

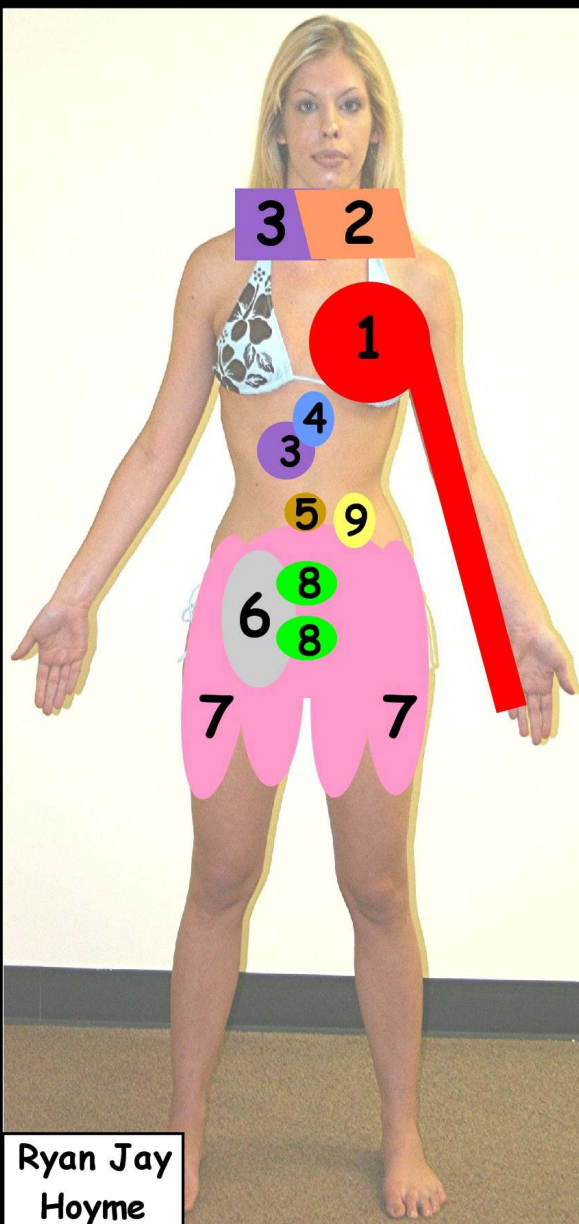
**MASSAGENERD.COM**

**Presents**

# **Pain Charts**

# Possible Visceral Pain Referrals

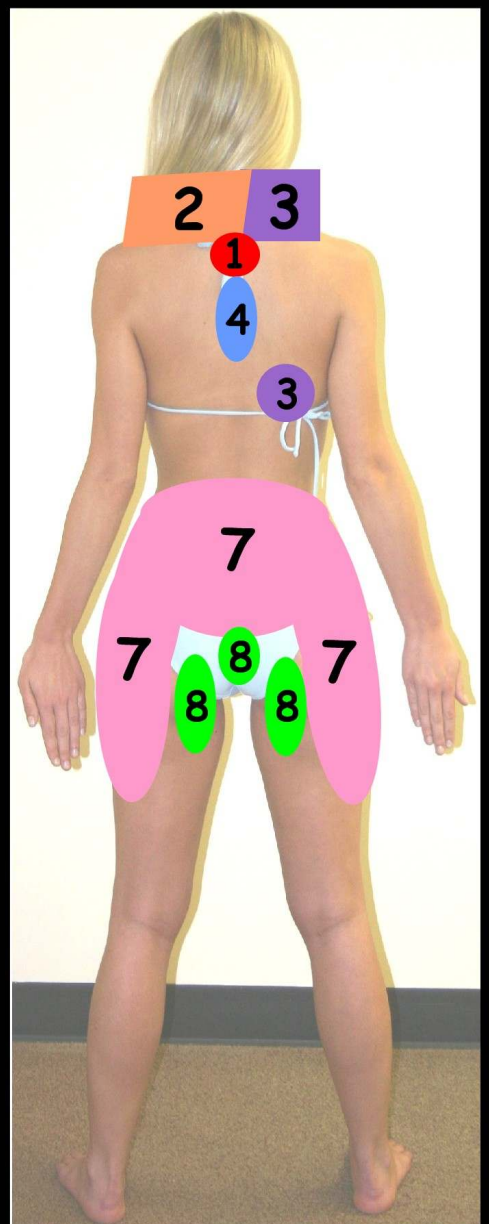
1. Heart
2. Lung & Diaphragm
3. Liver & Gallbladder
4. Stomach & Pancreas
5. Small Intestine
6. Colon & Appendix
7. Kidney
8. Urinary Bladder
9. Ovary



Ryan Jay  
Hoyme

\*The diagrams indicate cutaneous areas to which visceral pains may be referred.

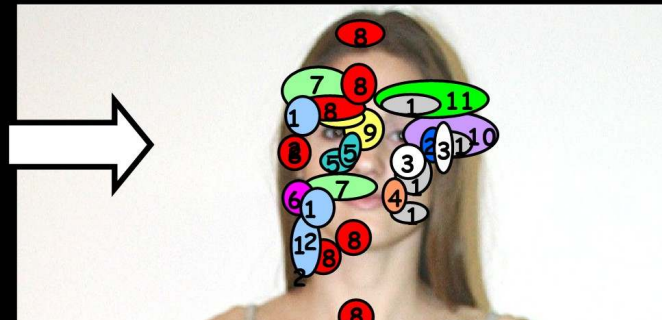
\*The therapist encountering pain in these areas needs to refer the client for diagnosis to rule out visceral dysfunction.



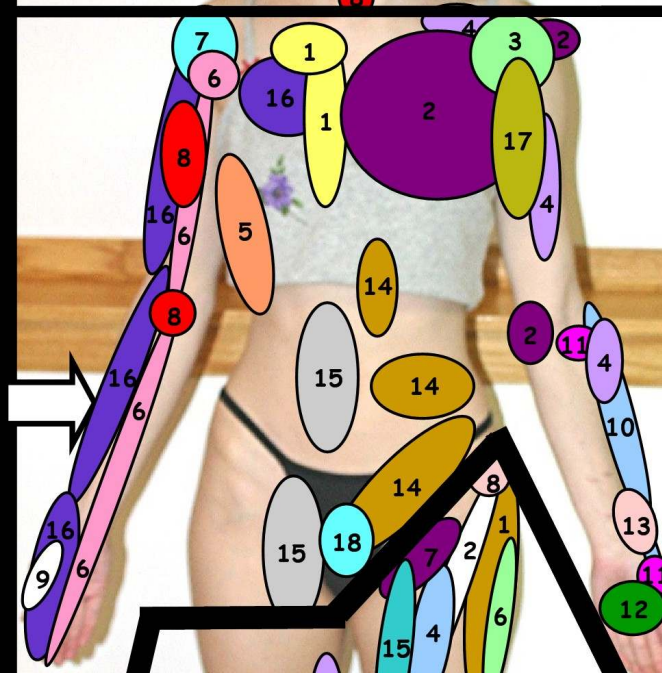
# TrP Chart "Referrals"

\*The TrP referrals are the same on both sides.  
\*These are typical referrals (They can be different).

1. Masseter
2. Medial pterygoid
3. Lateral pterygoid
4. Buccinator
5. Zygomaticus
6. Digastric
7. Temporalis
8. Sternocleidomastoid
9. Obicularis oculi
10. Suboccipitals
11. Semispinalis capitis
12. Trapezius

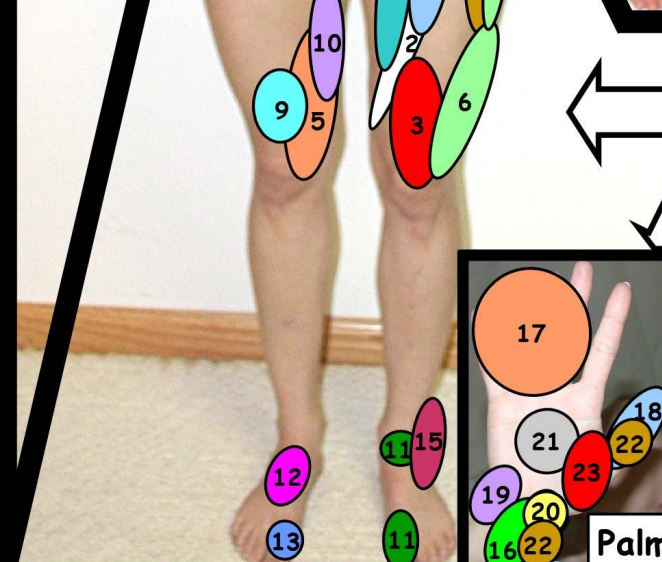


1. Sternalis
2. Pectoralis major
3. Pectoralis minor
4. Subclavius
5. Serratus anterior
6. Coracobrachialis
7. Deltoids
8. Biceps brachii
9. Brachialis
10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres / Pronator quadratus
14. Abdominals
15. Psoas / Iliacus
16. Scalenes
17. Infraspinatus
18. Adductor magnus



1. Tensor fasciae latae
2. Sartorius
3. Rectus femoris
4. Vastus intermedius
5. Vastus medialis
6. Vastus lateralis
7. Pectineus
8. Adductor brevis
9. Adductor longus
10. Gracilis
11. Tibialis anterior
12. Extensor digitorum
13. Extensor hallucis
14. Peroneus longus / Peroneus brevis / Peroneus tertius
15. Adductor magnus

16. Pronator teres / Pronator quadratus
17. Flexor digitorum
18. Flexor pollicis longus
19. Flexor carpi ulnaris
20. Flexor carpi radialis
21. Palmaris longus
22. Opponens pollicis
23. Adductor pollicis



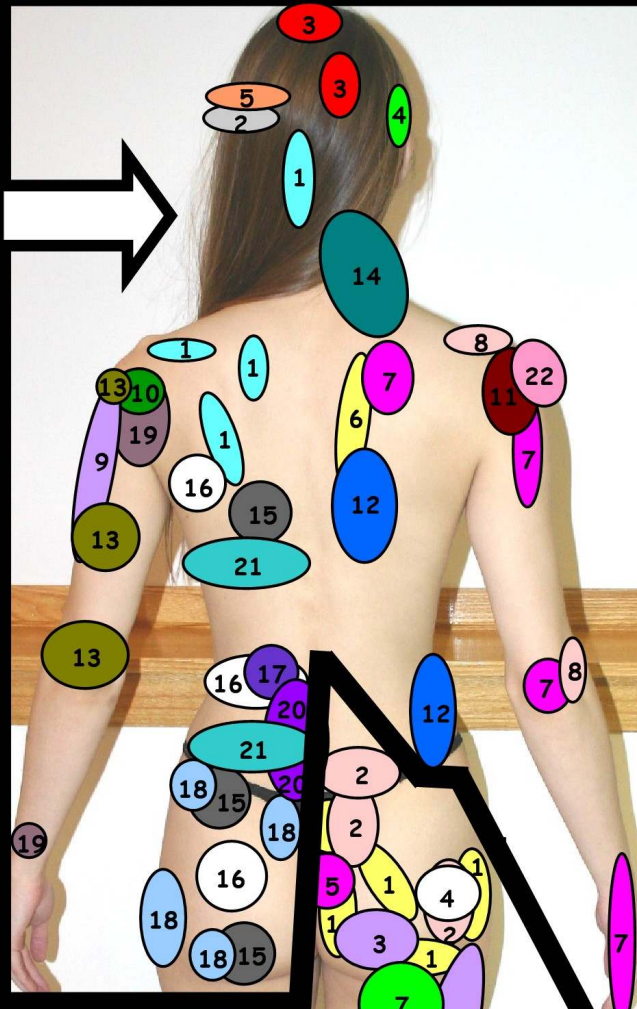
Ryan Jay Hoyme

Palm

# TrP Chart "Referrals"

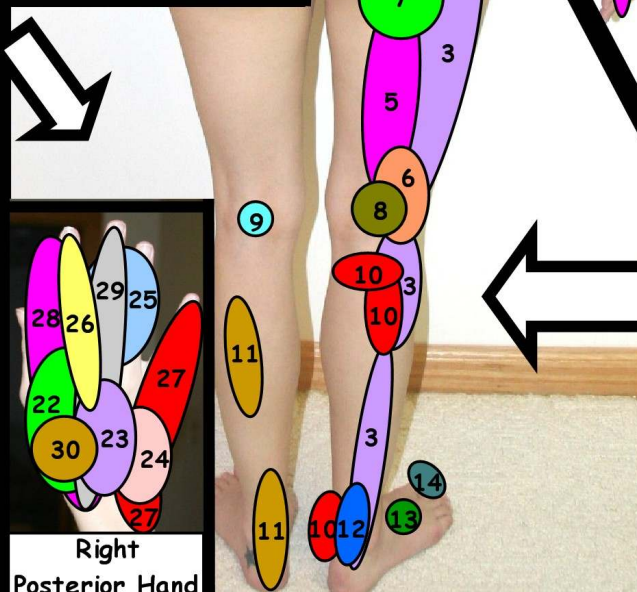
**\*The TrP referrals are the same on both sides.  
\*These are typical referrals (They can be different).**

