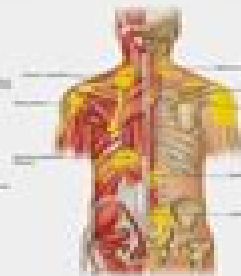


# TRIGGER POINTS: HEAD, NECK & TRUNK

Trigger point is a small area of hyperirritable tissue that often presents as a palpable nodule in the muscle. It is associated with a hypersensitive state of the muscle, which may be caused by a variety of factors.

Symbol	Meaning
●	Active trigger point
○	Latent trigger point
■	Endorphin release site
▲	Endorphin release site
◆	Endorphin release site



# The Head Neck And Trunk Muscles And Motor Points

**B Lingard**



## **The Head Neck And Trunk Muscles And Motor Points:**

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