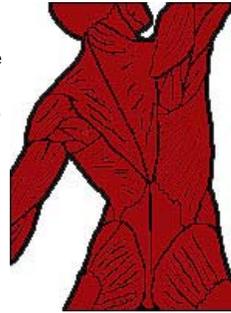


TRIGGER POINTS

Muscles account for more than 60% of the human body mass, making up the largest part of our bodies. They are responsible for all movement of the human body. With such an enormous responsibility, it is easy to see how muscles can be subjected to wear and tear, fatigue, overuse, and repetitive injury.

When we want to move or use our muscles, the muscle contracts, and this is typically a voluntary action. However, sometimes the entire muscle contracts involuntarily, which we call a spasm. Muscles are also subject to another condition, known as a Trigger Point, which is essentially an involuntary contraction of only a small portion of the muscle, creating pain and dysfunction within the muscle. One of the reasons that prescription muscle relaxants are ineffective on Trigger Points is that the medication would have to be strong enough to stop all involuntary muscle contractions...one incredibly important involuntary muscle—your heart—might not agree with this!



Trigger Points have been studied and shown to be the most common cause of musculoskeletal pain. Pain clinic doctors have found that Trigger Points are the main source of pain nearly 75% of the time! Trigger Points cause the muscle to remain tight, which weakens the muscle and puts stress on the points where the muscles attach to the bones as well. This often leads to pain in nearby joints.

A unique feature that distinguishes Trigger Points from other muscle pain is that Trigger Points almost always refer pain to other areas of the body. This is why many treatments are ineffective. Most treatments assume that the area of pain should also be the source of pain, yet the actual cause could be in a completely different location. Trigger Points and their referred pain can be associated with many conditions, and may even cause some of them!

You can learn how to control your musculoskeletal pain by treating Trigger Points at home, saving yourself from costly professional office visits!

TRIGGER POINT THERAPY

Trigger Point therapy can reduce pain, increase movement, and allows the muscles to lengthen and become stronger again. To treat Trigger Points, heavy pressure must be applied to the Trigger Point. Light pressure is not effective for treating Trigger Points, and in fact may increase spasms as the muscle tries to protect itself, leading to increased and more constant pain. In contrast, moderate to heavy pressure applied to a Trigger Point causes the pain to initially increase, but then as the muscle relaxes the pain will fade.

Pressure should be applied slowly and released slowly for best results. The pressure should be maintained until there is a change in pain. If there is no decrease in pain after one minute, stop the pressure—this is probably not a Trigger Point! After applying pressure to Trigger Points, the relaxed muscle should be stretched. If the muscles are not returned to normal length, there is a greater likelihood the Trigger Points will reoccur. Stretching is safer and less painful after the Trigger Points have been treated.

The Pressure Pointer is the best tool available for self-applied Trigger Point therapy!

Trigger Point Therapy Can Be Used To Help You With These Common Conditions:

- **MIGRAINES**
- **TENSION HEADACHE**
- **NECK AND JAW PAIN**
- **UPPER BACK PAIN**
- **BURNING BETWEEN SHOULDERS**
- **THORACIC OUTLET SYNDROME**
- **FROZEN SHOULDER**
- **TENNIS ELBOW**
- **CARPAL TUNNEL SYNDROME**
- **ARM AND HAND PAIN, NUMBNESS, AND TINGLING**
- **ARTHRITIS**
- **BURSITIS**
- **TENDONITIS**
- **SINUS PAIN AND CONGESTION**
- **FIBROMYALGIA**
- **MUSCLE AND JOINT STIFFNESS**

HOW DO TRIGGER POINTS CAUSE PAIN AND OTHER SYMPTOMS?

In 1999, David Simons, M.D., discovered that a Trigger Point is a dysfunction that occurs at the point where a nerve enters a muscle. Trigger Points result in muscles which have been traumatized by accidents, sports, occupational stress, and overuse. Once a Trigger Point develops, it can remain for life unless properly treated.