1. Trapezius
2. Suboccipitals
3. Splenius capitis
4. Splenius cervicis
5. Semispinalis capitis
6. Rhomboids
7. Serratus posterior superior
8. Supraspinatus
9. Infraspinatus
10. Teres minor
11. Teres major
12. Latissimus dorsi
13. Triceps
14. Levator scapulae
15. Longissimus
16. Iliocostalis
17. Serratus posterior inferior
18. Quadratus lumborum
19. Subscapularis
20. Psoas
21. Abdominals
22. Deltoids (post)



1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Adductor magnus
6. Biceps femoris
7. Semitendinosus / Semimembranosus
8. Popliteus
9. Plantaris
10. Gastrocnemius
11. Soleus
12. Tibialis posterior
13. Flexor digitorum longus
14. Flexor hallucis longus

22. Extensor carpi radialis longus
23. Extensor carpi radialis brevis
24. Extensor carpi ulnaris
25. Extensor digitorum
26. Extensor indicis
27. Serratus posterior superior
28. Scalene
29. Coracobrachialis
30. Supinator / Brachioradialis



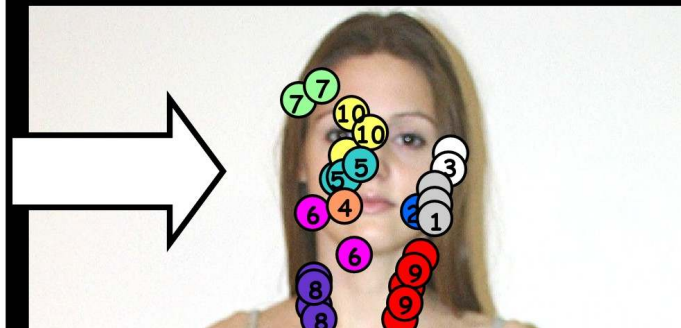
Right  
Posterior Hand

**Ryan Jay Hoyme**

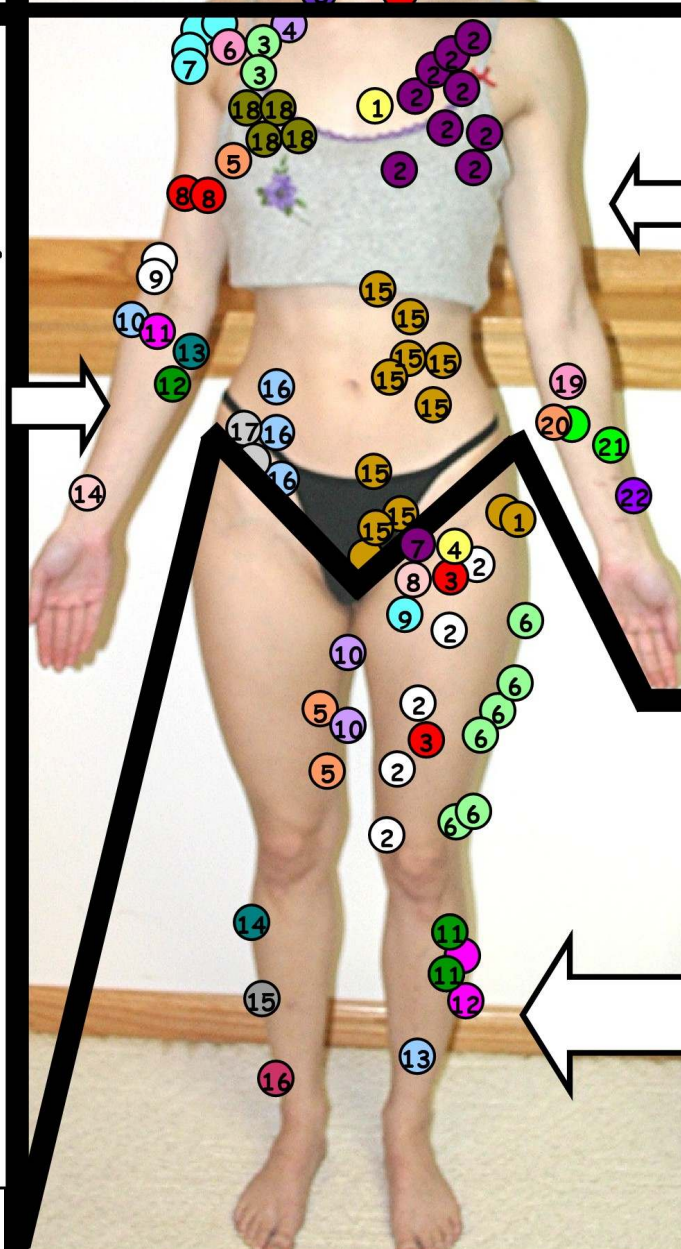
# TrP Chart "Locations"

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7. Temporalis
8. Scalenes
9. Sternocleidomastoid
10. Obicularis oculi



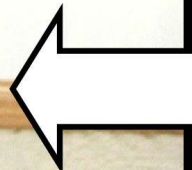
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4. Subclavius
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10. Brachioradialis
11. Supinator
12. Palmaris longus
13. Pronator teres
14. Pronator quadratus
15. Abdominals
16. Psoas
17. Iliacus
18. Subscapularis



19. Flexor carpi radialis
20. Flexor carpi ulnaris
21. Flexor digitorum
22. Flexor pollicis longus



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12. Extensor digitorum
13. Extensor hallucis
14. Peroneus longus
15. Peroneus brevis
16. Peroneus tertius

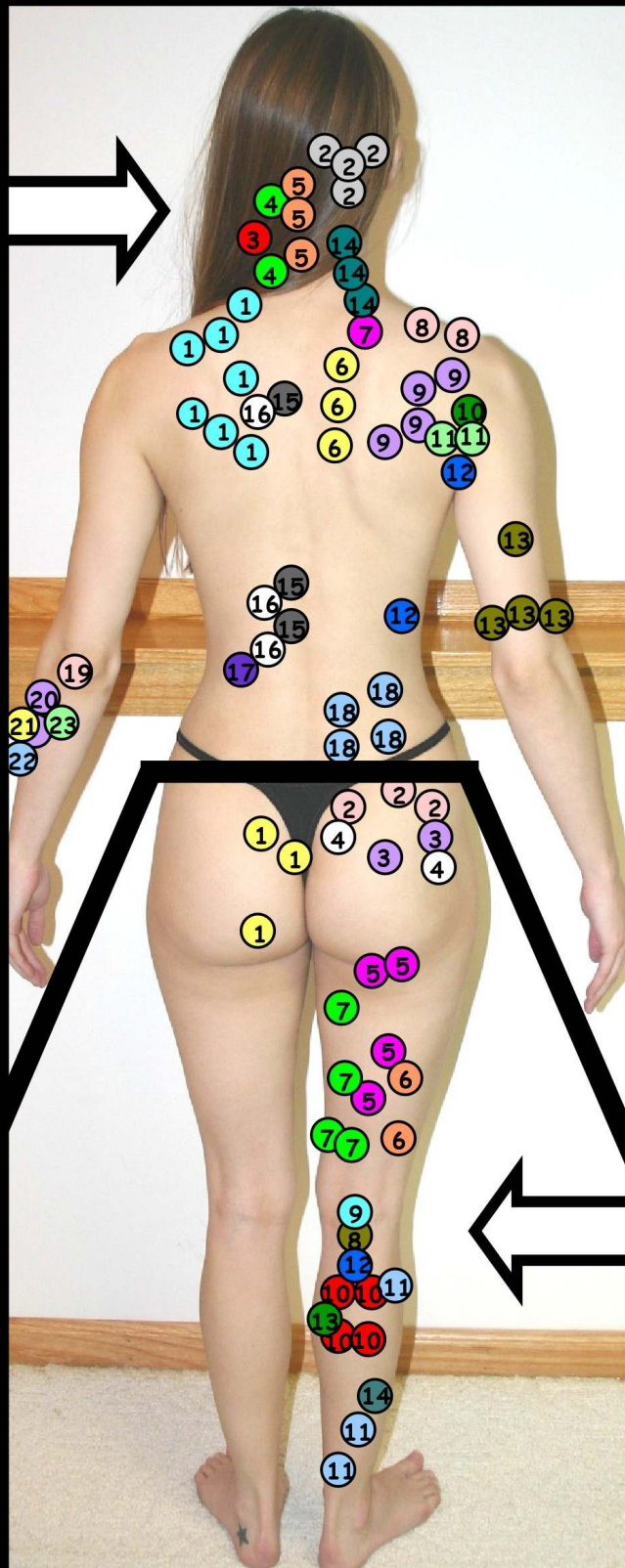


Ryan Jay Hoyme

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15. Longissimus
16. Iliocostalis
17. Serratus posterior inferior
18. Quadratus lumborum
19. Anconeus
20. Extensor digitorum
21. Extensor carpi radialis longus
22. Extensor carpi radialis brevis
23. Extensor carpi ulnaris

