and extend the knee during running and jumping.

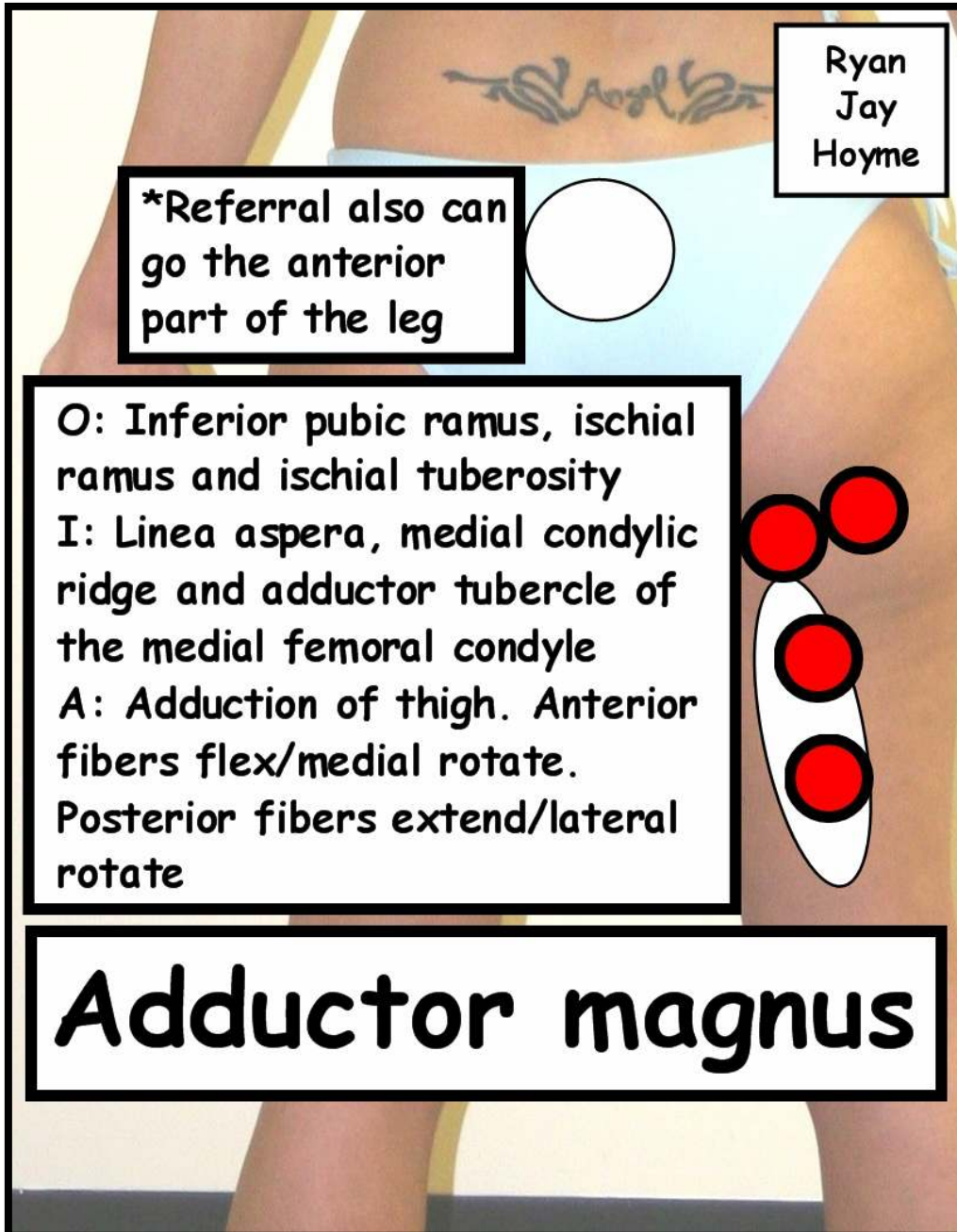
Simultaneous contraction of the hamstrings and

quadriceps can cause posterior femoral muscle strain if the hamstrings are < 60% as strong as the quadriceps.



