

Practitioner/Clinic Name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Note the finding next to the muscle checked:*

T = Tension, hypertonicity

P = Pain

S = Spasm

I = Inflammation

N = Numbness/tingling

## Body Map

### Arm

- ☐ Biceps/Tricep Supinator \_\_\_\_\_
- ☐ Brachialis \_\_\_\_\_
- ☐ Coracobrachialis \_\_\_\_\_
- ☐ Deltoids: Ant/Lat/Post \_\_\_\_\_
- ☐ Pronator Teres \_\_\_\_\_

### Hip/Leg

- ☐ Add Long/Brev Mag \_\_\_\_\_
- ☐ Biceps Femoris \_\_\_\_\_
- ☐ Gemellus Sup/Inf \_\_\_\_\_
- ☐ Gluteus Max/Med/Min \_\_\_\_\_
- ☐ Obturator Int/Ext \_\_\_\_\_
- ☐ Pectineus \_\_\_\_\_
- ☐ Piriformis \_\_\_\_\_
- ☐ Iliopsoas Major/Illacus \_\_\_\_\_
- ☐ Quadratus Femoris \_\_\_\_\_
- ☐ Rectus Femoris \_\_\_\_\_
- ☐ Sacrospinalis \_\_\_\_\_
- ☐ Sartorius/Gracilis \_\_\_\_\_
- ☐ Semi-Tend/Membranosus \_\_\_\_\_
- ☐ Tensor Fascia Latae \_\_\_\_\_
- ☐ Trochanteric \_\_\_\_\_
- ☐ Vastus Int/Med/Lat \_\_\_\_\_

### Chest

- ☐ Diaphragm \_\_\_\_\_
- ☐ Ext/Int Oblique \_\_\_\_\_
- ☐ Intercostals \_\_\_\_\_
- ☐ Pectoralis Major/Minor \_\_\_\_\_
- ☐ Rectus Abdominis \_\_\_\_\_
- ☐ Ribs \_\_\_\_\_
- ☐ Serratus Anterior \_\_\_\_\_
- ☐ Subclavius \_\_\_\_\_
- ☐ Transverse Abdominis \_\_\_\_\_

### Foot

- ☐ Abd/Add Hallucis Brev \_\_\_\_\_
- ☐ Abductor Digiti Brevis \_\_\_\_\_
- ☐ Dors/Plan Interossei \_\_\_\_\_
- ☐ Flexor Digiti Minimi Brevis \_\_\_\_\_
- ☐ Flexor Digitorum Brevis \_\_\_\_\_
- ☐ Flexor Hallucis Brevis \_\_\_\_\_
- ☐ Lumbricals \_\_\_\_\_
- ☐ Quadratus Plantae \_\_\_\_\_
- ☐ Calcaneal Tendon(Achilles) \_\_\_\_\_

### Neck

- ☐ Scalenes Anter/Med/Post \_\_\_\_\_
- ☐ Splenius Capitus \_\_\_\_\_
- ☐ Splenius Cervicus \_\_\_\_\_
- ☐ Sternocleidomastoid \_\_\_\_\_
- ☐ Supra Infra Hyoids \_\_\_\_\_

