



Effective AND SIMPLE Relax Your Muscles at Home Guide

GET NATURAL RELIEF FROM MUSCULAR
DISCOMFORT BY LEARNING ABOUT TRIGGER
POINTS, AND THEIR REFERRAL PATTERNS.

ARRANGED BY KIMBERLY HUNEYCUTT NTP, LMT

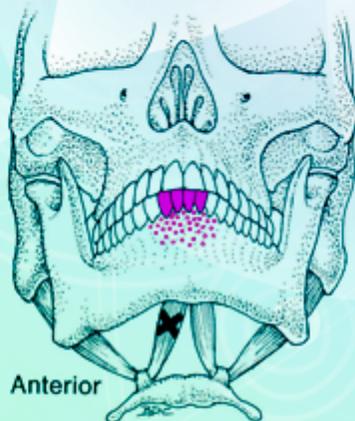
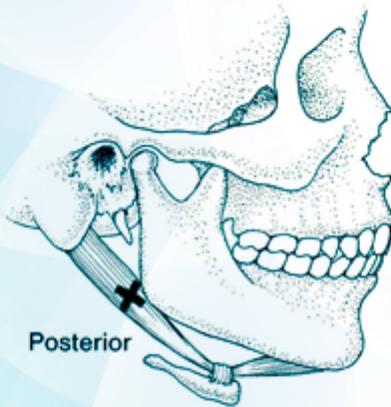
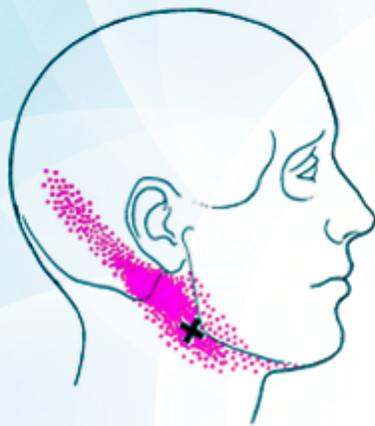
THOUGHTS + A DISCLAIMER

Hi there! Thank you for downloading my little guidebook on getting muscular discomfort relief naturally by learning about Trigger Points and their referral patterns.

The thing with trigger points is they're not an exact science. If you Google trigger points you'll find scholarly articles, as well as people saying they're imaginary. The fact is I've been a massage therapist since late 1999. I can't possibly tell you how many times, as I'm working on someone, and hit a knot of pain, they ask me "WHAT IS THAT?" I never have a clear-cut explanation, because there really isn't any. If you've ever woken up with a stiff neck, discomfort in your shoulders or somewhere else on your body, and asked someone "Hey, press or rub this area for me. It's causing me so much discomfort." and in turn, you got some relief, you've already entered trigger point land. If you find a trigger point on yourself, simply press down, or rub it. The discomfort of the trigger point will back off with sustained pressure. Come back and tell me how this little guide has worked out for you over on my Facebook page @ReplenishWellness or DM me on Instagram @replenishwellnessandmassage

This little book is not intended to diagnose or replace medical attention. I suggest you let your doctor know you're interested in trying some new trigger point exercises and get their permission. You take full responsibility for your health by practicing these exercises in this book. Kimberly Huneycutt NTP, LMT + Replenish Wellness and Massage Center llc specifically disclaim any responsibility for any adverse reactions you may have from following any content in this book.

101 TRIGGER POINTS 101



DIGASTRIC

SYMPTOM AREA

Head and Neck

PRIMARY SYMPTOMS

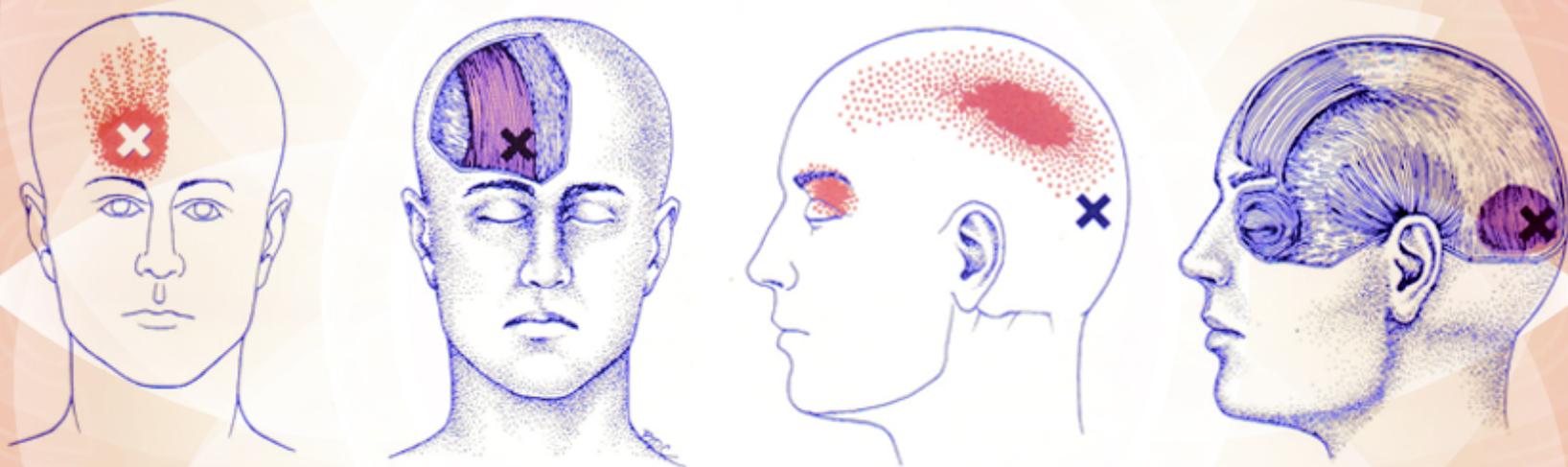
- Difficulty Swallowing
- Sore throat
- Swollen Glands
- Teeth Grinding (Bruxism)
- Throat & Front of Neck Pain
- Traveling Nocturnal Sinus Stiffness
- Upper and Lower Molar Tooth Pain (Toothache)