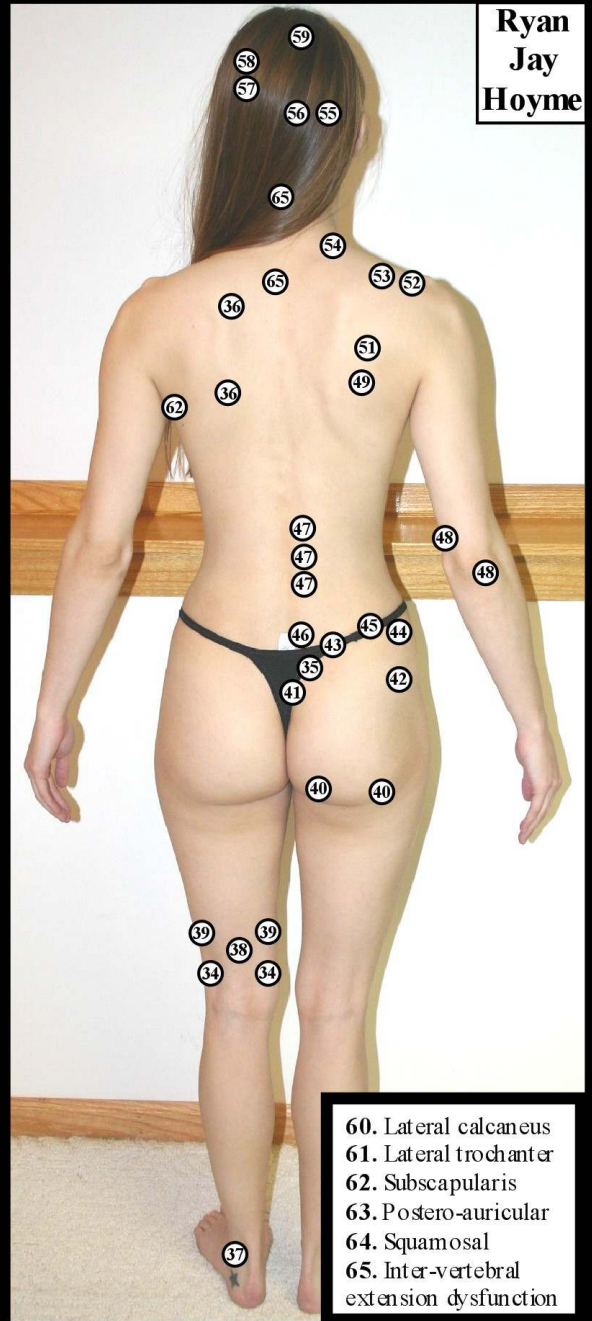
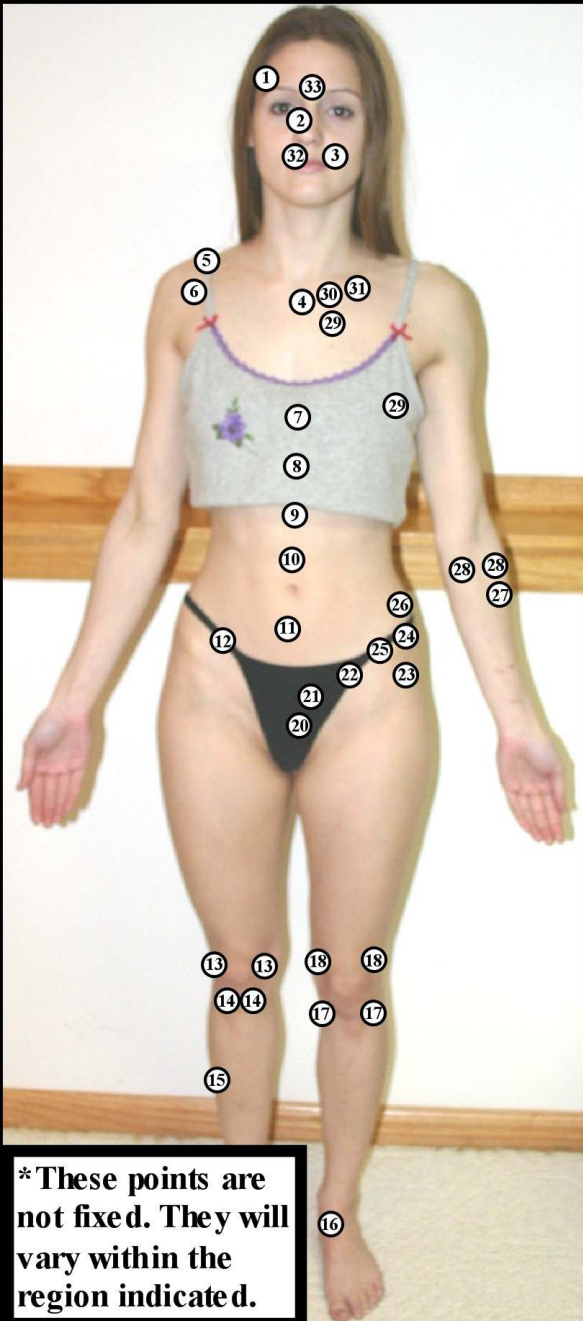


1. Gluteus maximus
2. Gluteus medius
3. Gluteus minimus
4. Piriformis
5. Adductor magnus
6. Biceps femoris
7. Semitendinosus / Semimembranosus
8. Popliteus
9. Plantaris
10. Gastrocnemius
11. Soleus
12. Tibialis posterior
13. Flexor digitorum longus
14. Flexor hallucis longus

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# Strain-Counterstrain (Tender Point) Technique

Ryan  
Jay  
Hoyme



**\*These points are not fixed. They will vary within the region indicated.**

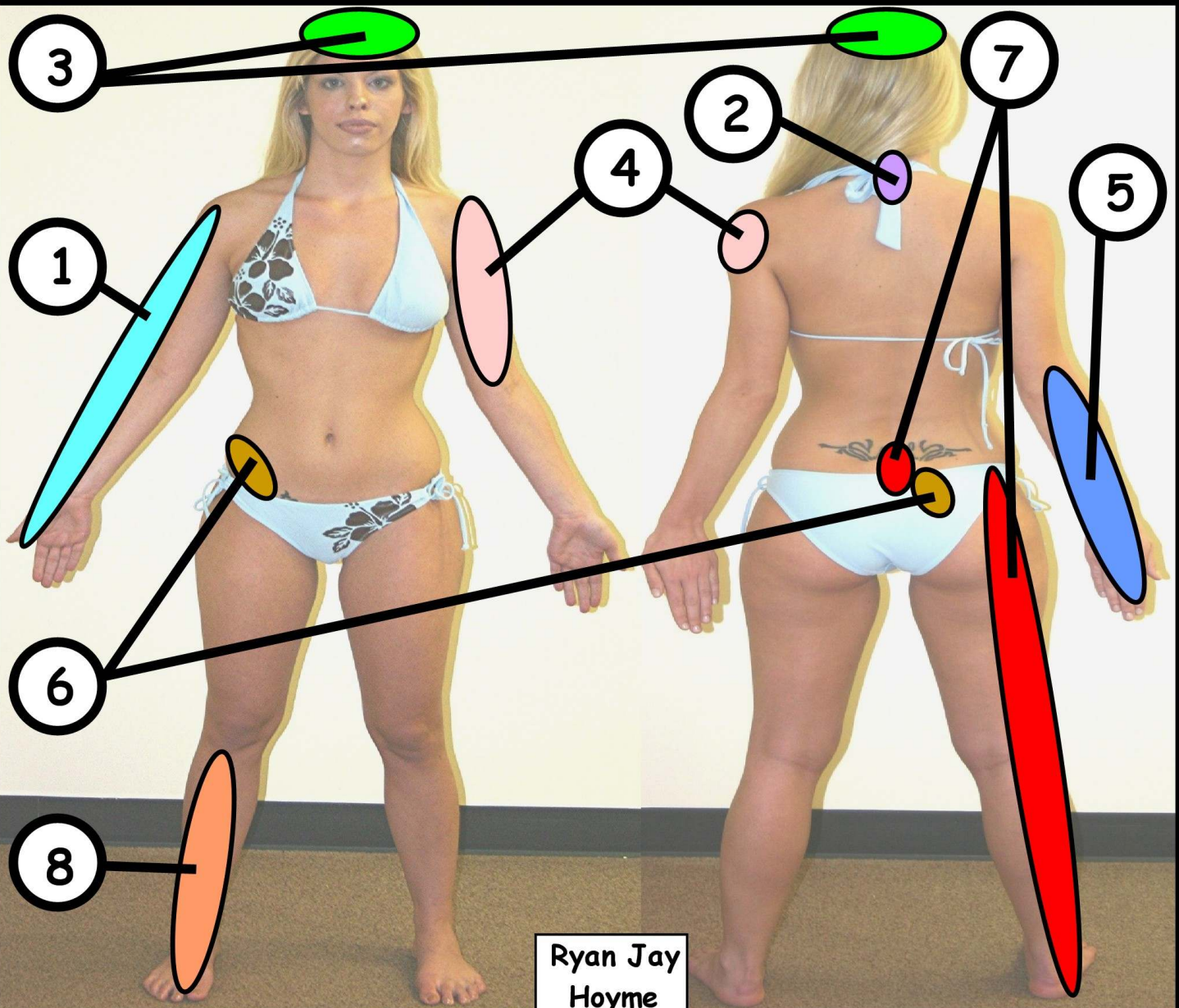
60. Lateral calcaneus  
61. Lateral trochanter  
62. Subscapularis  
63. Postero-auricular  
64. Squamosal  
65. Inter-vertebral extension dysfunction

- |   |                                    |  |   |
|---|------------------------------------|--|---|
| 1. Squamosal                                      | 15. Tibialis anticus, medial ankle | 30. Anterior 8th cervical              | 45. 3rd lumbar                            |
| 2. Nasal  | 16. Flexion strain of ankle        | 31. Anterior 7th cervical              | 46. Upper pole 5th lumbar                 |
| 3. Masseter-temporo-mandibular                    | 17. Medial & lateral hamstrings    | 32. Infra-orbital nerve                | 47. Upper lumbar                          |
| 4. Anterior 1st thoracic                          | 18. Medial & lateral patella       | 33. Supra-orbital nerve                | 48. Medial & lateral olecranon            |
| 5. Anterior acromio-clavicular                    | 19. Thumb & fingers                | 34. Extension strain of ankle          | 49. 3rd thoracic & shoulder strain        |
| 6. Latissimus dorsi                               | 20. Low ilium, flare out           | 35. High flare of ankle                | 50. Lateral 2nd thoracic; shoulder strain |
| 7. Anterior 7th thoracic                          | 21. Anterior 5th lumbar            | 36. Elevated upper ribs                | 51. Medial 2nd thoracic; shoulder         |
| 8. Anterior 8th thoracic                          | 22. Low ilium                      | 37. Lateral ankle strain               | 52. Posterior acromio-clavicular          |
| 9. Anterior 9th thoracic                          | 23. Anterior lateral trochanter    | 38. Posterior cruciate ligament strain | 53. Supraspinatus                         |
| 10. Anterior 10th thoracic                        | 24. Anterior 1st lumbar            | 39. Anterior cruciate ligament strain  | 54. Elevated 1st rib                      |
| 11. Anterior 11th thoracic                        | 25. Iliacus                        | 40. Posterior medial trochanter        | 55. Posterior 1st cervical                |
| 12. Anterior 2nd lumbar                           | 26. Anterior 12th thoracic         | 41. Coccyx or sacro-iliac              | 56. Inion                                 |
| 13. Medial & lateral meniscus                     | 27. Radial head                    | 42. Posterior lateral trochanter       | 57. Left occipito-mastoid                 |
| 14. Medial & lateral extension strain of meniscus | 28. Medial & lateral coronoid      | 43. Lower pole 5th lumbar              | 58. Sphenobasilar                         |
|   | 29. Depressed upper ribs           | 44. 4th lumbar                         | 59. Right lambdoid                        |

Ryan  
Hoyme

# Possible Non-muscular Pain Patterns

1. C6 Radiculopathy
2. Facet Vertebral
3. Head Pain
4. Shoulder Impingement Conditions
5. Forearm and Hand Conditions
6. Sacroiliac Joint
7. S1 Radiculopathy
8. Diabetic Neuropathy