The Trigger Point restricts motion of the muscles and decreases circulation, depriving the muscle of nutrients and oxygen and resulting in a collection of metabolic waste that cannot be properly filtered away. These wastes excite pain nerve endings and can also damage them. The decrease of nutrients to the muscle increases spasm and inflammation. Pain is now being caused by mechanical (pressure) and chemical (waste product) stimulation. This nasty cycle continues until treatment occurs.

Referred pain occurs somewhat mysteriously. Pain signals in the body that come from several sources are known to merge into a single nerve at the spine before continuing on to the brain. As these signals merge, it becomes possible for mistaken impressions as to the true source of the pain to occur.

Additionally, Trigger Points create shortened muscles which often compress nearby nerves. This

compression irritates the nerve and distorts the nerve signal transmissions. This can lead to irregular sensations such as numbness, tingling, and burning. The Brachial Plexus is a network of nerves originating in the neck, and supplying the neck, upper back, shoulders, arms, forearms, and hands. This explains why many Trigger Points found in the neck and upper back can lead to pain and dysfunction throughout the upper body.

Shortened muscles can also compress nearby arteries and veins. Decreased blood flow in an artery can lead to decreased temperature (i.e. cold hands and fingers), while decreasing blood flow in the veins can lead to swelling in the hands and fingers.

Finally, Trigger Points make movement of the muscles themselves difficult. Stretching or contracting muscles affected by Trigger Points can cause intense pain, and the body responds by trying to protect itself—a phenomenon called “splinting” or “guarding.” Over time the muscles stiffen, and can even form scar tissue, which further immobilizes them. What was originally decreased movement based on trying to avoid pain ultimately results in the incapacity of the muscle to move correctly.

MUSCLES BEST TREATED WITH PRESSURE POINTER

Muscle	Pg
Trapezius	4
Levator Scapula	5
Posterior Neck Muscles	6
Scalenes	7
Sternocleidomastoid (SCM)	8
Rhomboids	9
Serratus Posterior	10
Serratus Anterior	11
Thoracic Paraspinal	12
Infraspinatus	13
Supraspinatus	14
Teres major/minor	15
Latissimus Dorsi	16

“There is no substitute for learning to control your own musculoskeletal pain. Treating myofascial trigger points yourself addresses the source of that kind of common pain and is not just a way of temporarily relieving it.”

- David G. Simons, M.D.

HOW DOES APPLYING PRESSURE MAKE TRIGGER POINTS GO AWAY?

When pressure is applied to the Trigger Point, the chemical/pressure cycle is interrupted, which helps to stop the contraction and the pain in the muscle. Additionally, the muscle is heated and kneaded during treatment, which helps to increase circulation and to remove the metabolic waste products. Another effect is that muscle fibers become lengthened and stretched which decreases the pressure component of the pain cycle. Finally, adding a stimulus (pressure) to the trigger point overrides the pain signals being transmitted, much like a train track which can be switched.

The advantage of the Pressure Pointer is that while applying the pressure to the Trigger Points, the muscles involved are able to be fully relaxed during treatment, allowing deeper penetration. It is important to understand that Trigger Points are not the same as acupuncture points. For treatment to be effective, the specific Trigger Point, or contracted portion of the muscle, must be contacted.

WHY SHOULD I USE THE PRESSURE POINTER?

Self treatment of Trigger Points is one of the best and most effective ways to achieve long lasting pain relief. For Trigger Point therapy to be effective, you must use moderate to heavy pressure. Many of the products currently on the market are hand held devices. Using these tools requires arm and hand strength, which is often difficult if these are already painful areas.

The Pressure Pointer relies on leg power to provide the firm pressure needed without tiring sore and painful upper body muscles. This also allows the target muscles to be relaxed during treatment. Another

advantage during treatment is that the target muscles are free to be taken through ranges of motion or to perform specific stretches while applying pressure at the same time. This just isn't possible with the hand held devices.

The Pressure Pointer also includes a variety of interchangeable heads which can range from very specific, localized pressure to broader, rolling massage. Since everyone is



Foot Pressure allows the target muscles to relax, and keeps you from getting tired during treatment.

different, having many options allows you to maximize your treatment while providing the most comfort for your individual needs.