Adductor Magnus (ad-DUCK-tur MAG-nus) - Lead towards and great (Underneath the hamstrings)

TrP Location – The superior TrP's are around the Ischial tuberosity. The lower TrP's, it is in between the Biceps femoris and Semi muscles.



Plantaris (plan-TAR-iss) - Sole of foot (Missing in most cadavers)

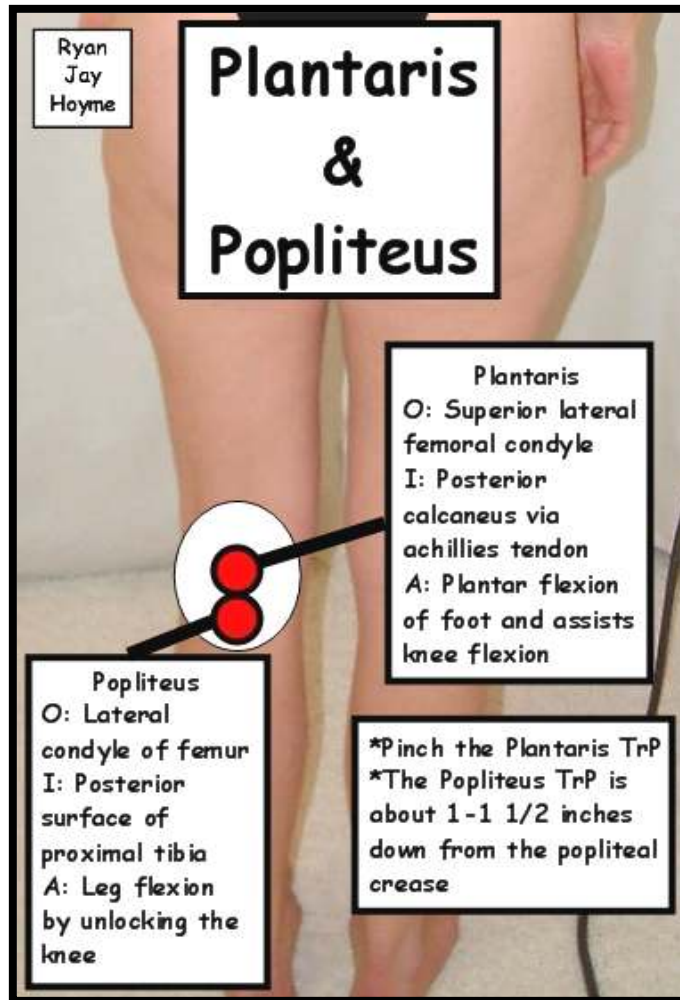
Popliteus (pop-LIT-ee-us) - Hollow of knee

TrP Location – The Plantaris TrP you have to Flex the knee and then pinch behind the popliteal region.

TrP Location – The Popliteus TrP you have to find the popliteal region and go inferior for 1 inch and push straight down.

FUN FACTS

Popliteus Tendinitis - Popliteus muscle & Anterior Cruciate Ligament.



Flexor Digitorum Longus (FLEKS-or DIH-jih-TOR-um LONG-us) - Bend, digits and long

Flexor Hallucis Longus (FLEKS-or HAL-uh-siss LONG-us) - Bend, big toe and long

Tibialis Posterior (TIB-ee-AL-iss) - Related to shin bone

TrP Location – Tibialis Posterior TrP is 2 inches inferior to the popliteal region.

TrP Location – The Flexor digitorum TrP is 2 inches below the head of fibula and hook under the soleus.

TrP Location – The Flexor hallucis longus you have to find the achilles tendon (Top of it) and go lateral for an inch.

FUN FACTS

Posteromedial Shin Splints - Flexor hallucis longus, Flexor digitorum longus, Tibialis posterior.

Tarsal tunnel syndrome - Flexor Retinaculum. A condition that occurs from abnormal pressure on the posterior tibial nerve.