SECONDARY SYMPTOMS

Back of Head Pain

THE X'S REPRESENT THE TRIGGER POINTS. THE PINK SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

101 TRIGGER POINTS 101



FRONTALIS

SYMPTOM AREA

Head and Neck

PRIMARY SYMPTOMS

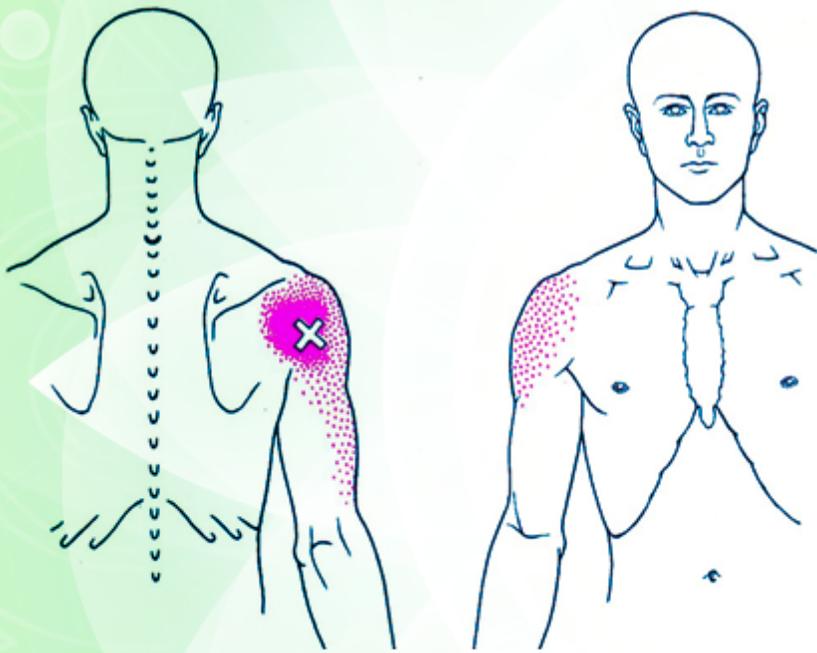
Headaches or Migraines

SECONDARY SYMPTOMS

Frontal Headache

THE X'S REPRESENT THE TRIGGER POINTS. THE ORANGE SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

101 TRIGGER POINTS 101



DELTOID

SYMPTOM AREA

Upper Back, Shoulder, and Arm

PRIMARY SYMPTOMS

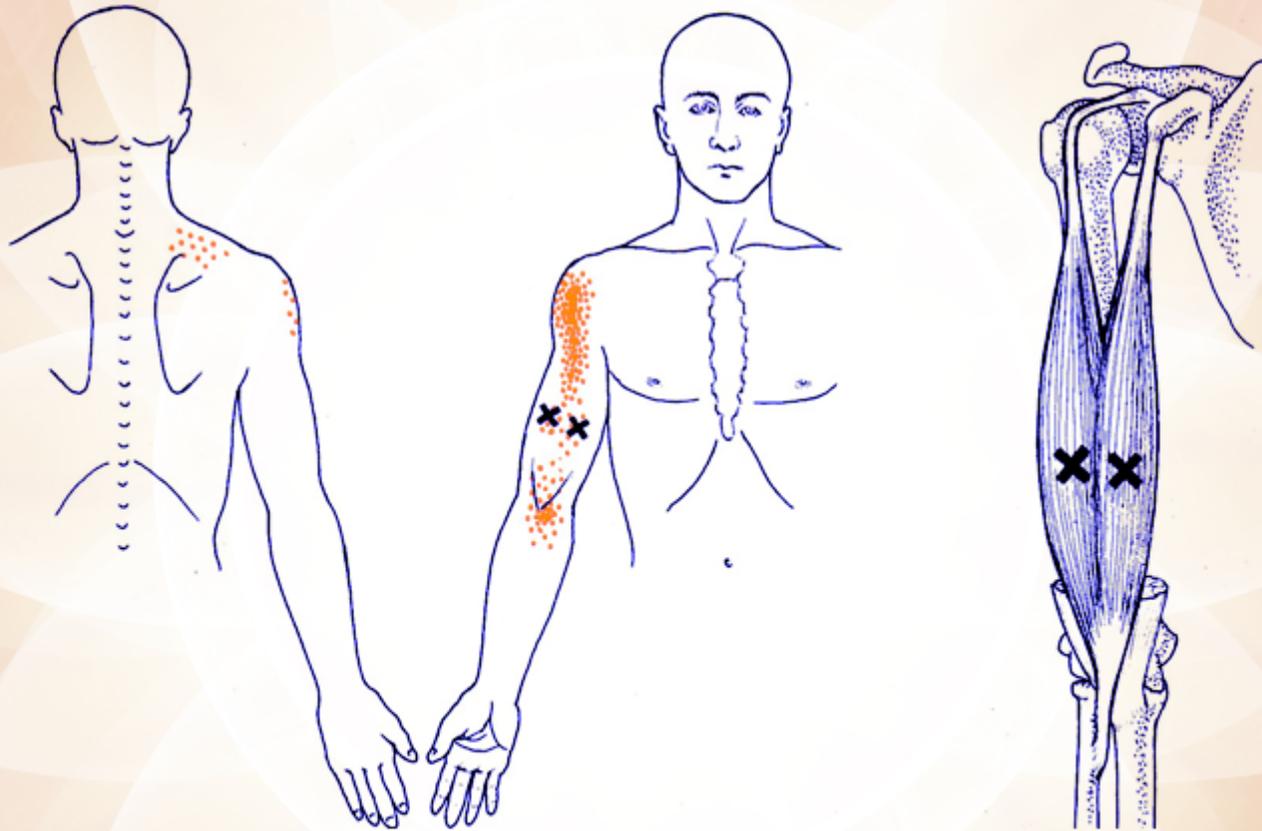
- Back of Shoulder Pain
- Front of Shoulder Pain

SECONDARY SYMPTOMS

- Back of Arm Pain
- Front of Arm Pain

THE X'S REPRESENT THE TRIGGER POINTS. THE PINK SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

101 TRIGGER POINTS 101



BICEPS BRACHII

SYMPTOM AREA

Upper Back, Shoulder, and Arm

PRIMARY SYMPTOMS

Front of Arm Pain
Front of Shoulder Pain

SECONDARY SYMPTOMS

Antecubital Pain
Upper Thoracic Back Pain

THE X'S REPRESENT THE TRIGGER POINTS. THE ORANGE SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

101 TRIGGER POINTS IUI



Extensor indicis

EXTENSOR DIGITORUM

SYMPTOM AREA

Forearm & Hand Pain

PRIMARY SYMPTOMS

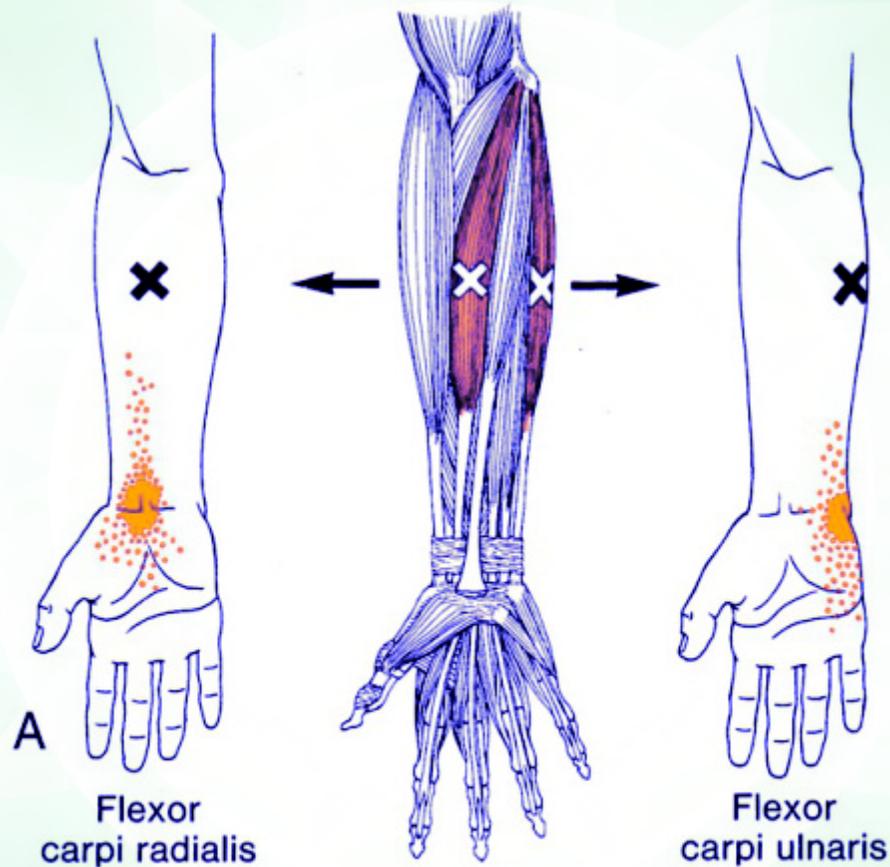
- Dorsal Finger Pain
- Lateral Epicondylar Pain
- Painful Weak Grip