Finally, the Pressure Pointer provides a comprehensive treatment manual that teaches you about your muscles and their

Trigger Points, helps you locate Trigger Points for treatment, and offers specific stretches to help the Trigger Points from returning.

TIPS FOR SAFE AND SUCCESSFUL TREATMENT

- Use Pressure Pointer to avoid fatigue
- Deep stroking is often more effective than fixed pressure
- Use short, repeated strokes
- Do not stroke back and forth - stroke in one direction only
- Apply and release pressure slowly
- Apply pressure for 1 minute - if there is no decrease in pain, leave it alone...this is not a trigger point
- Before treatment, rate your pain on scale of 0 - 10 (0=best, 10=worst)
- Maintain pressure until your pain has decreased to a level of 2 or 3 - the length of time this will take varies from muscle to muscle and from person to person
- Repeat treatments 6 - 12 times per day for best results
- Be sure to perform the stretches once the Trigger Points are deactivated. Stretching with an active Trigger Point can actually increase your pain.
- If you experience bruising, don't panic. You will want to use less pressure next time.

USING THE TREATMENT MANUAL

The muscle illustrations show the location of the muscle. Each muscle is shown on one side of the body only. There is always a mate on the opposite side of the body.

The most common Trigger Point locations are indicated by a circle on the muscle. This is a general guide only. Your Trigger Points may be found in a location near the location shown in the illustration. Be sure to search carefully to find your Trigger Points - for treatment to be effective, you must apply pressure directly to the Trigger Point.

The referral patterns are indicated by shaded areas on the body. Most are shown on only one side of the body. The referral pattern will occur on the same side of the body as the Trigger Point. Again, this is a guideline only, and some pain referral can be caused by more than one muscle. You must be a detective to determine if only some, or all, muscles are affecting you personally.

If you have questions, or need assistance with your Pressure Pointer, call Pressure Products, or consult a local health care professional.

Trapezius Muscle Location and Trigger Points



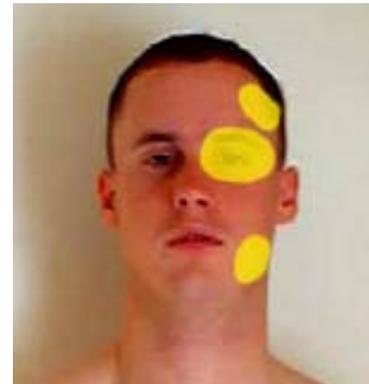
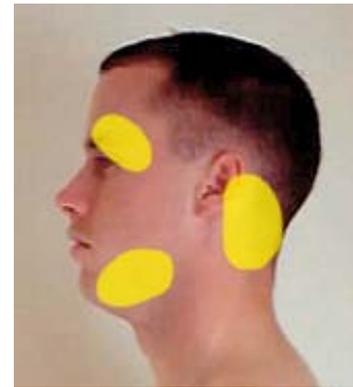
The Trapezius is a major source of headache pain, typically the type of pain experienced as a “tension headache.” It can also be a cause of dizziness, jaw, and toothache pain. Tightness felt in the neck and back of the skull often comes from Trigger Points in the Trapezius.

If neck massage does not relieve the sensation of tightness in the neck, Trigger Points in the Trapezius are the most likely culprit.

Computer users and others who use their arms for extended periods of time will recognize the burning pain between the shoulder blades.

Referred pain from the Trapezius can be found in such a wide variety of locations, that it commonly leads to misdiagnosis, including shoulder bursitis, headaches, disc compression, or a “pinched nerve.” Using the Pressure Pointer may help alleviate your symptoms.

Trapezius Referred Pain Patterns



Trapezius Stretch

Place right arm behind back, and grasp wrist with left hand, as shown.