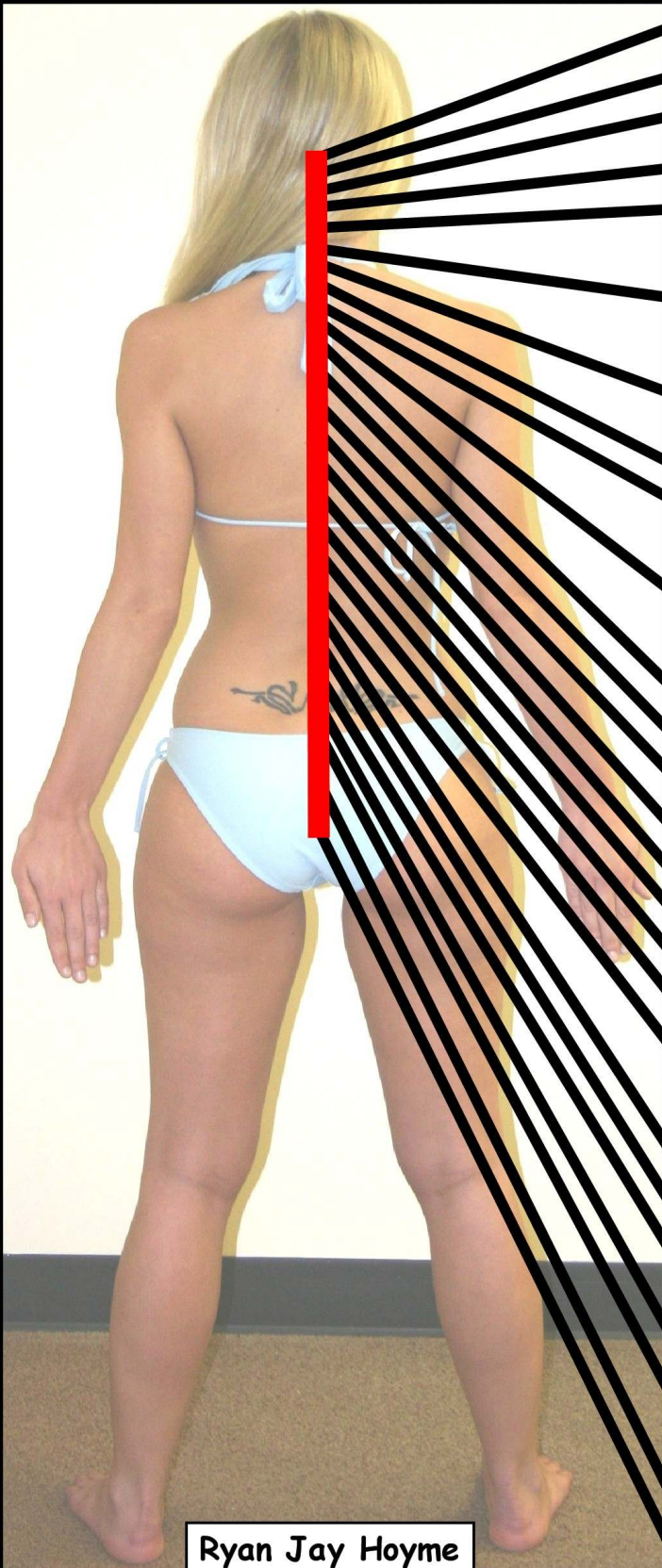
# Pain Chart

○ Trigger Point ● Tender Point △ Pain × Inflamed ☆ Referred Pain  
■ Hypertonic + Improved ↓ ROM ↑ ROM



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# Nerve Pain Referred



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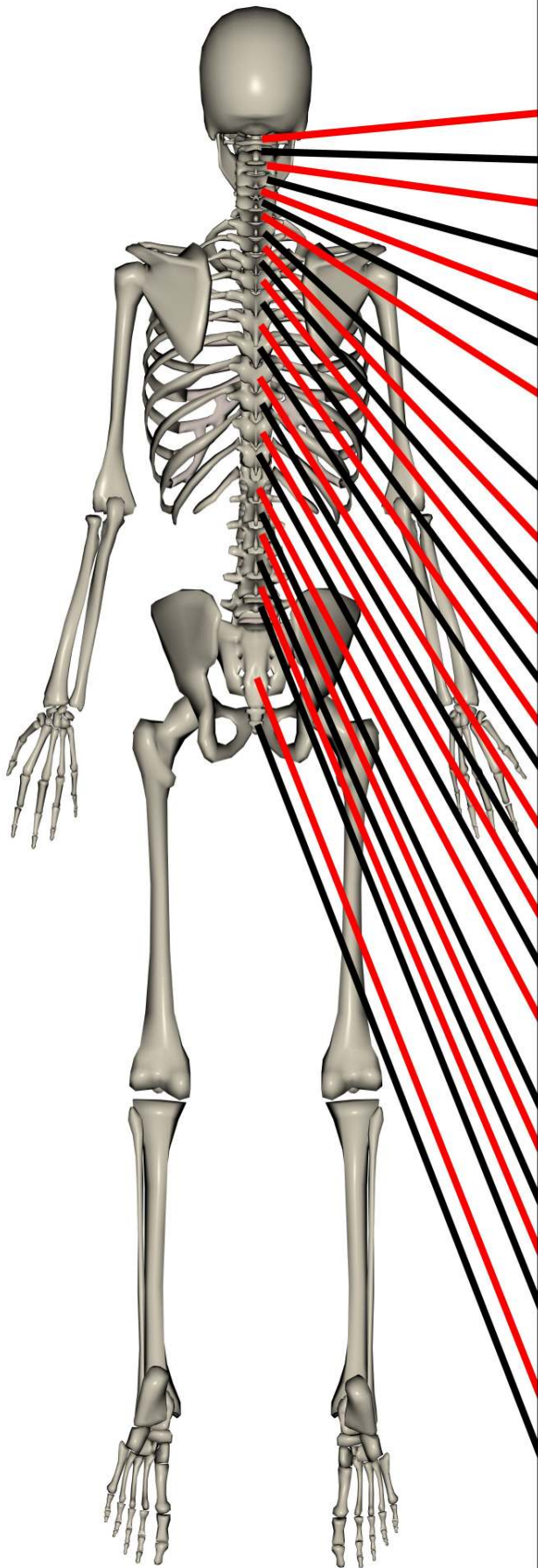
- C1** - Back of head
  - C2** - Various areas of the head
  - C3** - Side and front of neck
  - C4** - Upper back of neck
  - C5** - Middle of neck and upper part of arms
  - C6** - Lower part of neck, arms, and elbow
  - C7** - Lower part of arm and shoulder
- 

- T1** - Hand, wrist, Fingers, and thyroid
  - T2** - Heart, heart valves and coronary arteries
  - T3** - Lungs, bronchial tubes, pleura, and chest
  - T4** - Gall bladder and common duct
  - T5** - Liver and solar plexus
  - T6** - Stomach and mid-back area
  - T7** - Pancreas and duodenum
  - T8** - Spleen and lower mid-back
  - T9** - Adrenal glands
  - T10** - Kidneys
  - T11** - Ureters
  - T12** - Small intestine and upper/lower back
- 

- L1** - Iliocecal valve and large intestine
  - L2** - Appendix, abdomen and upper leg
  - L3** - Sex organs, uterus, bladder, and knees
  - L4** - Prostate gland and lower back
  - L5** - Sciatic nerve, lower legs, ankles, and feet
- 

- Sacrum** - Hipbones and buttocks
- Coccyx** - Rectum and anus

# Nerve Pain Referred



C1 - Back of head

C2 - Various areas of the head

C3 - Side and front of neck

C4 - Upper back of neck

C5 - Middle of neck and upper part of arms

C6 - Lower part of neck, arms, and elbow

C7 - Lower part of arm and shoulder

T1 - Hand, wrist, Fingers, and thyroid

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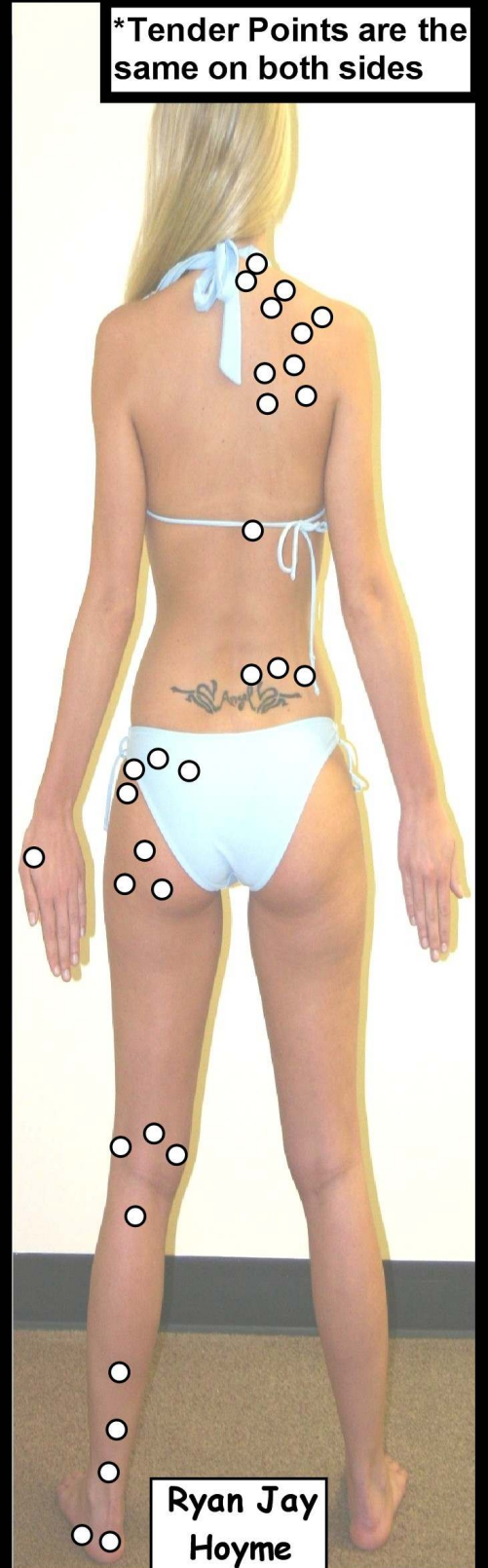
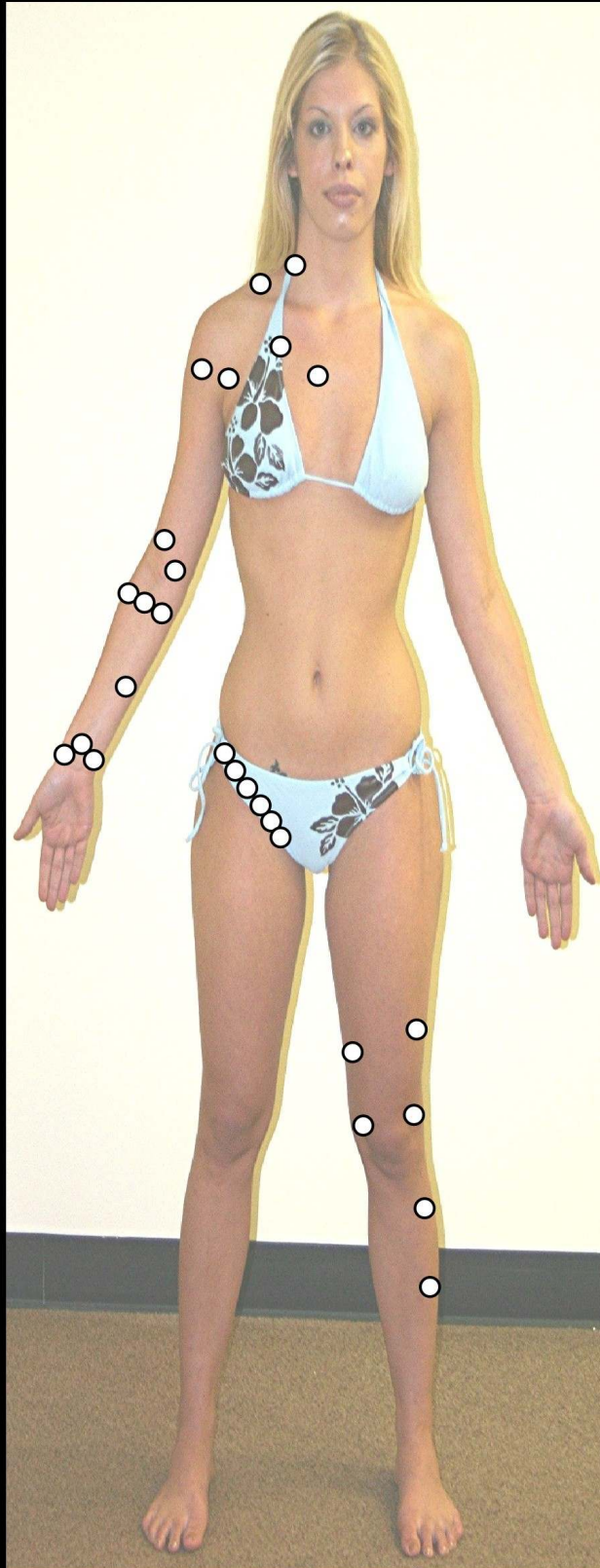
L4 - Prostate gland and lower back