SECONDARY SYMPTOMS

Dorsal Wrist & Hand Pain

THE X'S REPRESENT THE TRIGGER POINTS. THE PINK SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

101 TRIGGER POINTS 101



FLEXOR CARPI RADIALIS

SYMPTOM AREA

Forearm & Hand Pain

PRIMARY SYMPTOMS

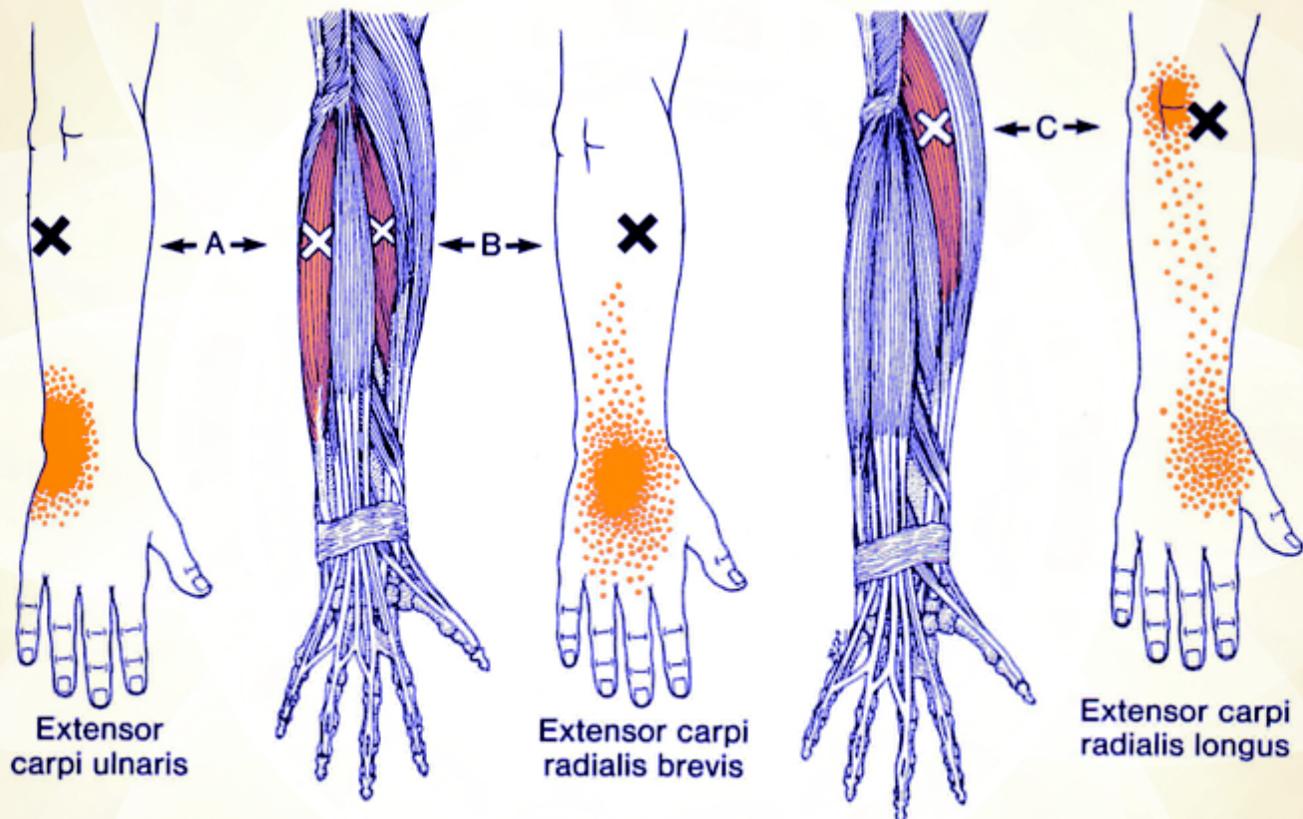
None

SECONDARY SYMPTOMS

Volar Wrist & Palmar Pain

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101 TRIGGER POINTS 101



EXTENSOR CARPI RADIALIS LONGUS

SYMPTOM AREA

Forearm & Hand Pain

PRIMARY SYMPTOMS

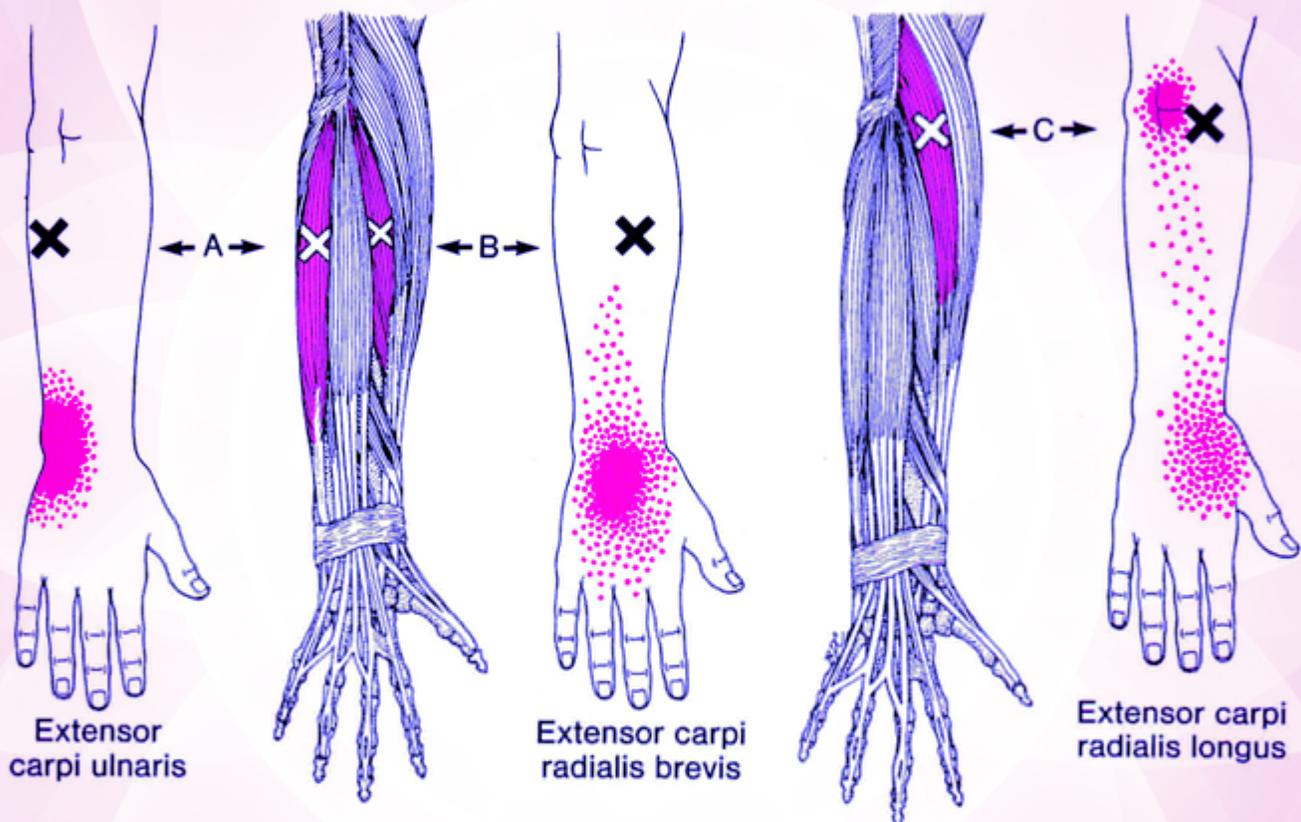
Elbow Pain
Lateral Epicondylar Pain

SECONDARY SYMPTOMS

Dorsal Forearm Pain
Dorsal Wrist & Hand Pain
Thumb & Radial Hand

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101 TRIGGER POINTS 101



EXTENSOR CARPI RADIALIS BREVIS

SYMPTOM AREA

Forearm & Hand Pain

PRIMARY SYMPTOMS

Dorsal Wrist & Hand Pain

SECONDARY SYMPTOMS

Dorsal Forearm Pain

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101 TRIGGER POINTS 101

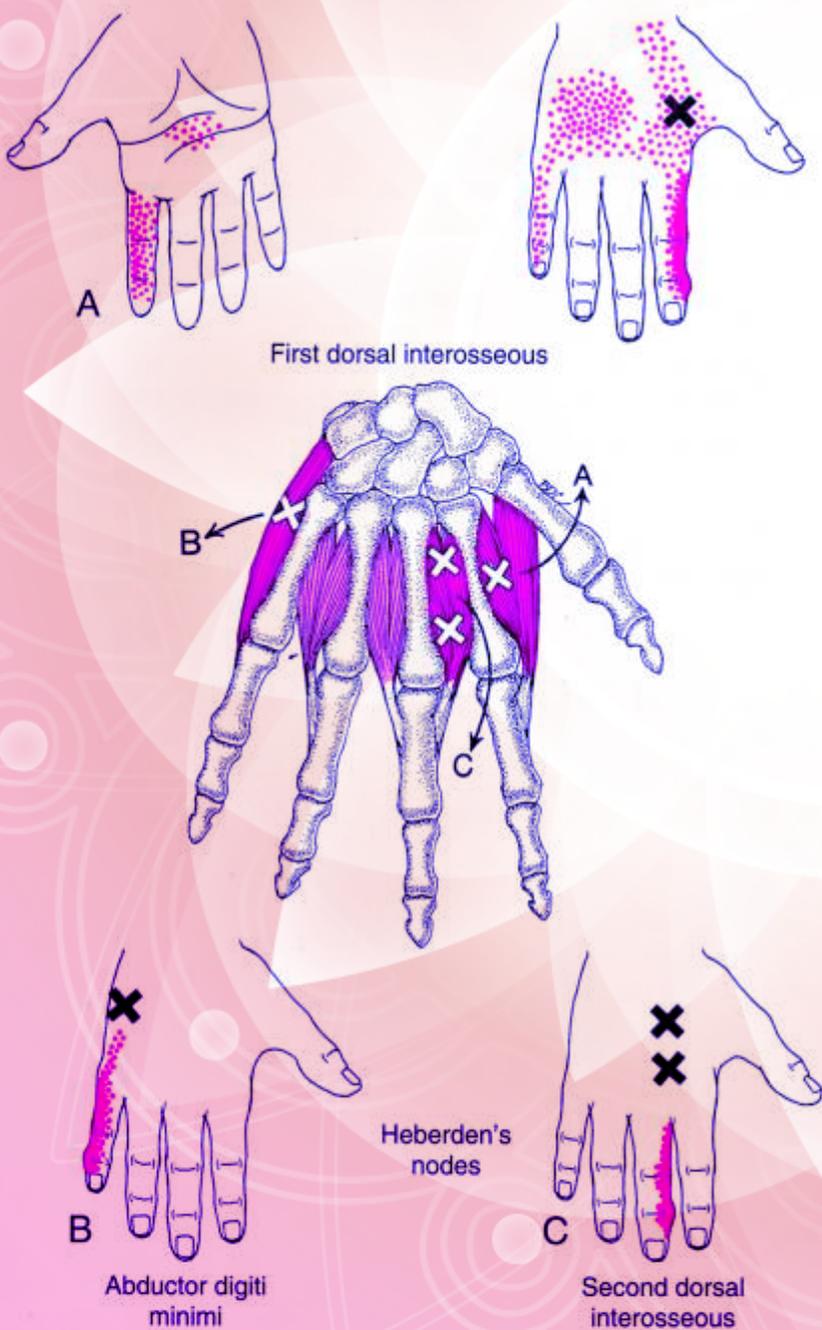
ABDUCTOR DIGITI MINIMI (HAND)

