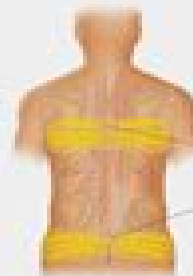
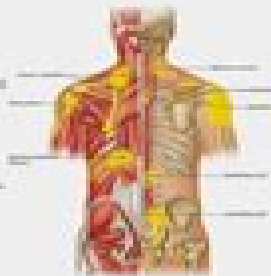
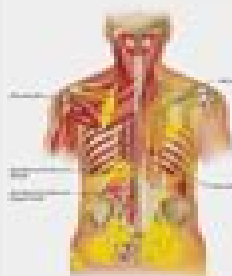


TRIGGER POINTS: HEAD, NECK & TRUNK

Trigger point is a small area of hyperirritable spot from the skeletal muscle, which is a focal point of muscle tenderness and pain.

Symbol	Meaning
●	Active trigger point
○	Latent trigger point
■	End organ
▲	End organ
◆	End organ



The Head Neck And Trunk Muscles And Motor Points

Chao Zhang



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