L5 - Sciatic nerve, lower legs, ankles, and feet

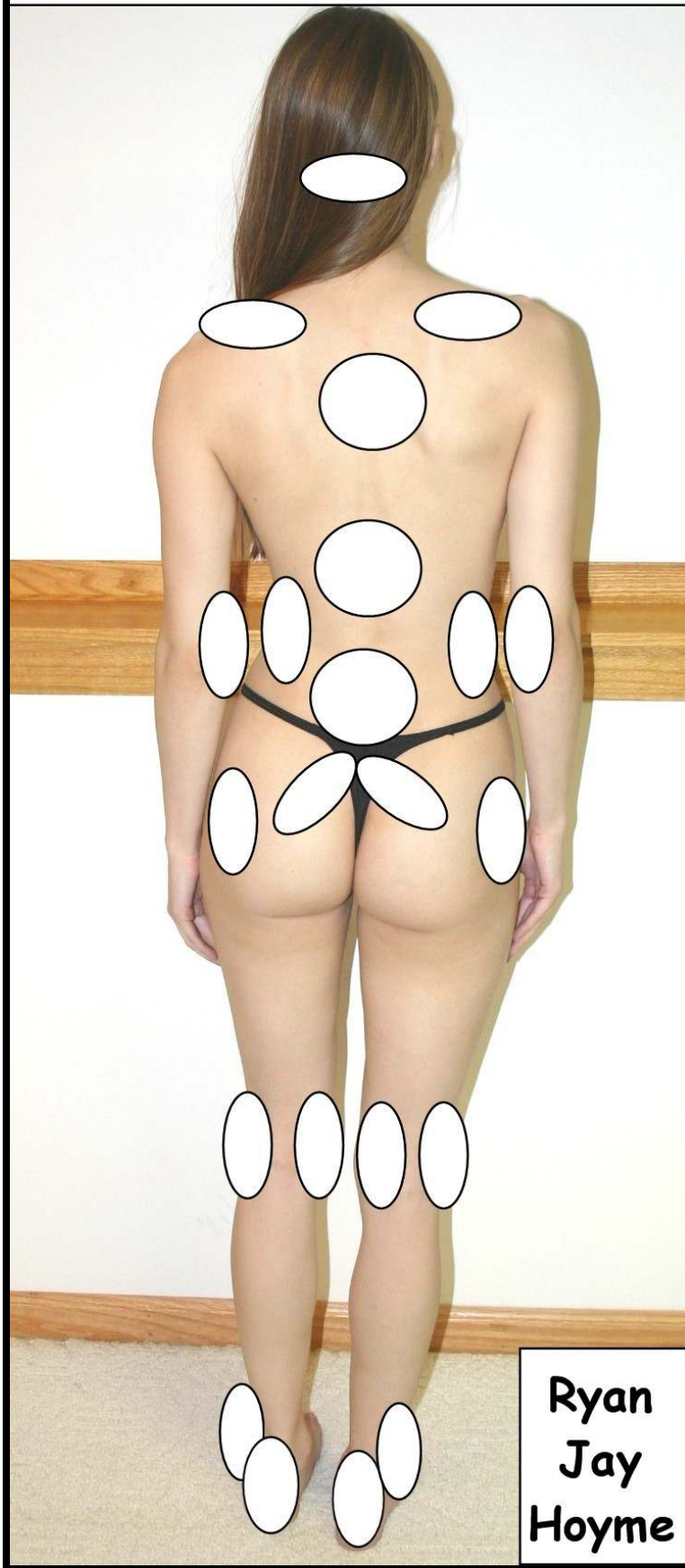
Sacrum - Hipbones and buttocks

Coccyx - Rectum and anus

# Major Tender Points

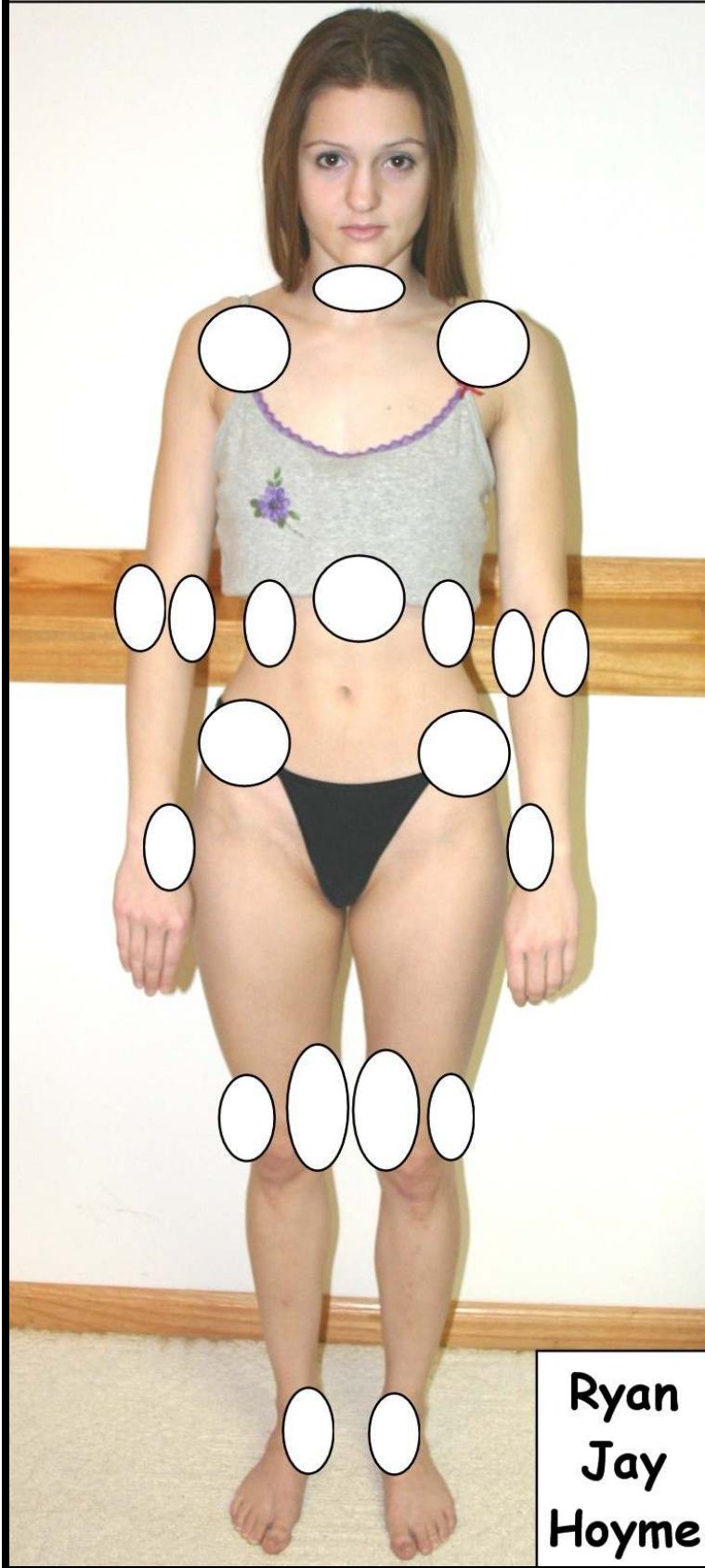


# Magic Spots

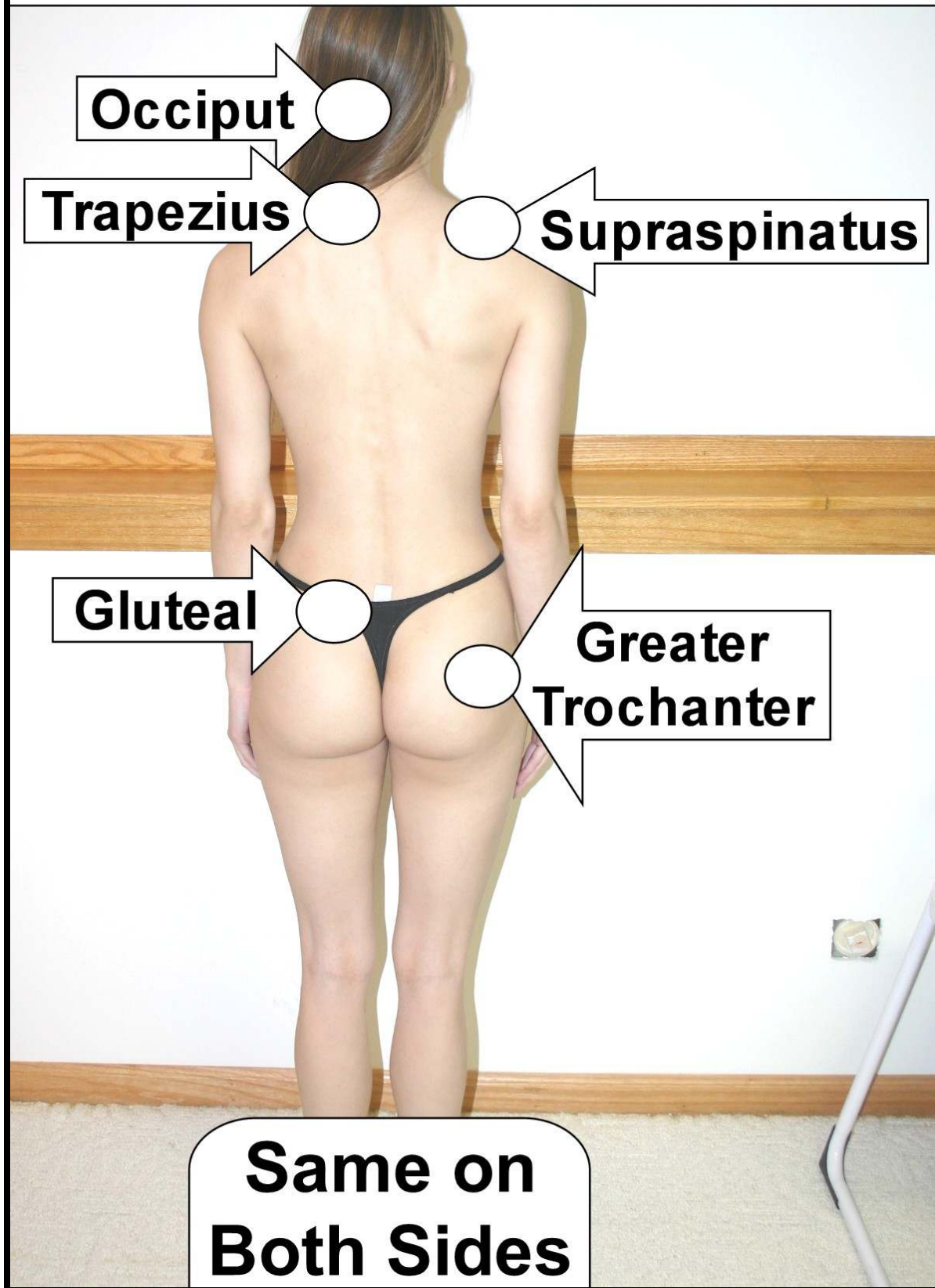