SYMPTOM AREA

Forearm & Hand Pain

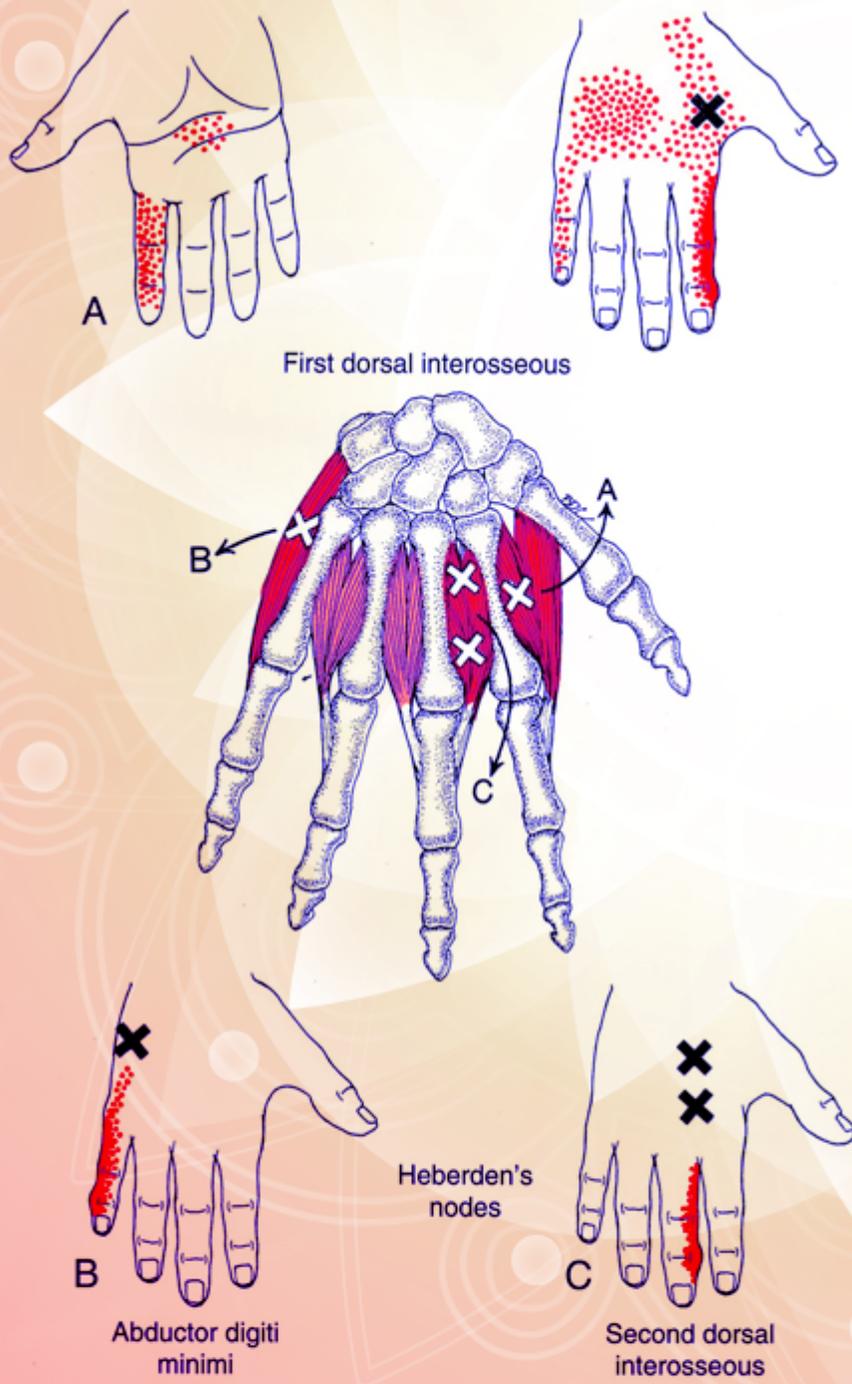
PRIMARY SYMPTOMS

- Dorsal Finger Pain
- Volar Finger Pain



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101 TRIGGER POINTS 101



FIRST DORSAL INTEROSSEUS

SYMPTOM AREA

Forearm & Hand Pain

PRIMARY SYMPTOMS

- Dorsal Finger Pain
- Volar Finger Pain

SECONDARY SYMPTOMS

- Dorsal Wrist & Hand Pain
- Thumb & Radial Hand Pain

THE X'S REPRESENT THE TRIGGER POINTS. THE RED SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

101 TRIGGER POINTS 101

ABDOMINAL OBLIQUES

SYMPTOM AREA

Torso

PRIMARY SYMPTOMS

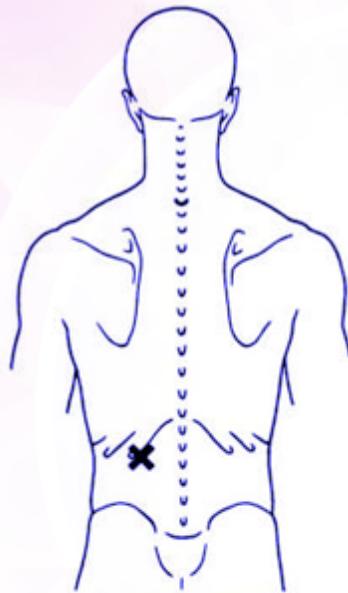
- Bloating / Nausea / Abdominal Cramps
- Diarrhea
- Irritable Bowel
- Lax, Pendulous Abdomen
- Menstrual Problems, Pelvic Pain
- Painful Intercourse
- Reflux Esophagitis
- Urinary Frequency, Urine Retention, "Kidney" Pain