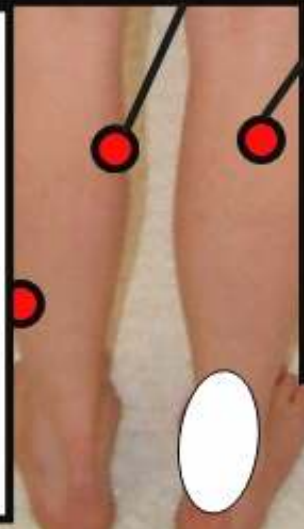
Tibialis posterior Flexor digitorum longus Flexor hallucis longus

*Flexor digitorum longus referral is bottom of foot
*Flexor hallucis longus referral is bottom of great toe
*Tibialis posterior TrP is 2-3 inches below popliteal crease

Ryan
Jay
Hoyme

Flexor digitorum longus
O: Middle 1/3 of posterior surface of tibia
I: Plantar surface of distal four phalanges
A: Flexes 4 lateral toes and assists plantar flexion/inversion of foot

Flexor hallucis longus
O: Distal 2/3 of posterior fibula
I: Base of large toe
A: Flexes large toe and assists plantar flexion/inversion of foot



Tibialis posterior
O: Middle 1/3 of posterior tibia and proximal 2/3 of medial fibula
I: 2,3 and 4th metatarsals
A: Inversion and plantar flexion of foot

Gastrocnemius (GAS-trok-NEEM-ee-us) - Belly and shin (Toe dancer's muscle)

Soleus (SOL-ee-us) - Sole of foot

TrP Location – There are 4 Gastroc TrP's and they are all in the bell of the muscle

TrP Location – The superior TrP for the Soleus is just inferior to the head of the fibula. The inferior TrP's are just superior to the achilles tendon (Once you can't feel the tendon).