Bend neck sideways to the left while pulling on right arm.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Levator Scapula Muscle Location

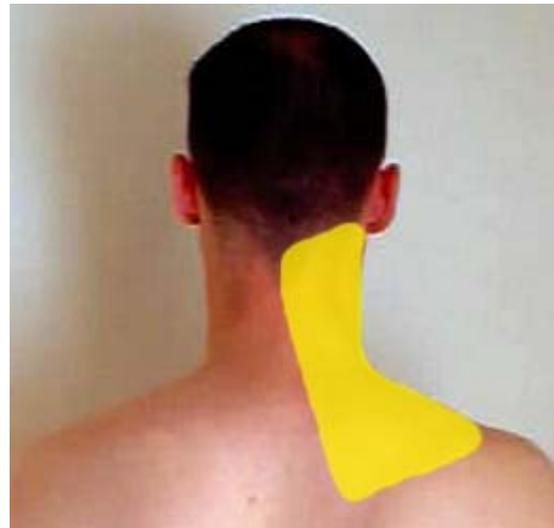


The Levator Scapula muscle's main function is to raise the shoulder blade. Stress and tension keep the shoulders raised, creating increased tension on this muscle. Poor posture can also be a factor.

When Trigger Points are evident in this muscle, it can be very painful. This muscle is typically involved when you find yourself unable to turn your head. In this case, the direction which you cannot turn is the side that of the problematic Trigger Point. Using the Pressure Pointer to treat the Trigger Points can help restore full movement.

Trigger Points in this muscle also create pain and stiffness along the neck and the edge of the shoulder blade.

Levator Scapula Referred Pain Patterns



Levator Scapula Stretch



Sit on chair. Grasp seat of chair with right hand.

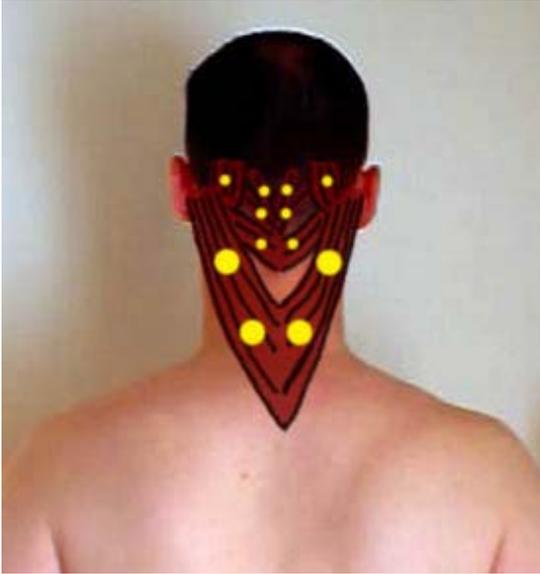
Place left hand on head and gently pull forward and to the opposite side at the same time, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Posterior Neck Muscle Locations and Trigger Points



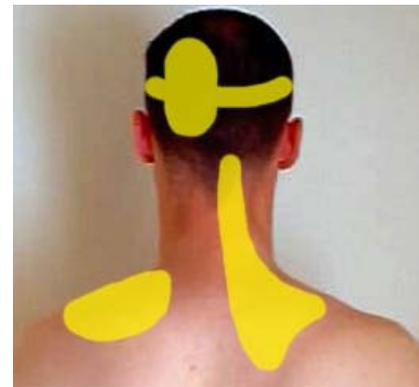
Headaches are the most troublesome pain experienced as a result of Posterior Neck muscle Trigger Points.

Migraine headaches, with pain inside the head all along one side generally result from Trigger Points in the muscles at the base

of the skull. Headaches which feel like a constricting band around the head are also attributed to these muscles. In addition, these muscles can be a cause of blurred vision and pain behind the eyes.

Trigger Points in the lower neck muscles can cause pain in the neck itself, but also frequently cause numbness, burning, or tingling in the back of the head and scalp. They can also cause pain along the angle of the neck and upper shoulder.

Posterior Neck Referred Pain Patterns



Posterior Neck Stretch

Place hand on back of head.

Gently push chin to chest, until a stretch is felt.