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Jay  
Hoyme

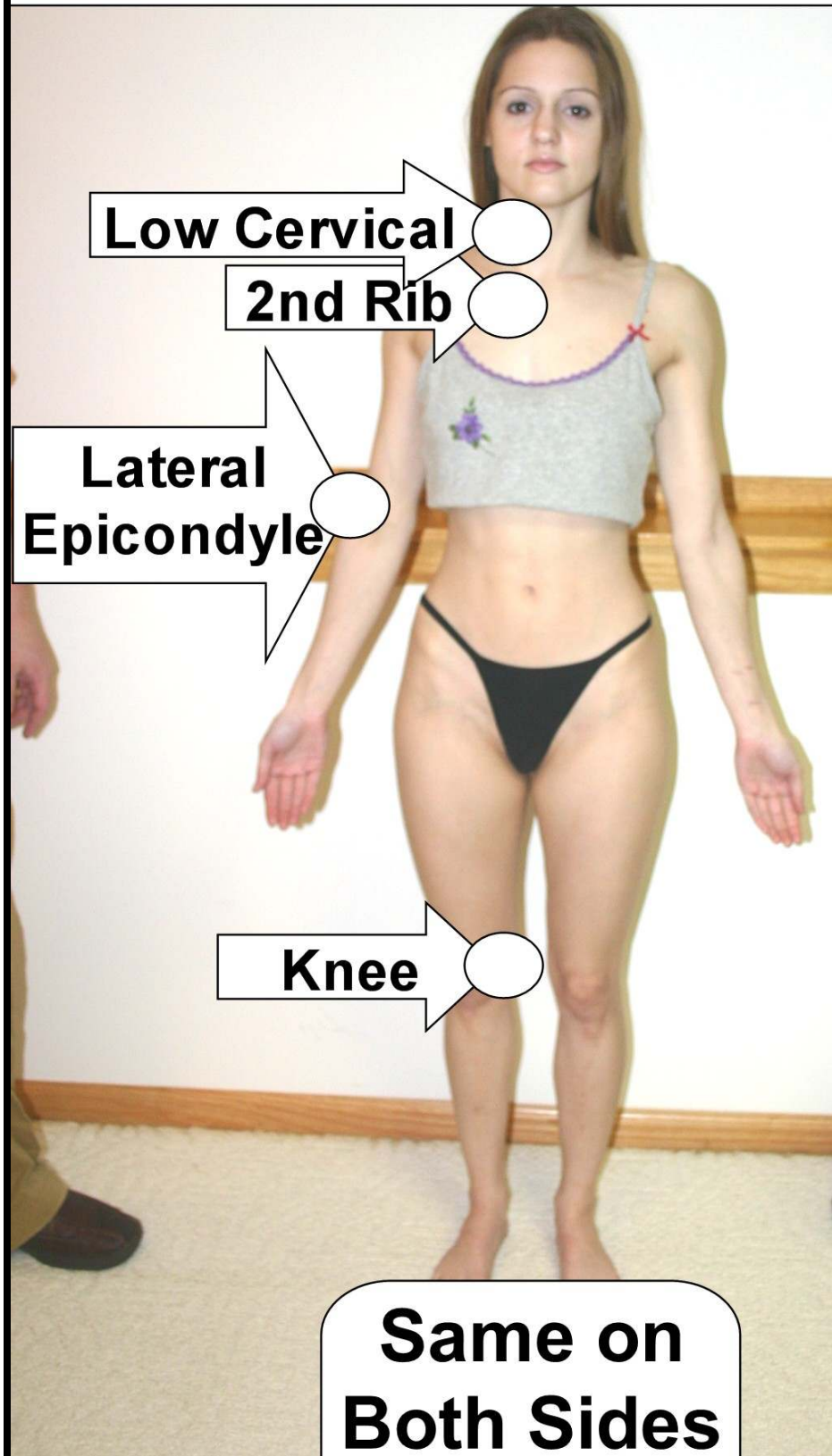
# Magic Spots



# Fibromyalgia Tender Points

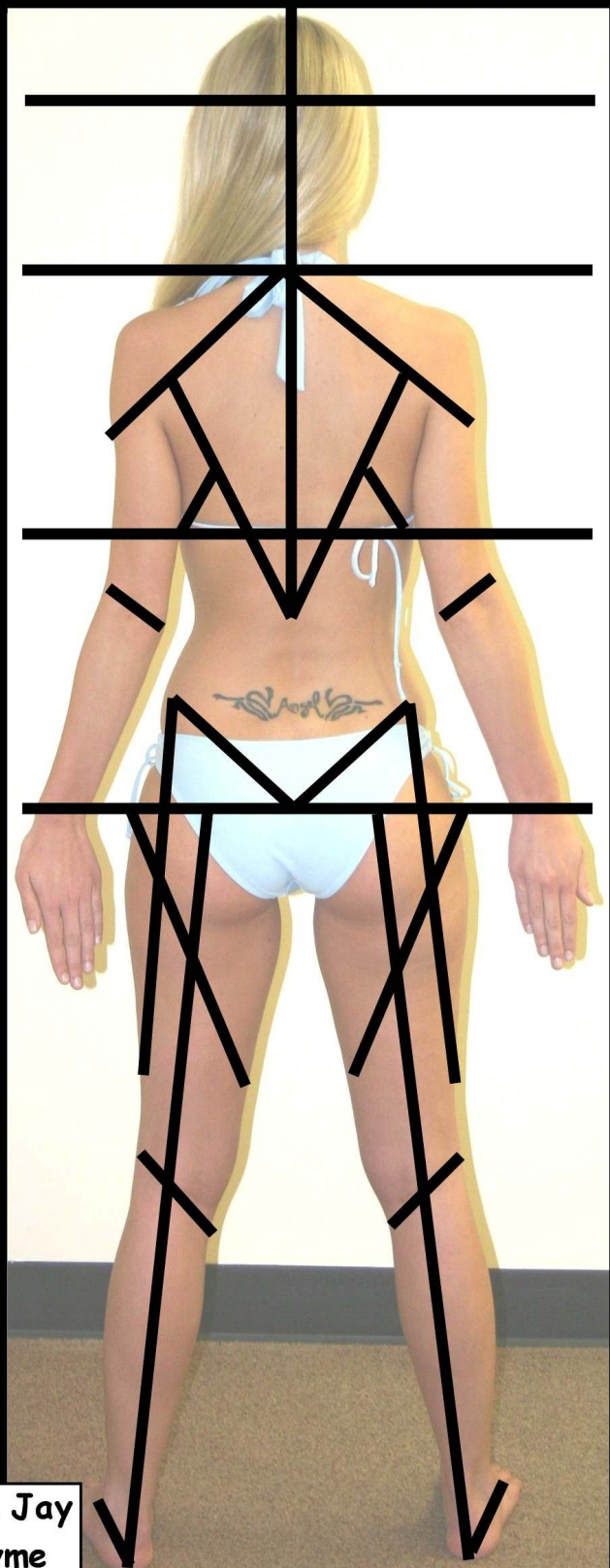
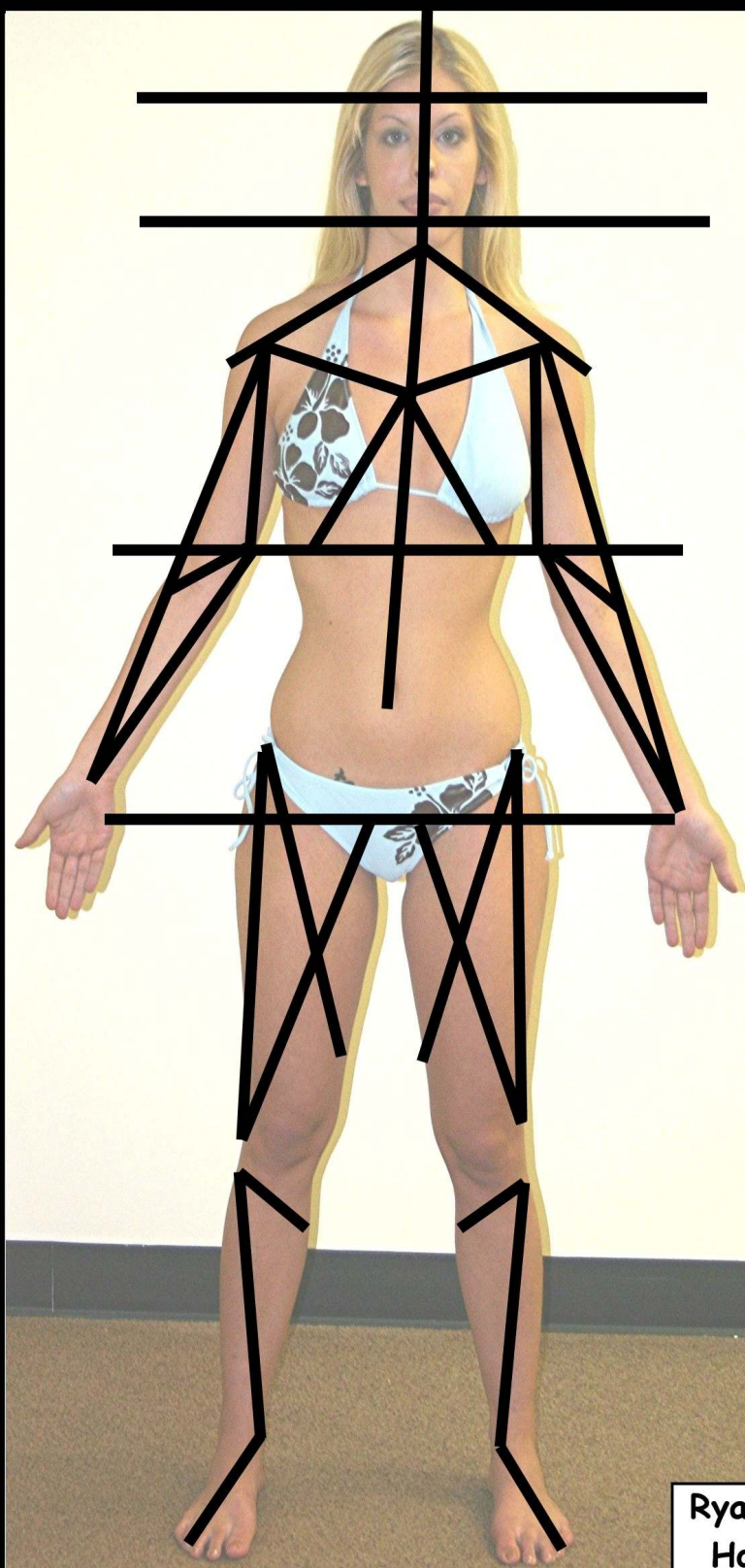