SECONDARY SYMPTOMS

- Abdominal Pain
- Front of Chest Pain



External oblique



Belch button



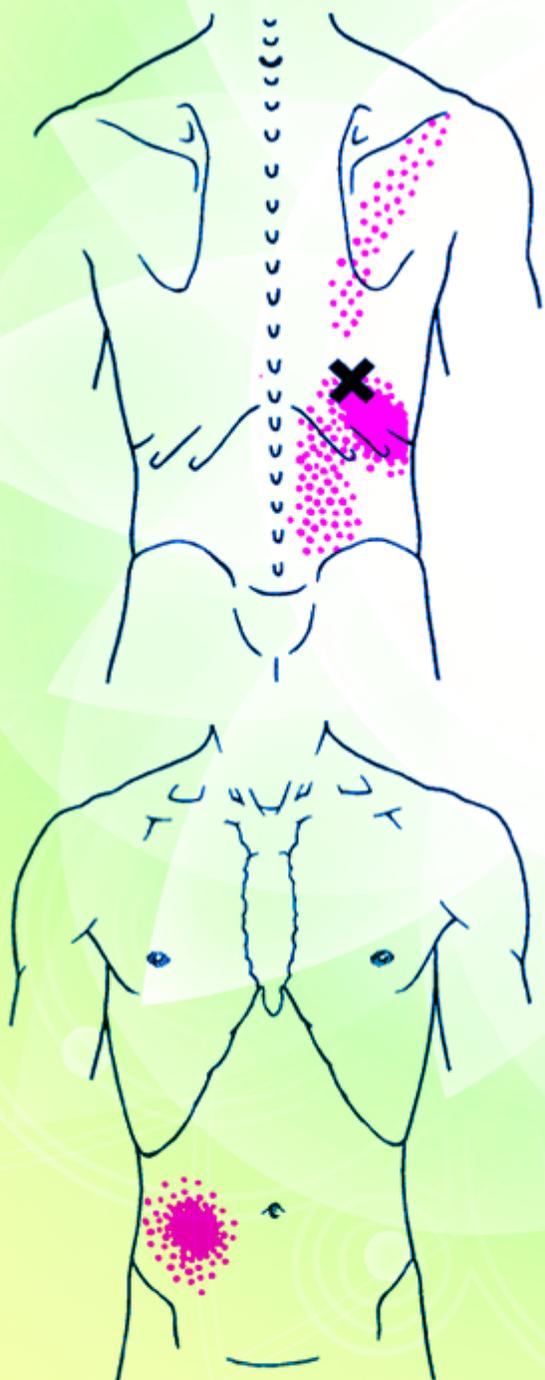
Lateral Abdominals



Causes diarrhea

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101 TRIGGER POINTS 101



ILIOCOSTALIS THORACIS

SYMPTOM AREA

Upper Back, Shoulder, and Arm

PRIMARY SYMPTOMS

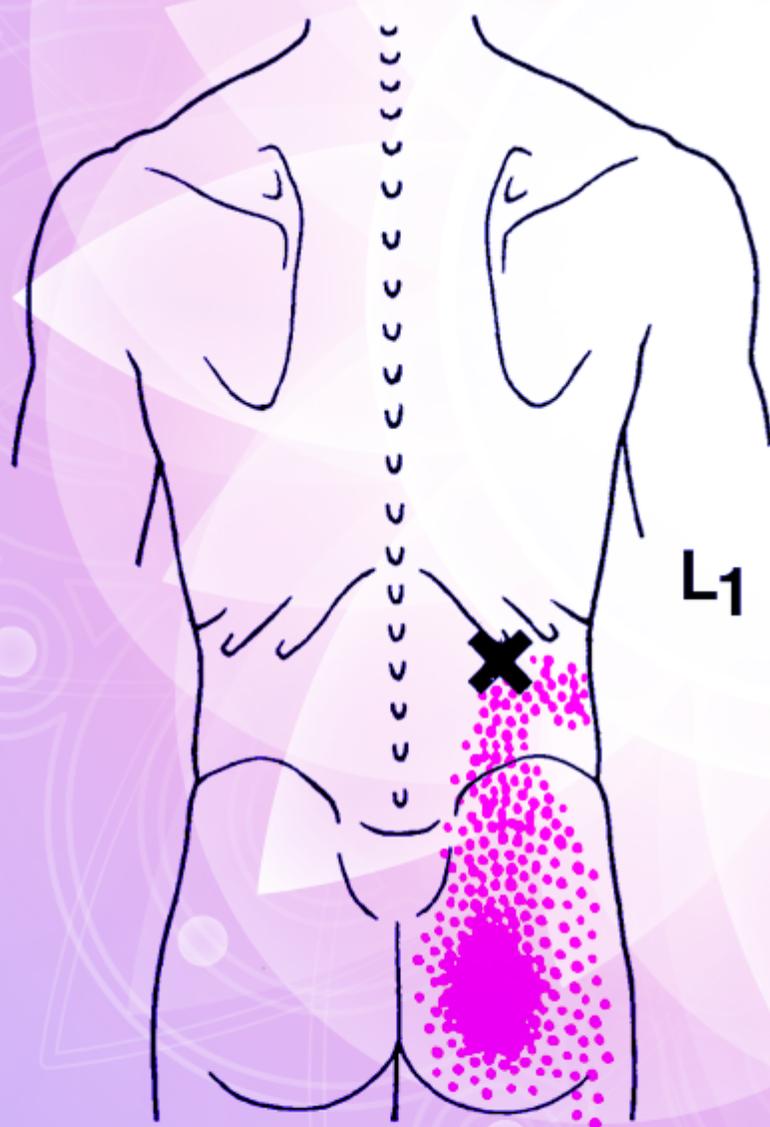
- Abdominal Pain
- Appendicitis-like Pains
- Bloating / Nausea / Abdominal Cramps
- Iliosacral Pain
- Low Back Pain
- Lower Abdominal Pain
- Mid-Thoracic Back Pain
- Thoracic Back Pain

SECONDARY SYMPTOMS

- Back of Shoulder Pain
- Lumbar Pain

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101 TRIGGER POINTS 101



ILIOCOSTALIS LUMBORUM

SYMPTOM AREA

Lower Torso

PRIMARY SYMPTOMS

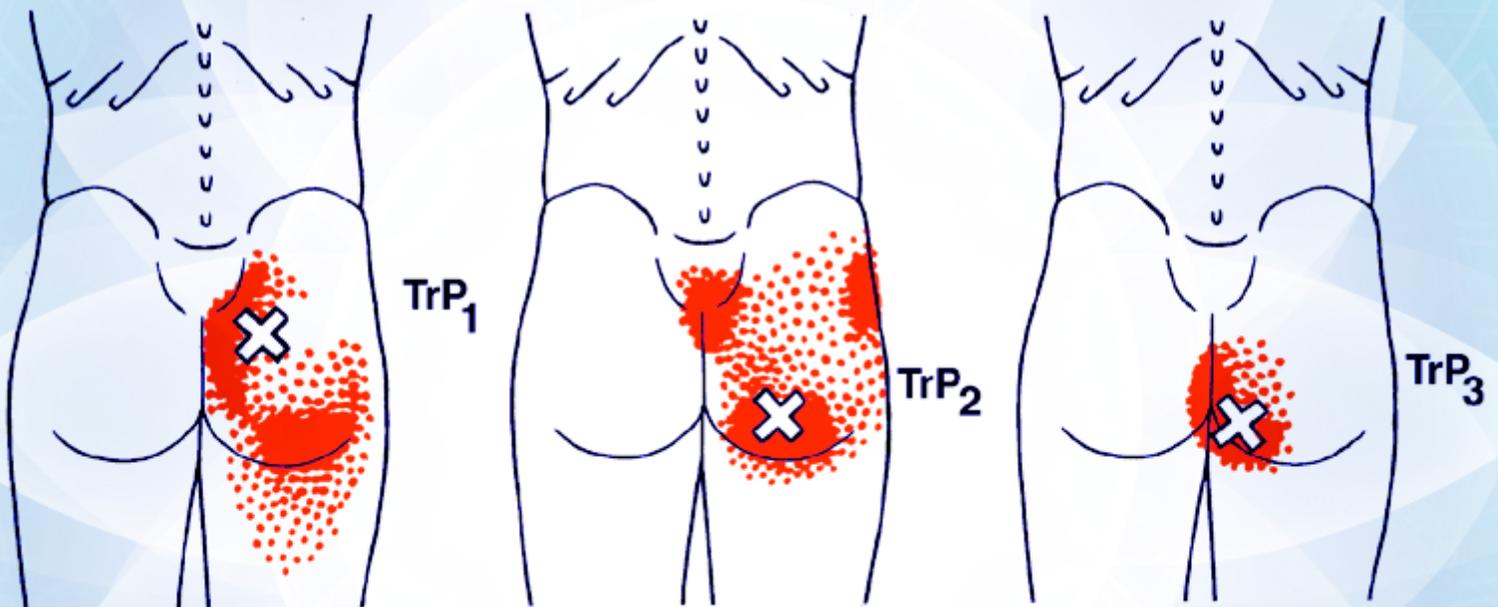
- Appendicitis-like Pains
- Bloating/Nausea/Abdominal Cramps
- Buttock Pain
- Iliosacral Pain
- Low Back Pain