Hold for 10-15 seconds.

Repeat three times, at least three times daily.

Scalene Muscle Locations and Trigger Points



The scalene muscles are actually three muscles found in the side of the neck. Blood vessels supplying the arm actually pass between these muscles. Trigger Points in these muscles can be very problematic, and cause a wide variety of symptoms.

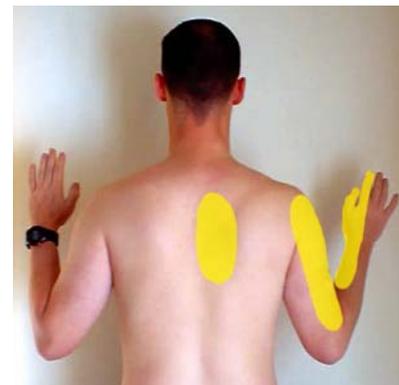
Thoracic Outlet Syndrome is caused by compression of these blood vessels.

Common symptoms include pain, numbness, tingling,

swelling, and weakness of the arms and hands. These symptoms are often incorrectly assumed to be Carpal Tunnel Syndrome, as the symptoms are similar. In addition, Trigger Points here can cause chest pain similar to angina, as well as upper back pain.

If you've had difficulty finding relief from these symptoms, addressing the problematic Scalene muscles could provide better results. Remember, the pain location is not always the same location as the source of pain.

Scalenes Referred Pain Patterns



Scalenes Stretch



Stand, holding hand behind back.

Lower left shoulder, then tilt your head to the right. Slowly roll head backwards until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Sternocleidomastoid (SCM) Muscle Location and Trigger Points



Although the SCM muscles are located toward the front of the neck, this is rarely where the pain is felt.

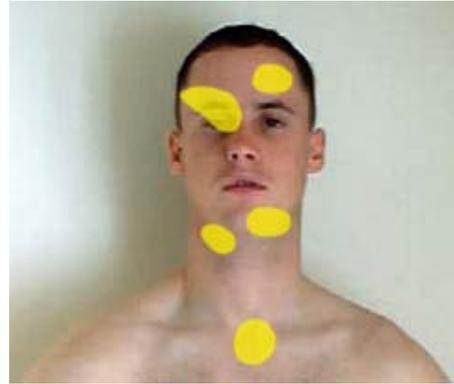
Trigger Points in the SCM mainly refer pain into

the head, the jaw, and the sternum.

Headaches in the front of the head, as well as accompanying facial pain, are usually from the SCM. This muscle can also refer pain to the sinuses, the teeth, and the tongue. SCM Trigger Points can affect the inner ear, causing balance problems such as dizziness, fainting, staggering, or even falling. There can also be hearing loss and ear pain.

Finally, SCM Trigger Points can cause eye problems such as drooping eyelids, watery eyes, and reddening.

SCM Referred Pain Patterns



SCM Stretch



Sit on chair. Grasp seat of chair with right hand.

Place left hand on head and gently pull head toward the left shoulder. Maintain pressure and turn head to the right, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Rhomboid Muscle Location and Trigger Points



The Rhomboid muscles are often overlooked, but they are frequently a location of Trigger Points. The Rhomboids are very thin muscles which have the tremendous responsibility for much of the movement of the shoulder blades. Due to the enormous amount the shoulder blades are used daily, the Rhomboids are often overworked and over tired, leading to chronic

Trigger Points.

The referral pattern of the Rhomboids is not as widely distributed, but nearly everyone suffers from the pain of Rhomboid Trigger Points. The pain is generally extends from the edge of the shoulder blades to the spine. Since the Rhomboids on both sides are almost always affected, this is a primary source of mid back tightness or aching between the shoulder blades. This pain is felt when the muscles are in use, but also at rest. Snapping or crunching noises when moving the shoulder can also be traced to the Rhomboid muscles.

Rhomboid Referred Pain Patterns



Rhomboid Stretch



Bring left arm across front of body as shown.