FUN FACTS

Triceps surae - Another name for the soleus and gastrocnemius

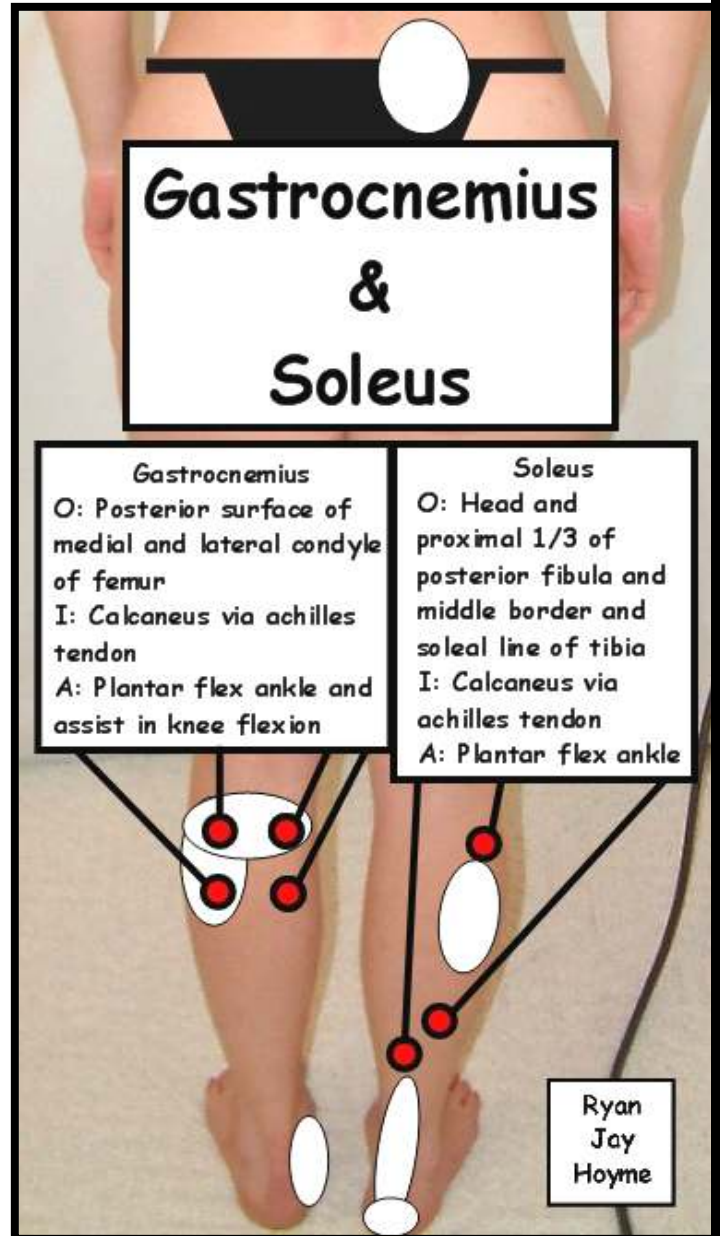
Heel Spur - Soleus or Quadratus plantae

Plantar Fasciitis - Gastrocnemius or Soleus

Achilles Tendonitis - Gastrocnemius or Soleus

Bursitis of the hip (Trochanteric) - Gastrocnemius, Vastus lateralis, Tensor fasciae latae or Quadratus lumborum

Pes Planus - Is flat feet, not enough of an arch, weakness in the soleus-gastroc group or tibialis anterior.



Fibularis (Peroneus) Brevis (fib-you-LAR-iss BREV-us) - Related to fibula and smaller

Fibularis (Peroneus) Longus (fib-you-LAR-iss LONG-us) - Related to fibula and long

Fibularis (Peroneus) Tertius (fib-you-LAR-iss TER-she-us) - Related to fibula and third

TrP Location – All 3 TrP's are on the lateral part of the lower leg. Feel for a ropey band.

FUN FACTS

Peroneus longus - Sometimes called 'fibularis longus' / Along with the peroneus brevis it is affected in an inversion sprain

Peroneus longus Peroneus brevis Peroneus tertius

Longus

O: Head and proximal 2/3 of lateral surface of fibula and lateral condyle of tibia

I: Plantar surface of medial cuneiform and 1st metatarsal

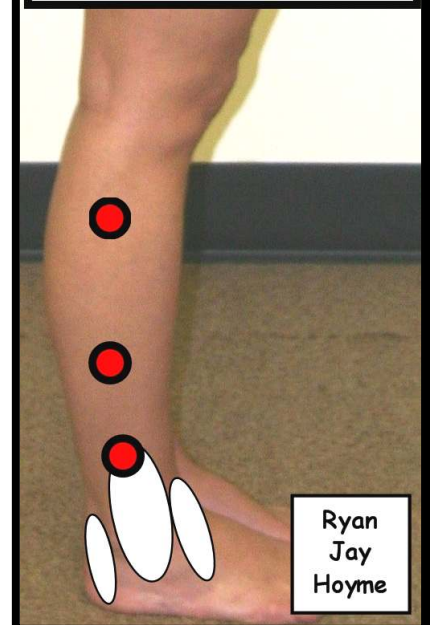
A: Eversion and assists plantar flexion of ankle

Brevis

O: distal 2/3 of lateral surface of fibula

I: Lateral surface of 5th metatarsal

A: Eversion and assists plantar flexion of ankle



Abductor Digiti Minimi Pedis (ab-DUCK-tur DIH-jih-tee MIN-ih-mee PEE-dis) - Lead away, digits, smallest and foot

Abductor Hallucis (ab-DUCK-tur HAL-uh-siss) - Lead away and big toe

Adductor Hallucis (ad-DUCK-tur HAL-uh-siss) - Lead towards an big toe

Extensor Digitorum Brevis (ex-STEN-sur DIH-jih-TOR-um BREV-us) - Stretch, digits and short

Flexor Digiti Minimi Pedis (FLEKS-or DIH-jih-tee MIN-ih-mee PEE-dis) - Bend, digits, smallest and foot

Flexor Digitorum Brevis (FLEKS-or DIH-jih-TOR-um BREV-us) - Bend, digits and short