SECONDARY SYMPTOMS

- Lumbar Pain
- Sacral & Gluteal Pain

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101 TRIGGER POINTS 101



GLUTEUS MAXIMUS

SYMPTOM AREA

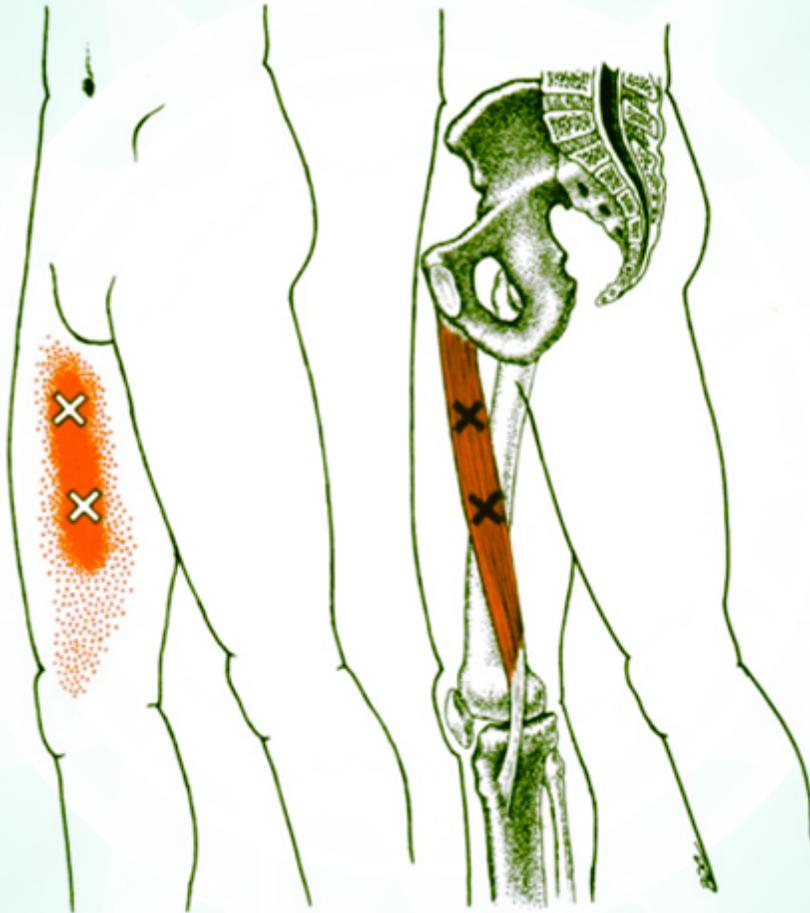
Hip, Thigh & Knee

PRIMARY SYMPTOMS

Buttock Pain
Iliosacral Pain
Impotence Due to Nerve Entrapments
Lateral Thigh & Hip Pain
Sciatica