Hold elbow with right arm and gently pull arm across chest, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Serratus Posterior Superior Muscle Location and Trigger Points



The Serratus Posterior Superior looks very similar to the Rhomboid muscles, but is, in fact, very different. This muscle runs underneath the shoulder blade and attaches to multiple ribs. Its primary function is to help raise the ribcage when breathing in.

Since the muscle runs under the shoulder blade, treating this muscle requires moving the shoulder blade out of the way. When using the

Pressure Pointer, reach the arm of the affected side across the chest to move the shoulder blade away.

Trigger Points in the Serratus Posterior Superior cause a deep aching pain under the shoulder blade. Additionally, pain or numbness can be found in the back of the shoulder, the elbow, and the pinky finger of the hand. Finally, the Serratus Posterior Superior can refer pain to the back of the upper arm and forearm, as well as the pectoral, or chest, region.

Serratus Posterior Superior Referred Pain Patterns



Serratus Posterior Superior Stretch

Begin standing with arms hanging loosely to the sides.

Breathe in slowly and as deeply as possible, while slowly raising arms to the side until above head.

Hold for 5 seconds.

Slowly exhale while lowering arms back to sides.

Repeat 3-6 times, at least three times daily.

Serratus Anterior Muscle Location and Trigger Points



The Serratus Anterior muscle attaches to the ribs and the shoulder blade. Its main functions are to assist in raising the arm and to expand the ribs while breathing in.

Trigger Points in the Serratus Anterior muscle typically refer pain to the side and the lower portion of the shoulder blade. Although the pain distribution isn't large, the pain itself can be very uncomfortable. When Trigger Points are present in

this muscle, breathing in causes a sharp pain in the side. Some people also describe feeling unable to breathe out fully.

The pain of Serratus Anterior Trigger Points can mimic the pain of lung disease and heart attacks. Although these symptoms should be taken seriously, if no lung or heart problems have been found, it is worthwhile to address these Trigger Points with the Pressure Pointer.

Serratus Anterior Referred Pain Patterns



Serratus Anterior Stretch



Place right arm behind back, and grasp wrist with left hand, as shown.

Bend neck sideways to the left while pulling on right arm.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Thoracic Paraspinal Muscle Location and Trigger Points



The Thoracic Paraspinal muscles run lengthwise, parallel to the spine. There are actually two layers of muscle that lie one on top of the other. Because these muscles attach to the vertebrae, or bones of the spine, they can cause problems with spinal misalignment and damage to the intervertebral discs.

The pain of Trigger Points in the Thoracic Paraspinal muscles often feels like it originates in the spine itself. The muscles

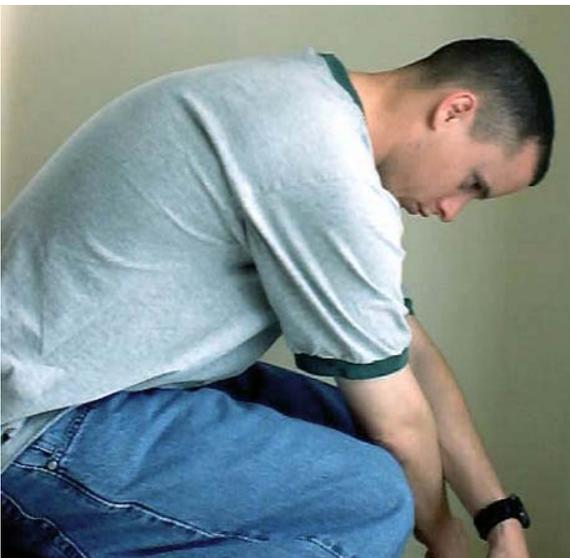
feel hard and rigid, causing stiffness and decreased movement. It often feels as though the entire back is in spasm, which should respond to treatment with heat and superficial massage. When these treatments do not decrease the pain and spasm, Trigger Points are more likely the cause. Extreme tension in these muscles can lead to scoliosis, or a curvature of the spine.

Due to the close proximity of these muscles with the spine and nerves, Trigger Points in these muscles can also refer pain that mimics problems with organs of the chest and abdomen, such as appendicitis, kidney stones, angina, and lung problems.