# Fibromyalgia Tender Points





# Fascial Sheaths



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# Each Layer

SKIN

FASCIA

MUSCLE

FASCIA

MUSCLE

FASCIA

BONE

FASCIA

MUSCLE

FASCIA

SKIN

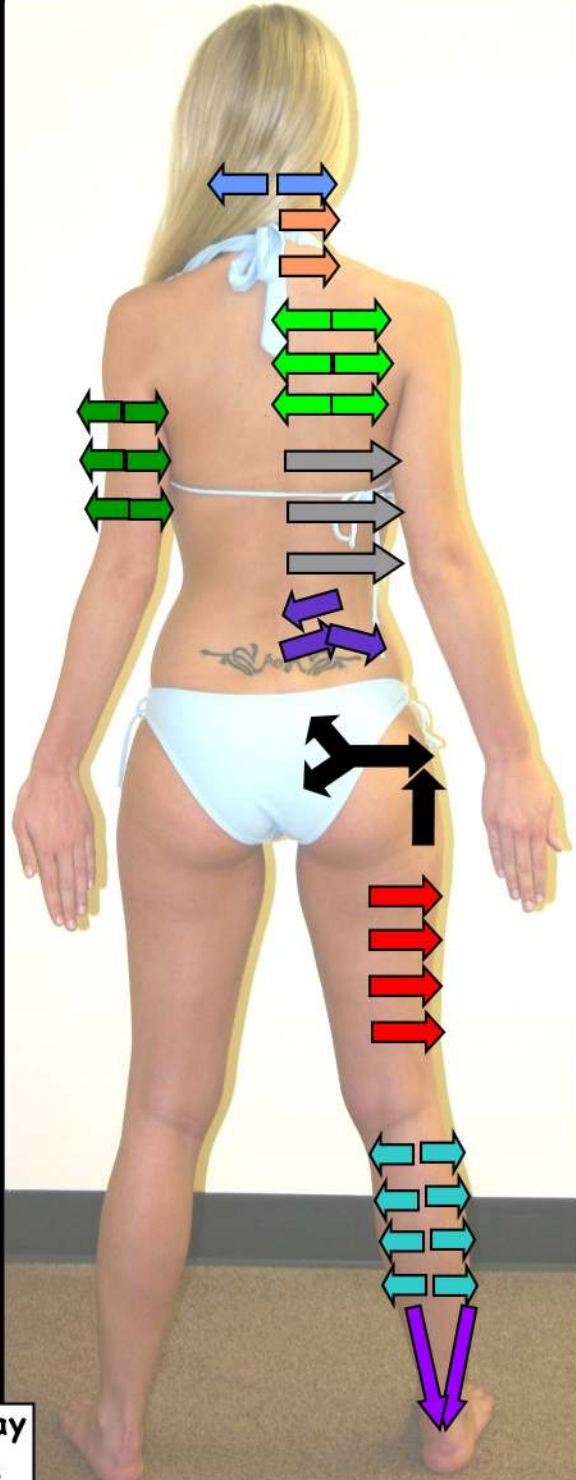
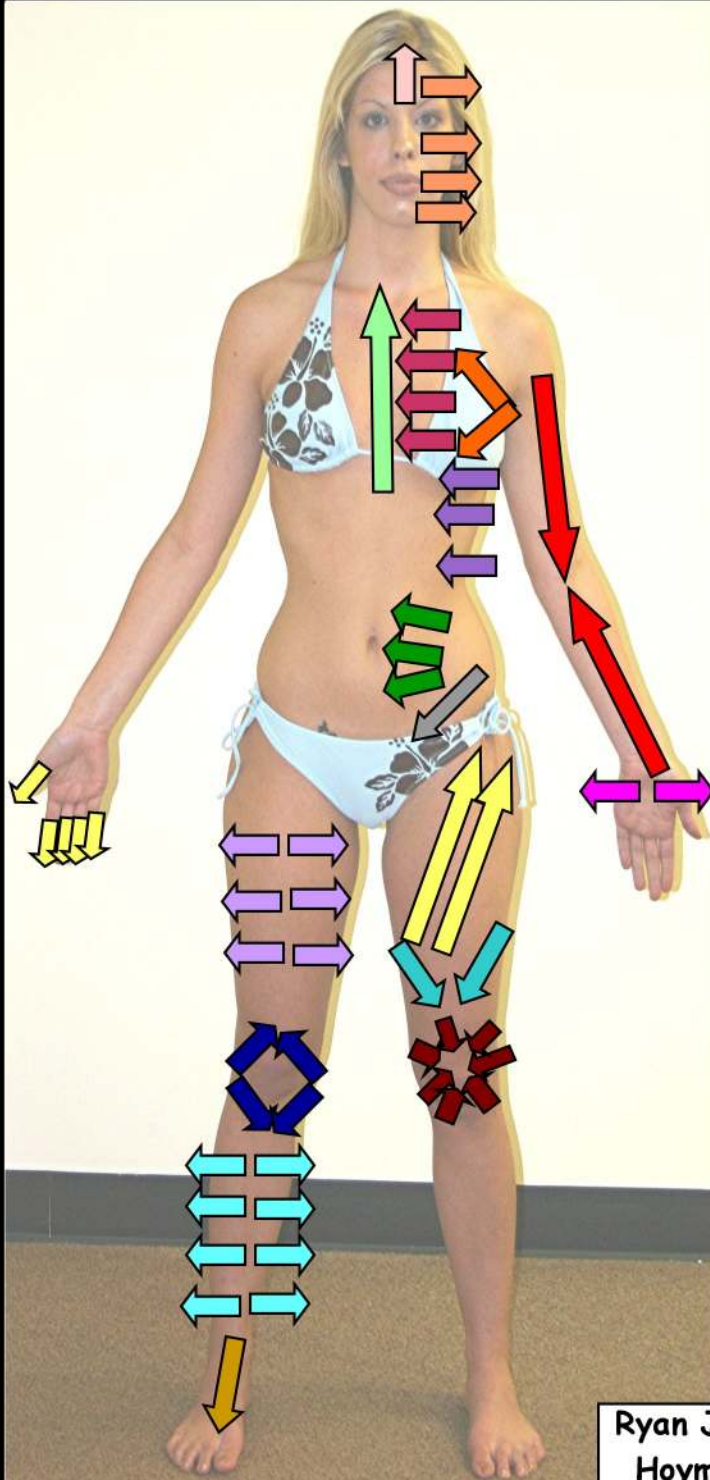
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# Match Connective Tissue Massage



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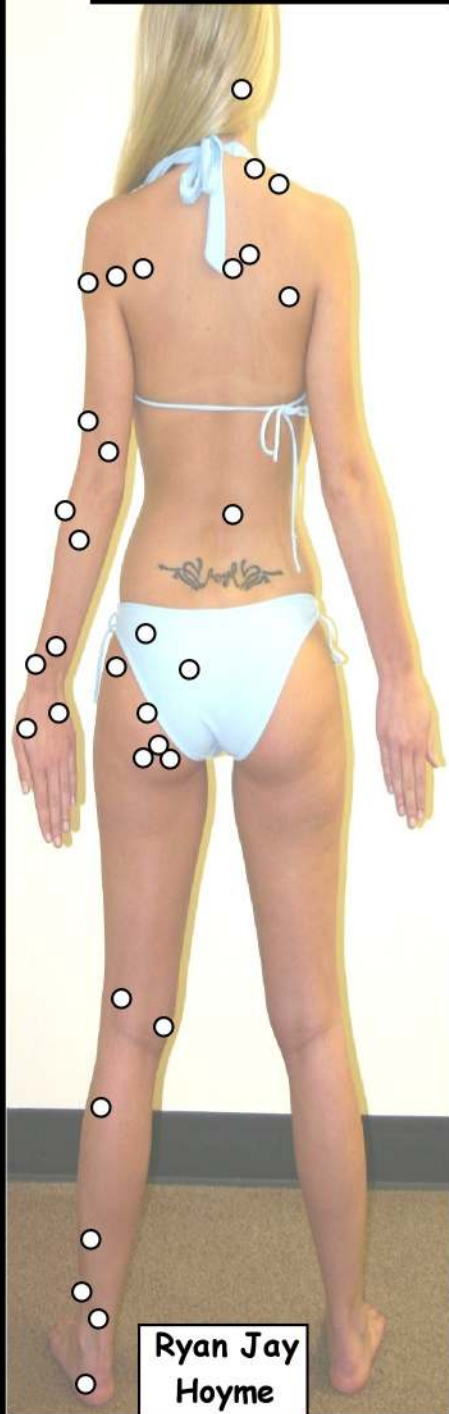
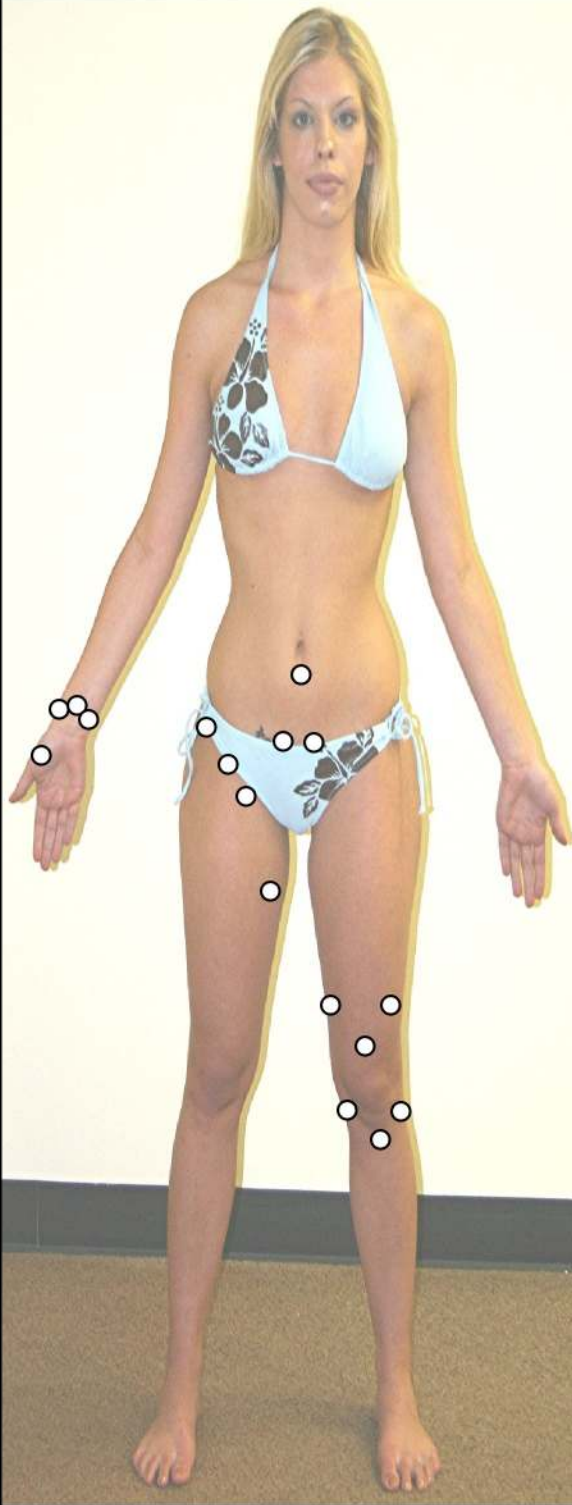
# Connective Tissue Massage