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101 TRIGGER POINTS 101



GRACILIS

SYMPTOM AREA

Leg, Ankle & Foot

PRIMARY SYMPTOMS

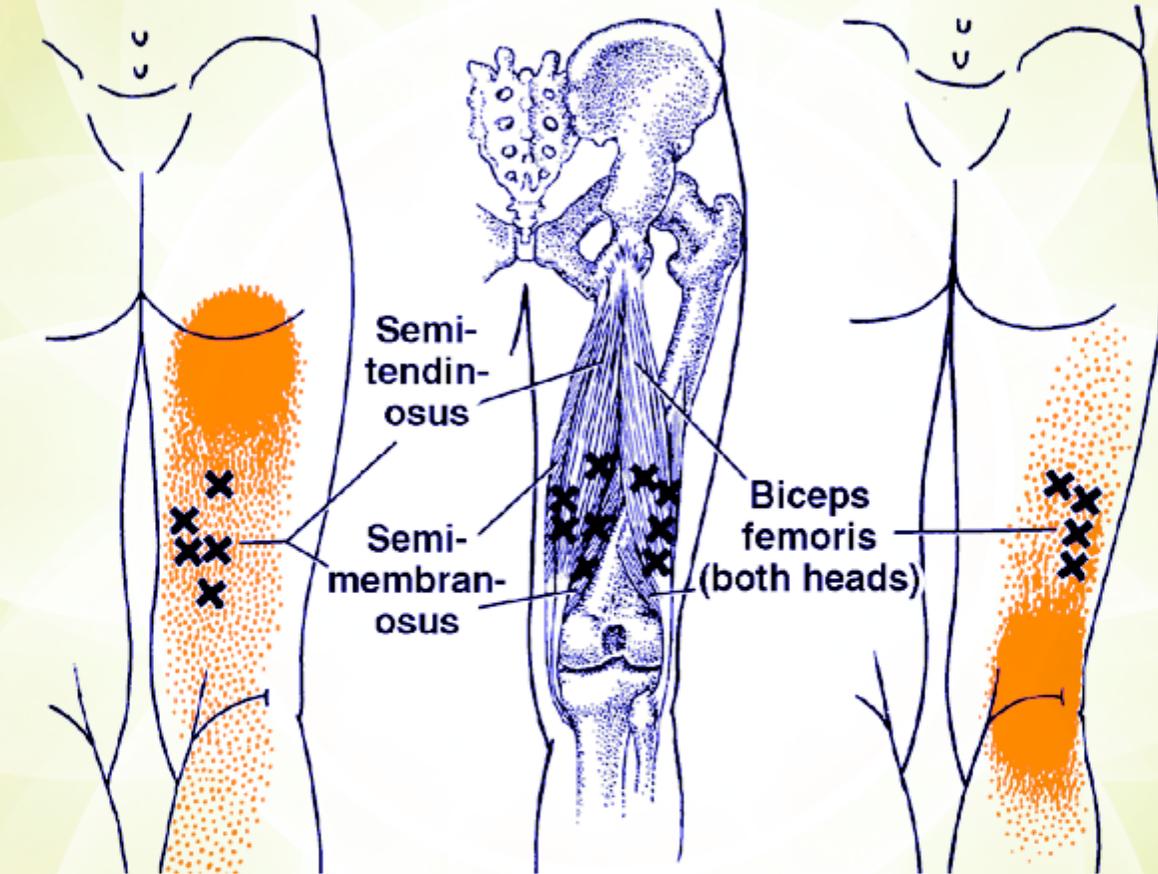
Medial Thigh Pain

SECONDARY SYMPTOMS

Anteromedial Knee Pain

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101 TRIGGER POINTS 101



BICEPS FEMORIS

SYMPTOM AREA

Leg, Ankle & Foot

PRIMARY SYMPTOMS

Posterior Knee Pain
Sciatica

SECONDARY SYMPTOMS

Posterior Thigh Pain

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101 TRIGGER POINTS 101

FLEXOR HALLUCIS LONGUS

SYMPTOM AREA

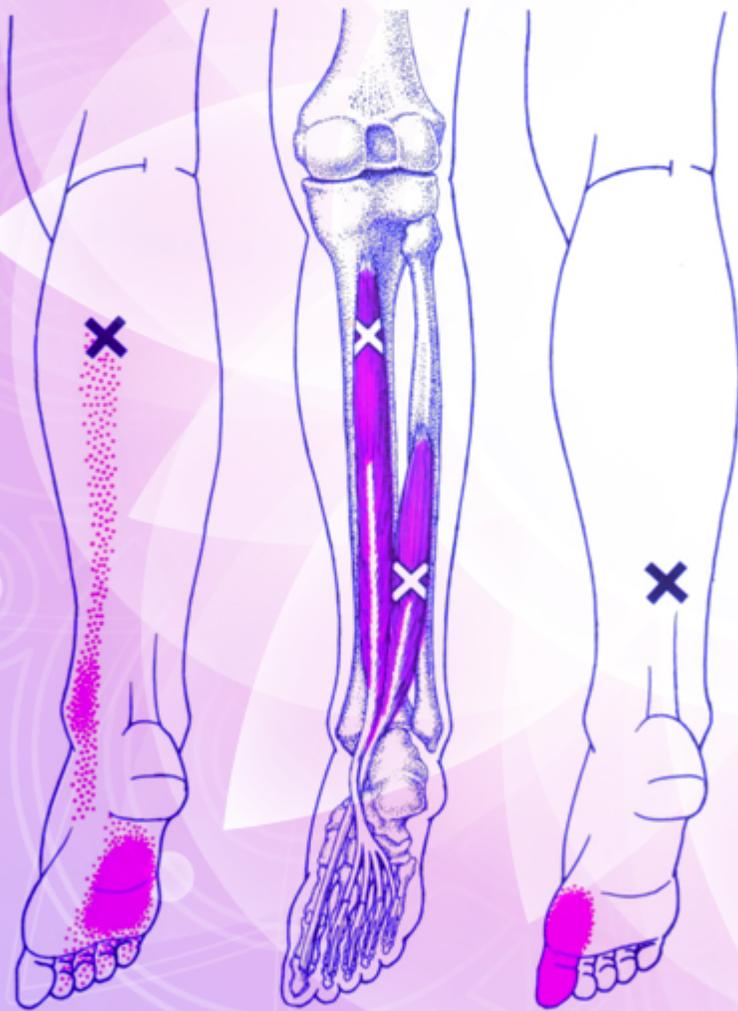
