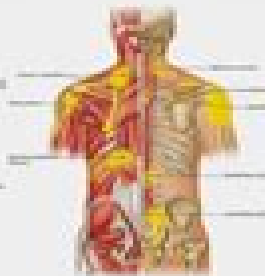


# TRIGGER POINTS: HEAD, NECK & TRUNK

Trigger point is a small area of hyperirritable spot from the skeletal muscle, which causes local or referred pain.

Symbol	Meaning
●	Active trigger point
○	Latent trigger point
■	Referred pain area
▲	Referred pain area
◆	Referred pain area



# The Head Neck And Trunk Muscles And Motor Points

**J Ma**



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