### Head

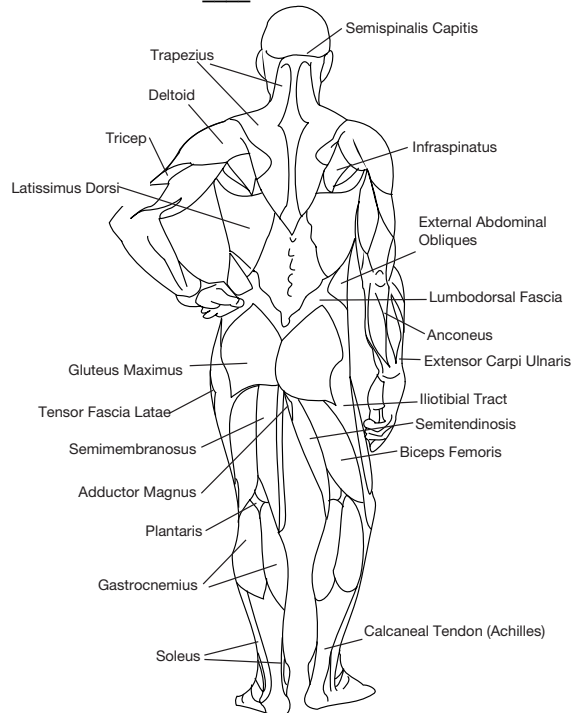
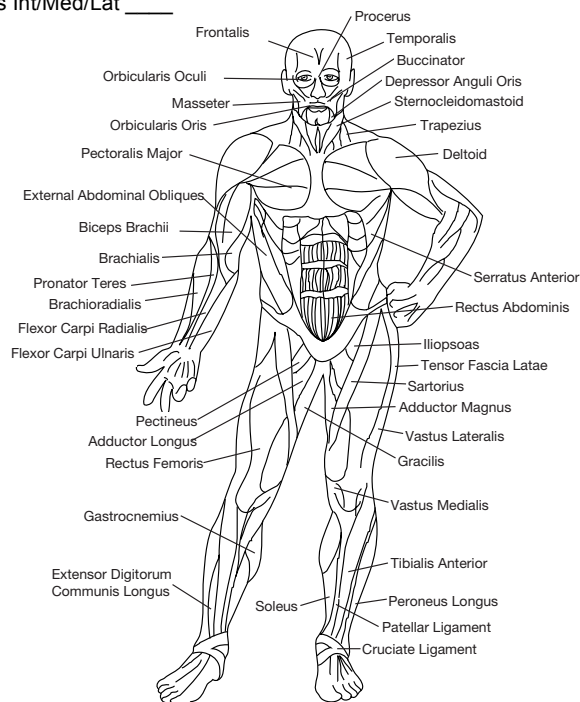
- ☐ Auricularis Post/Sup \_\_\_\_\_
- ☐ Buccinator \_\_\_\_\_
- ☐ Masseter \_\_\_\_\_
- ☐ Orbicularis Oris/Oculi \_\_\_\_\_
- ☐ Pterygoid Med/Lat \_\_\_\_\_
- ☐ Transverse Nuchae \_\_\_\_\_
- ☐ Temporalis \_\_\_\_\_

### Lower Leg

- ☐ Flex/Ext Digitorum Long/BR \_\_\_\_\_
- ☐ Flex/Ext Hallucis Long \_\_\_\_\_
- ☐ Gastrocnemius \_\_\_\_\_
- ☐ Peroneus Tert/Brev/Lon \_\_\_\_\_
- ☐ Plantaris/Popliteus \_\_\_\_\_
- ☐ Soleus \_\_\_\_\_
- ☐ Tibialis Post/Ant \_\_\_\_\_

### Back

- ☐ Erector Spinae \_\_\_\_\_
- ☐ Iliocostalis \_\_\_\_\_
- ☐ Infraspinatus \_\_\_\_\_
- ☐ Interspinalis \_\_\_\_\_
- ☐ Intertransversarii \_\_\_\_\_
- ☐ Latissimus Dorsi \_\_\_\_\_
- ☐ Levator Scapula \_\_\_\_\_
- ☐ Longissimum \_\_\_\_\_
- ☐ Multifidus Rotatores \_\_\_\_\_
- ☐ Quadratus Lumborum \_\_\_\_\_
- ☐ Rhomboids: Major/Minor \_\_\_\_\_
- ☐ Serratus Post/Sup/Inf \_\_\_\_\_
- ☐ Spinalis/Semispinalis \_\_\_\_\_
- ☐ Subscapularis \_\_\_\_\_
- ☐ Supraspinatus \_\_\_\_\_
- ☐ Teres Major/Minor \_\_\_\_\_
- ☐ Trapezius \_\_\_\_\_



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