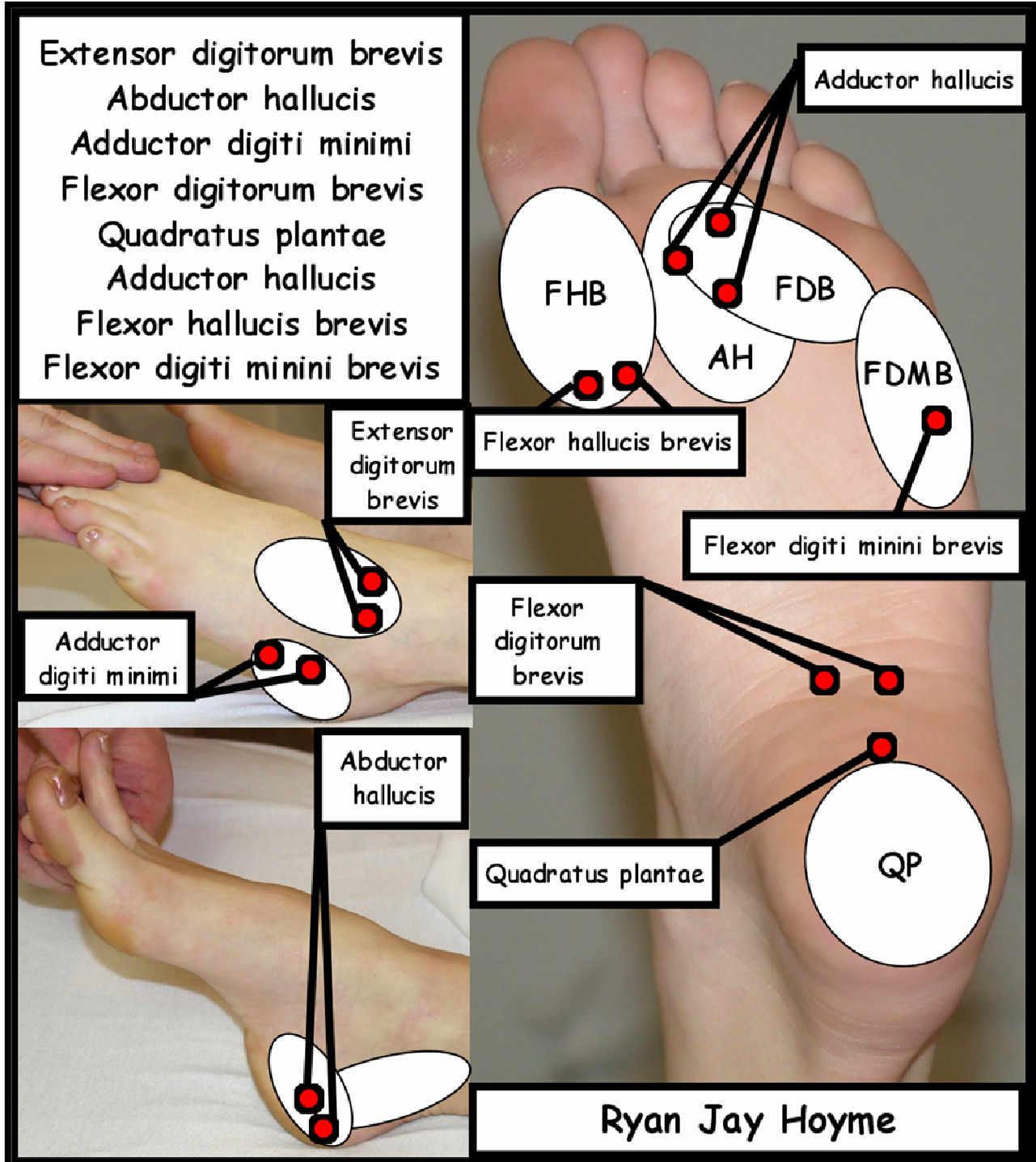
Flexor Hallucis Brevis (FLEKS-or HAL-uh-siss BREV-us) - Bend, big toe and short

Interossei Dorsales Pedis (INT-er-OSS-ee-eye door-SAL-es PEE-dis) - Between bones, near back and foot

Interossei Plantares (INT-er-OSS-ee-eye plan-TAR-es) - Between bones and sole of foot

Lumbricales Pedis (LUM-brih-kal-es PEE-dis) - Earthworms and foot

Quadratus Plantae (kwad-RATE-us PLAN-tie) - Square shaped and sole of foot



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