

## STEP 1 - MAP YOUR TRIGGER POINT PAIN

Hi there,

I'm so pleased that you are have started this journey towards health and wellbeing. The first step, which we're going to start now, is to map out where you currently have trigger points.

So, using the charts on the next few pages, you're going to draw exactly where you feel pain - using a red felt tip pen or crayon.

Try to be as specific as possible. Bear in mind that later on, we'll be marking on the trigger point locations with black ink, so use a colour that you can write over later.



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**STEP ONE:** Using a red pen, draw on the person where you feel your pain

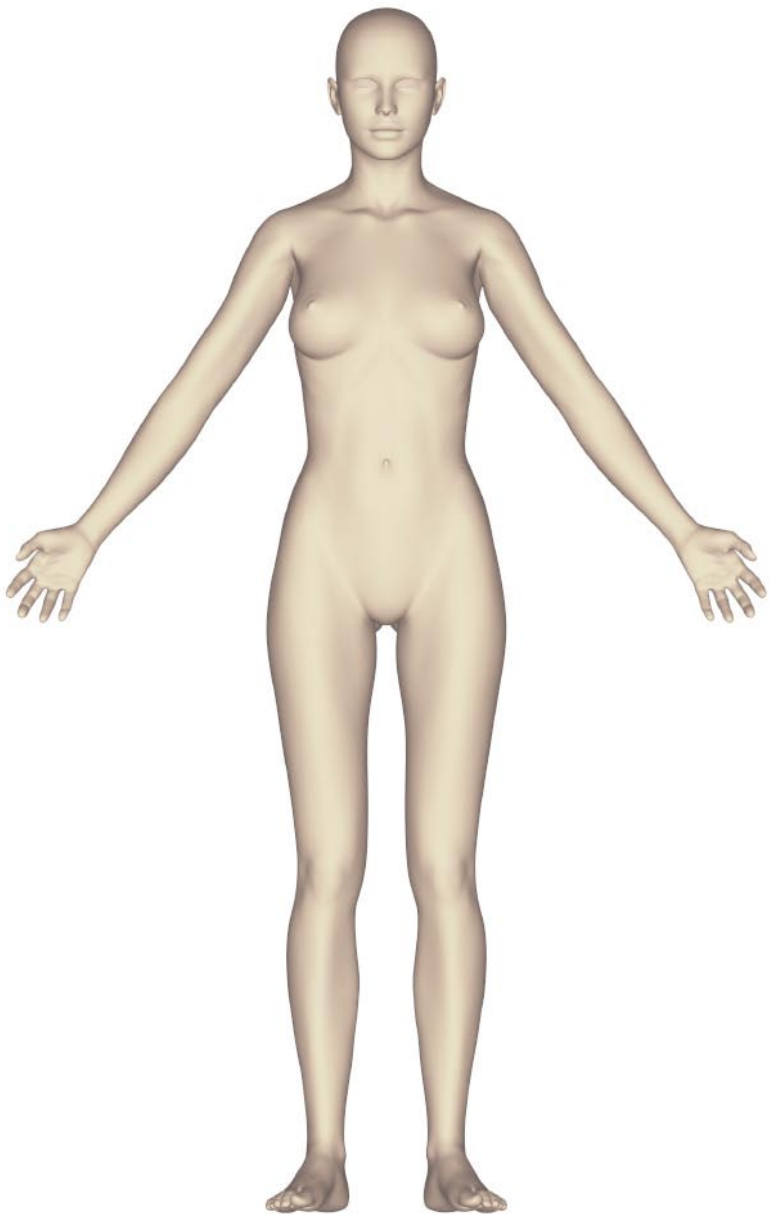


	<b>Muscle Name</b>	<b>Trigger Point Notes / Details</b>
	Sterno Cleido Mastoid	
	Frontalis	
	Occipitalis	
	Masseter	
	Pterygoid	
	Temporalis	
	Deltoid (front)	
	Rectus Abdominus	
	Obliques	
	Intra Pelvic Muscles	
	Intercostals	
	Triceps	
	Biceps	
	Intrinsics of Hand	
	Psoas	
	Piriformus	
	Adductors	
	Vastus Medialis	
	Vastus Lateralis	
	thenar eminence	
	pectoralis minor	
	pectoralis major	
	forearm extensors	
	scalenes	