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# Common Stress Points

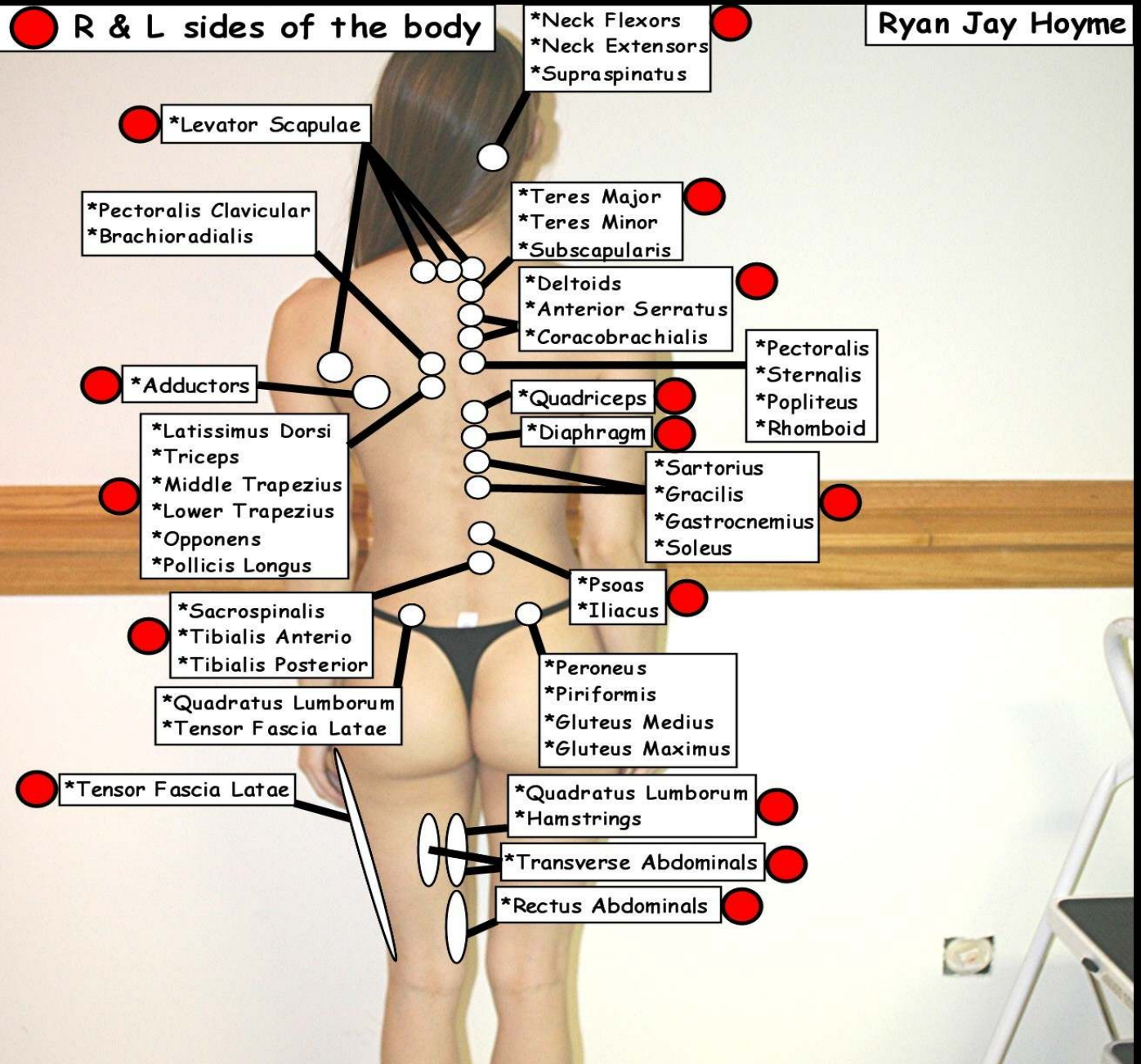
\*Stress Points are the same on both sides



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# Neurolymphatic Reflex Areas

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\*Lymph movement is increased in the muscles and organs by stimulation of neurolymphatic reflexes located primarily on the front and back of the trunk and on the medial and lateral aspects of the thigh.

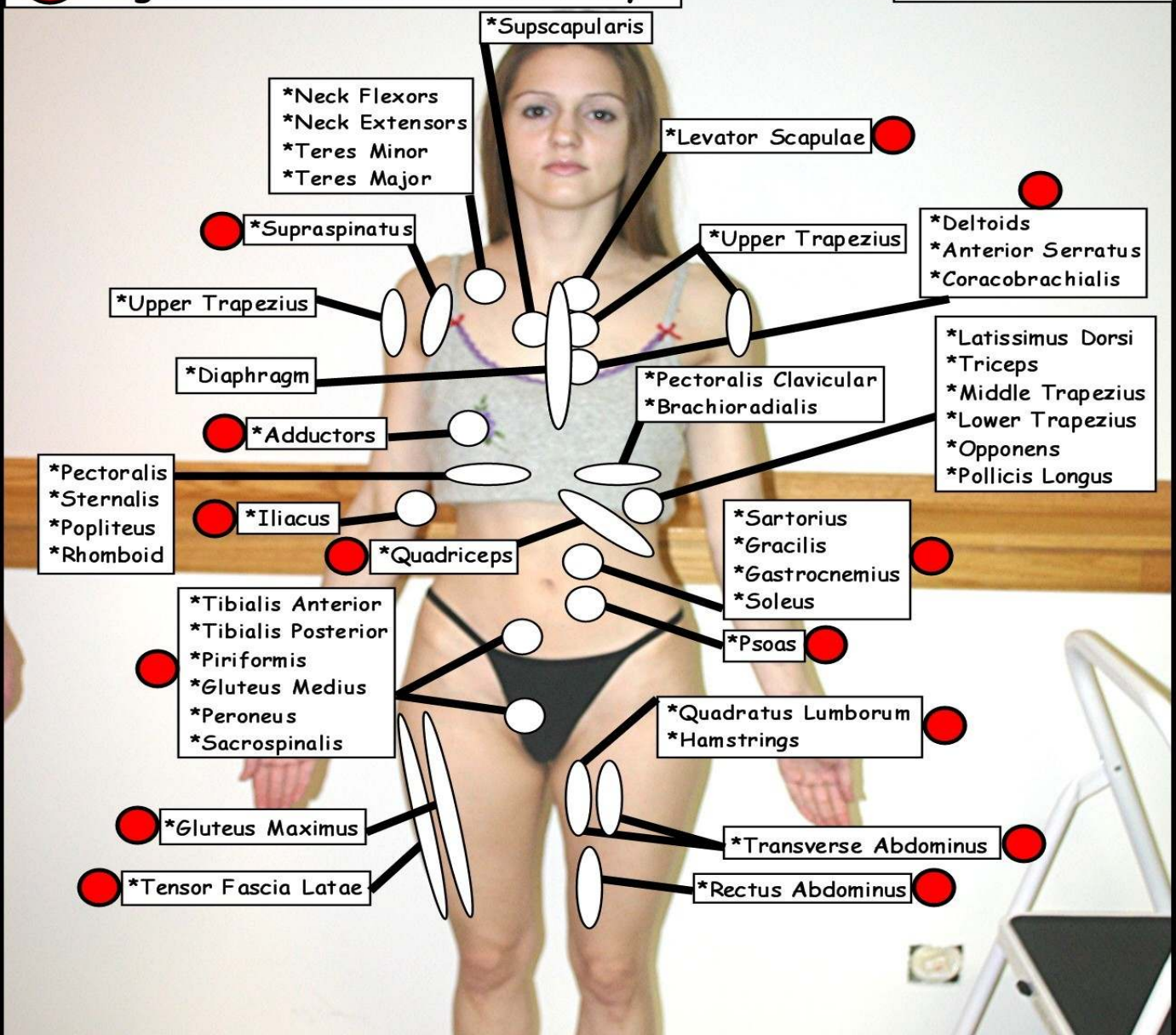
\*Affected points may be massaged with strong, deep friction massage for 20-30 seconds.

\*These points may be quite tender and more evident on the front of the body.

# Neurolymphatic Reflex Areas

● Right & Left sides of the body

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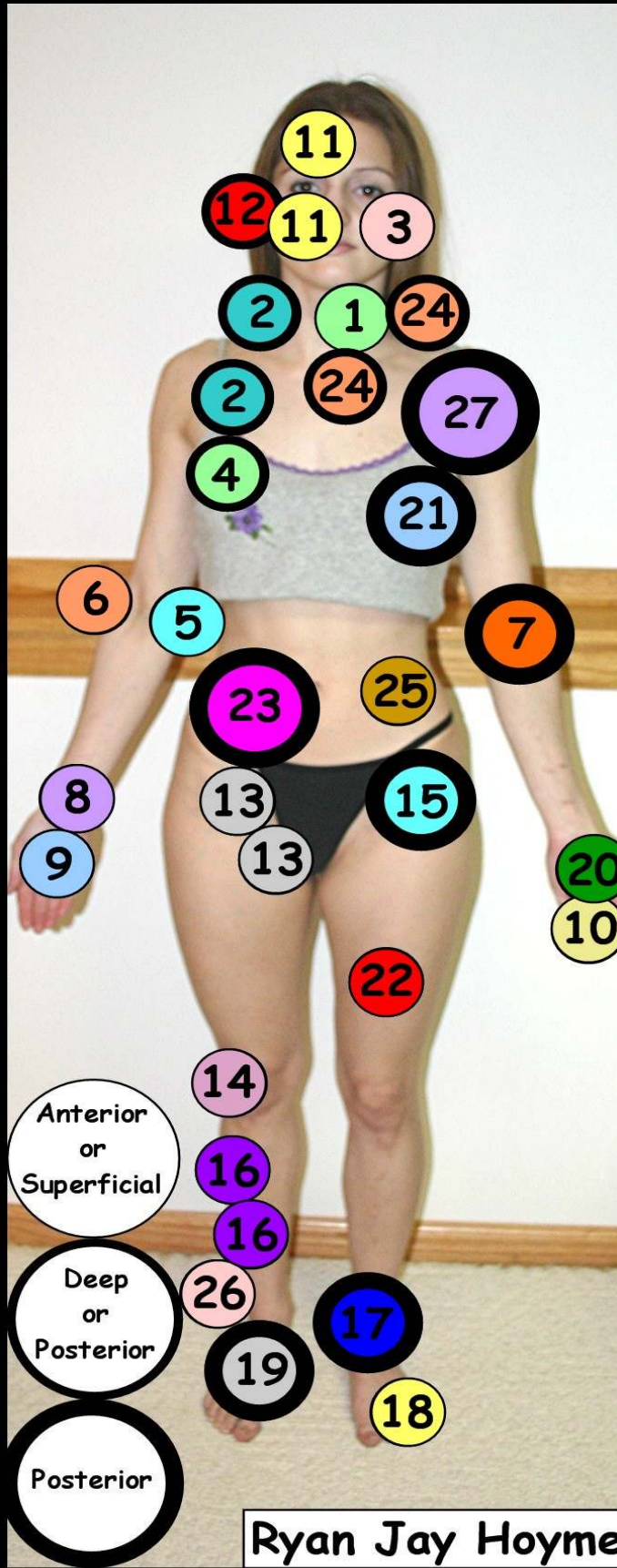
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\*Affected points may be massaged with strong, deep friction massage for 20-30 seconds.

\*These points may be quite tender and more evident on the front of the body.

# Possible Problems

1. Torticollis  
(Tight SCM & or Levator Scapula)
2. Thoracic Outlet Syndrome  
(Scalenes & or Pec Minor)
3. TMJ Syndrome  
(TMJ Joint & or Masseter)
4. Frozen Shoulder  
(Subscapularis)
5. Golfers Elbow  
(Flexor Tendonitis)
6. Tennis Elbow  
(Extensor Tendonitis)
7. Student Elbow  
(Bursitis)
8. Carpal Tunnel Syndrome  
(Median Nerve Impinged)
9. Dupuytren's contracture  
(Fascia Tightness of the Palm)
10. Trigger Finger  
(Tendonitis)
11. Sinus Problems  
(Sinus)
12. Vertigo  
(Stapedius)
13. Groin  
(Sprain or Strain)



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14. Runners Knee  
(IT Band Problems)
15. Sciatica  
(Sciatic Nerve Impinged)
16. Shin Splints  
(Tibialis Anterior)
17. Tarsal Tunnel Syndrome  
(Posterior Tibial Nerve Impinged)
18. Turf Toe  
(Sprain of the Toe)
19. Plantar Fasciitis  
(Fascia Tightness of the Plantar)
20. De Quervain's Syndrome  
(Pollicis Muscles & or Thumb Sprain)
21. Wing Back  
(Weak Serratus Anterior)
22. Dancers Knee  
(Tight Quads)
23. Lumbago  
(Tight Gluteus Medius, Psoas & or Quadratus Lumborum)
24. Breathing Problems  
(Tight Intercostals, Pecs & or Scalenes)
25. Hockey player's syndrome  
(External Oblique Tear)
26. Ankle Sprain  
(Peroneus Muscles & or Ligaments)
27. Rotator Cuff Problems  
(Any SITS Muscle)