Thoracic Paraspinal Referred Pain Patterns



Thoracic Paraspinal Stretch



Sit in a chair to stabilize hips.

Cross arms at mid forearm, and slowly roll forward, until a stretch is felt

Hold for 10-15 seconds.

Repeat three times, at least three times daily.

Infraspinatus Muscle Location and Trigger Points



The Infraspinatus, one of the rotator cuff muscles, lies on the outside of the lower 2/3 of the shoulder blade. It functions primarily to rotate your arm outwards and to pull your arm back, such as when swinging a bat or golf club.

Trigger Points in the Infraspinatus are commonly overlooked, due to the unique referral pattern. Although this muscle is

located on the back, the primary referral pain is to the front of the shoulder. Pain can also be found along the outer portion of the shoulder, extending into the upper arm as well.

A common condition known as “Frozen Shoulder” causes weakness and stiffness in the shoulder. This true condition is caused by adhesions and scar tissue in the joint. Trigger Points in the Infraspinatus muscle can mimic the symptoms of “Frozen Shoulder.” Trigger Point treatment with the Pressure Pointer can help to alleviate many of these symptoms.

Infraspinatus Referred Pain Patterns



Infraspinatus Stretch



Place both hands on the back at waist level with palms facing forward.

Lean over and allow elbows to drop toward floor, until stretch is felt.

Hold for 10-15 seconds.

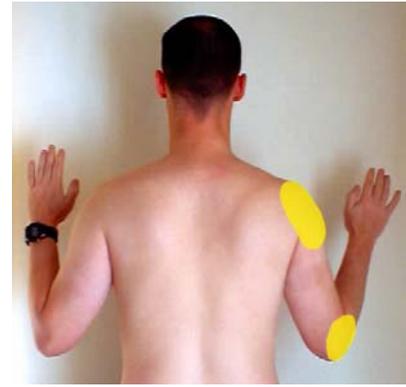
Repeat three times, at least three times daily.

Supraspinatus Muscle Location and Trigger Points



The Supraspinatus, another rotator cuff muscle, lies on the outside of the upper 1/3 of the shoulder blade. The function of this muscle is to assist in raising the arm above the head. Although it is a small muscle, it has an incredibly important function, and should not be overlooked.

Supraspinatus Referred Pain Patterns



Supraspinatus Trigger Points cause a deep, aching pain in the shoulder. It is extremely painful, if not impossible, to raise your arm above your head. This interferes with many simple, daily tasks, and makes normal life very difficult. If you've ever been diagnosed with bursitis, it's possible the Supraspinatus is the true source of your pain, not the shoulder bursa. In this case, the pain does not resolve with typically prescribed anti-inflammatory medications.

Another interesting pain referral location of Supraspinatus Trigger Points is the outer portion of the elbow. This pain is often misdiagnosed as Lateral Epicondylitis, more commonly known as "Tennis Elbow."

Working on the computer with no elbow support, carrying a heavy purse or briefcase at your side, or moving heavy objects can overwhelm the Supraspinatus, causing increased incidence of Trigger Points. Use the Pressure Pointer to keep this important muscle healthy and happy.



Supraspinatus Stretch

Sit on chair (or stand) near wall. Place left arm straight out to the side with elbow straight, and place hand against wall.

Move waist sideways away from the wall until a stretch is felt in the arm.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Teres Major/Minor Muscle Locations and Trigger Points



The Teres major and Teres minor are two muscles that are closely related, and also comprise part of the rotator cuff muscles. Teres minor helps rotate the arm outward, while Teres major helps extend the arm backward and pull the arm down.

Trigger Points in the Teres minor refer pain to a very small and specific area of the back of the shoulder, near the outer edge of the shoulder blade. Numbness and tingling, but not pain, in the fourth and fifth fingers is also commonly associated with Teres minor.

Teres major Trigger Points create a feeling of sharp pain in the back of the shoulder and arm, often feeling like pain in the Deltoid muscle.