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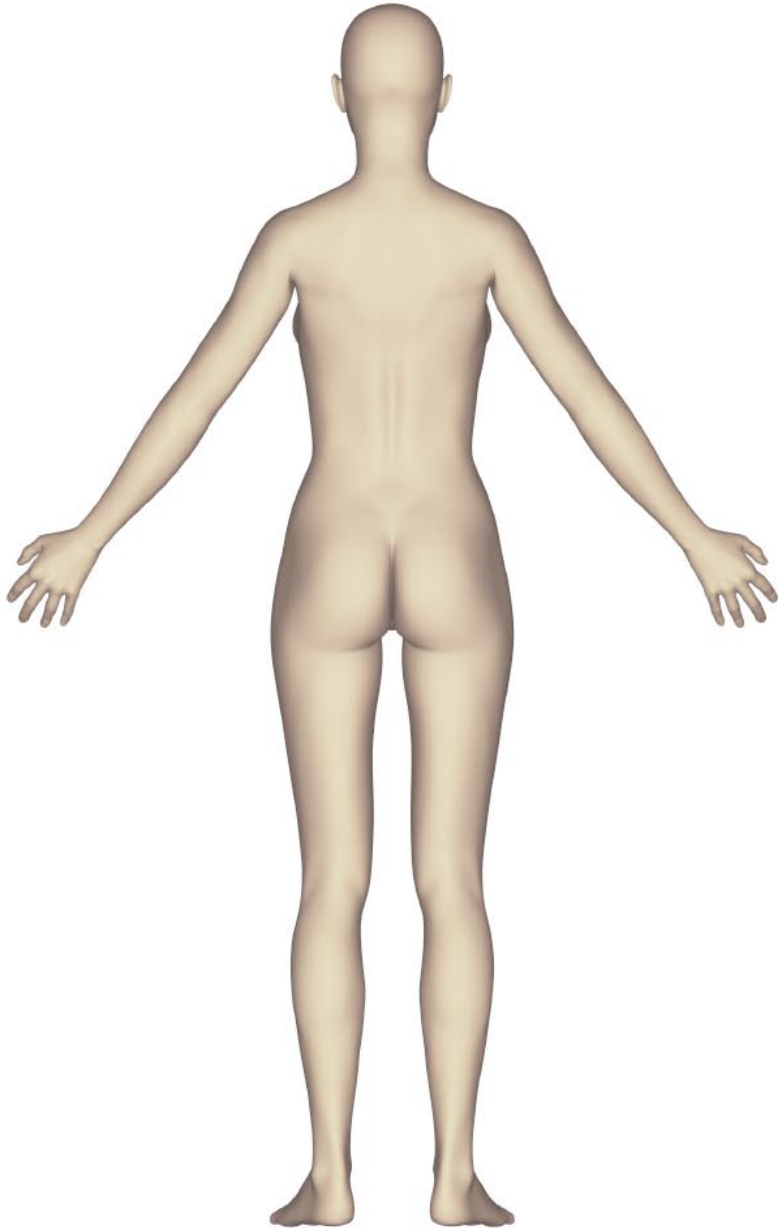
	<b>Muscle Name</b>	<b>Trigger Point Notes / Details</b>
X	Supraspinatus	
X	Deltoid (back)	
	Rhomboids	
	Latissimus Dorsi	
X	Ilio Costalis	
	Multifidi	
	Gluteus Maximus	
	Popliteus	
	Biceps Femoris	
	Semi Tendonitis	
	Gastrocnemius	
	Soleus	
	Flexors of big toe	
	Peronius	
	Foot Intrinsic	
	gluteus minimus	
	gluteus medius	
	trapezius	
	suboccipitals	
	levator scapulae	
	infraspinatus	
	quadratus lumborum	



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## STEP 2 - FIND THE MUSCLES WITH TRIGGERS

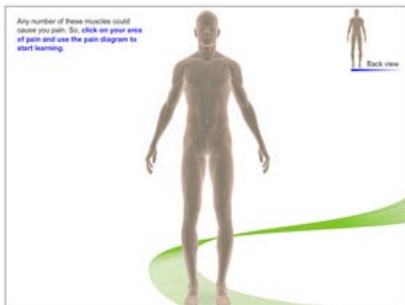
For this step, you'll need be online to access the trigger finder website.

Go to [www.triggerpointcharts.com](http://www.triggerpointcharts.com)

Using the pain areas you've just coloured in, follow the charts to find which muscles are likely to be the ones you have triggers in.

Fill out the first column of the table on the previous pages.

Put an 'X' by the muscles that have pain patterns match up with your own.



Trigger Finder Website

	Muscle Name
X	Supraspinatus
X	Deltoid (back)
	Rhomboids
	Latissimus Dorsi
X	Ilio Costalis

Example: table filled in

## STEP 3 - FIND YOUR TRIGGER POINTS

Go to watch the video on **Finding Triggers**.

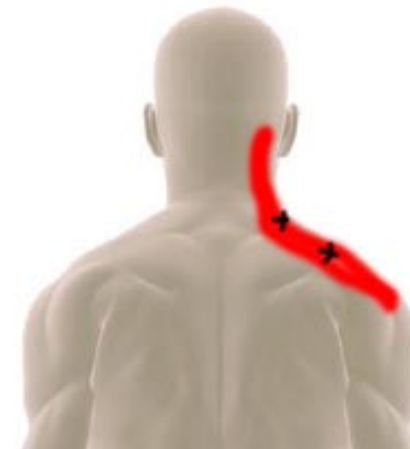
Each of the possible trigger points you've identified needs to be examined properly.

Now, using your charts and the **trigger finder** website, go through each muscle you think has triggers and map out any triggers that you find. Mark them on the picture of the person in black pen.

Fill in the 3rd column of the table with any notes / details you want to remember about the trigger points that you've found.



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Example: pain area with trigger point locations marked as 'X's

## STEP 4 - TREAT YOUR TRIGGER POINTS

Now that you know where your triggers can be found, and what muscles they're found in, log in to your membership area on [www.treatyourtriggers.com/members/](http://www.treatyourtriggers.com/members/)

Watch the treatment videos for each muscle there, and apply the techniques. Use as many modes of treatment as you find helpful (they're all covered in the videos) and remember to stretch after each treatment.

It may be a good idea to print out this handout again and review where you have triggers every few months - that is, unless your triggers have gone away for good.

All the best,  
Jonathan



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