These muscles are small, but important. They become easily fatigued and affected by Trigger Points. Using the Pressure Pointer to treat these muscles can help decrease these symptoms.

Teres Major/Minor Referred Pain Patterns



Teres Stretch

Place right arm over and behind head with elbow bent, as shown.

Grasp right wrist with left hand and pull gently, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

Latissimus Dorsi Muscle Location and Trigger Points



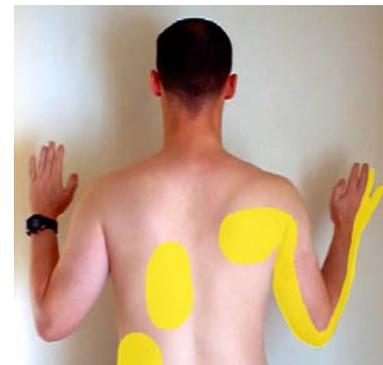
The Latissimus Dorsi is a large, broad muscle that brings the arm down and back. For this reason it is often known as the “swimmer’s muscle.”

Trigger Points in the Latissimus Dorsi cause pain in the mid back, below the shoulder

blade. They also refer pain to the lower back and stomach. Additionally, they cause pain along the inside of the arm, all the way to the fourth and fifth fingers of the hand. Pain in the fingers, with no numbness, is usually due to the Latissimus Dorsi.

Activities which involve repetitive motions of the entire arm, such as swimming, rowing, throwing, tennis, and golf, are common causes of Latissimus Dorsi overuse. Addressing Trigger Points with the Pressure Pointer allows pain free participation in many of these activities.

Latissimus Dorsi Referred Pain Patterns



Latissimus Dorsi Stretch

Raise right arm above and behind head as shown.

Hold elbow with left arm.

Pull arm gently as you bend your trunk to the left, until a stretch is felt.

Hold for 10-15 seconds.

Repeat for other side.

Repeat cycle three times, at least three times daily.

QUICK REFERENCE CHART

HEADACHES

Trapezius
 Posterior Neck muscles
 SCM

THORACIC OUTLET SYNDROME

Scalenes

CARPAL TUNNEL SYNDROME

Scalenes
 Serratus Posterior
 Teres minor
 Latissimus Dorsi

NECK PAIN (BACK)

Trapezius
 Levator Scapula
 Posterior Neck muscles

NECK PAIN (SIDE)

Levator Scapula
 SCM

UPPER BACK PAIN

Trapezius
 Levator Scapula
 Scalenes
 Rhomboids
 Serratus Posterior
 Serratus Anterior
 Teres minor
 Latissimus Dorsi

BURNING BETWEEN SHOULDERS

Trapezius
 Rhomboids

CHEST PAIN

Scalenes
 Serratus Posterior

PAIN WITH BREATHING

Serratus Posterior
 Serratus Anterior

FROZEN SHOULDER

Infraspinatus
 Supraspinatus
 Teres major/minor

SHOULDER PAIN (BACK)

Trapezius
 Levator Scapula
 Scalenes
 Serratus Posterior
 Supraspinatus
 Teres major/minor
 Latissimus Dorsi

SHOULDER PAIN (FRONT)

Infraspinatus
 Latissimus Dorsi

SHOULDER BURSITIS

Trapezius
 Supraspinatus

TENNIS ELBOW

Supraspinatus

ARM PAIN

Scalenes
 Serratus Posterior
 Infraspinatus
 Teres major
 Latissimus Dorsi

HAND & FINGER PROBLEMS

Scalenes
 Serratus Posterior
 Teres minor
 Latissimus Dorsi

SIDE & STOMACH PAIN

Serratus Anterior
 Latissimus Dorsi

EYE PROBLEMS

Trapezius
 Posterior Neck muscles
 SCM

EAR & JAW PAIN

Trapezius
 SCM

SINUS, TONGUE, THROAT, TEETH

SCM

HEAD & SCALP NUMBNESS

Posterior Neck muscles

DIZZINESS

Trapezius
 SCM