Leg, Ankle & Foot

PRIMARY SYMPTOMS

- First Steps in the Morning Feel as if Walking on Nails
- Plantar Great Toe Pain

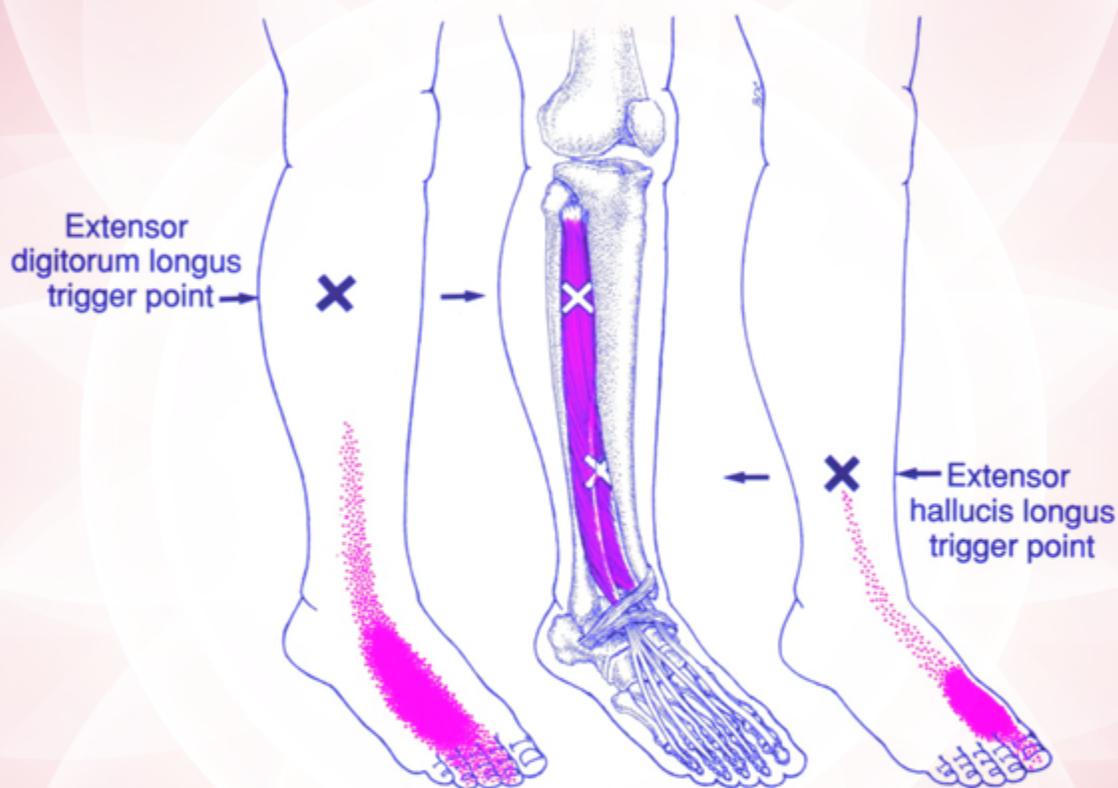
SECONDARY SYMPTOMS

None



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101 TRIGGER POINTS 101



EXTENSOR DIGITORUM LONGUS

SYMPTOM AREA

Leg, Ankle & Foot

PRIMARY SYMPTOMS

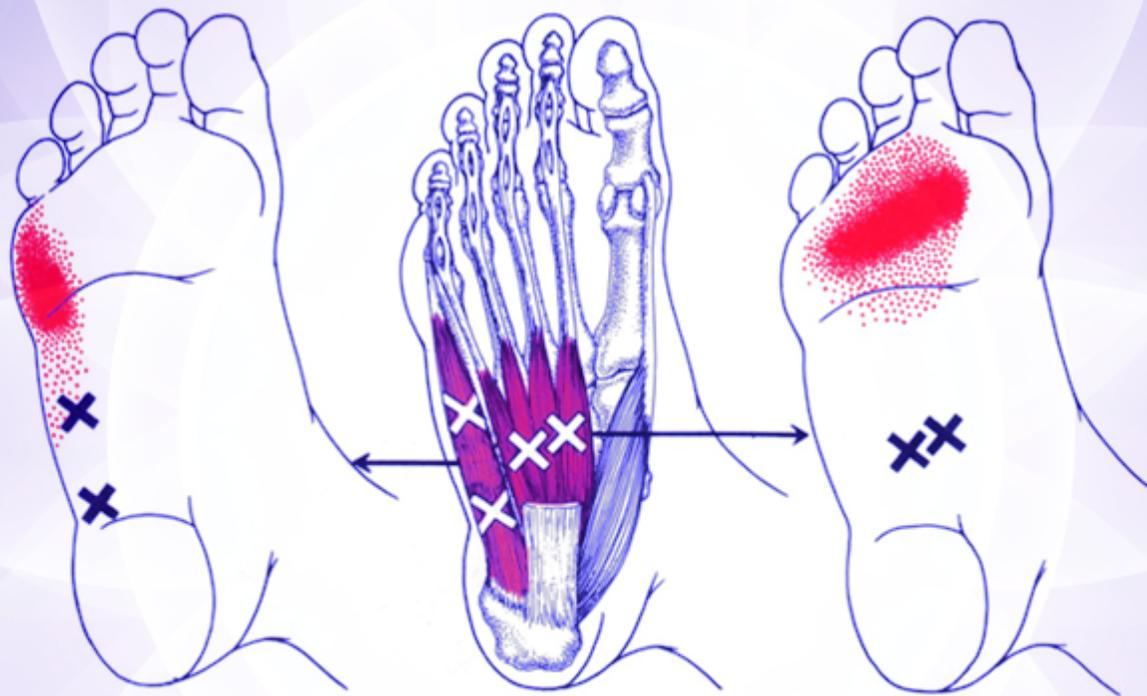
Anterior Ankle Pain
Bunion
Dorsal Forefoot Pain

SECONDARY SYMPTOMS

Dorsal Lesser Toe Pain

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101 TRIGGER POINTS 101



ABDUCTOR DIGITI MINIMI (FOOT)

SYMPTOM AREA

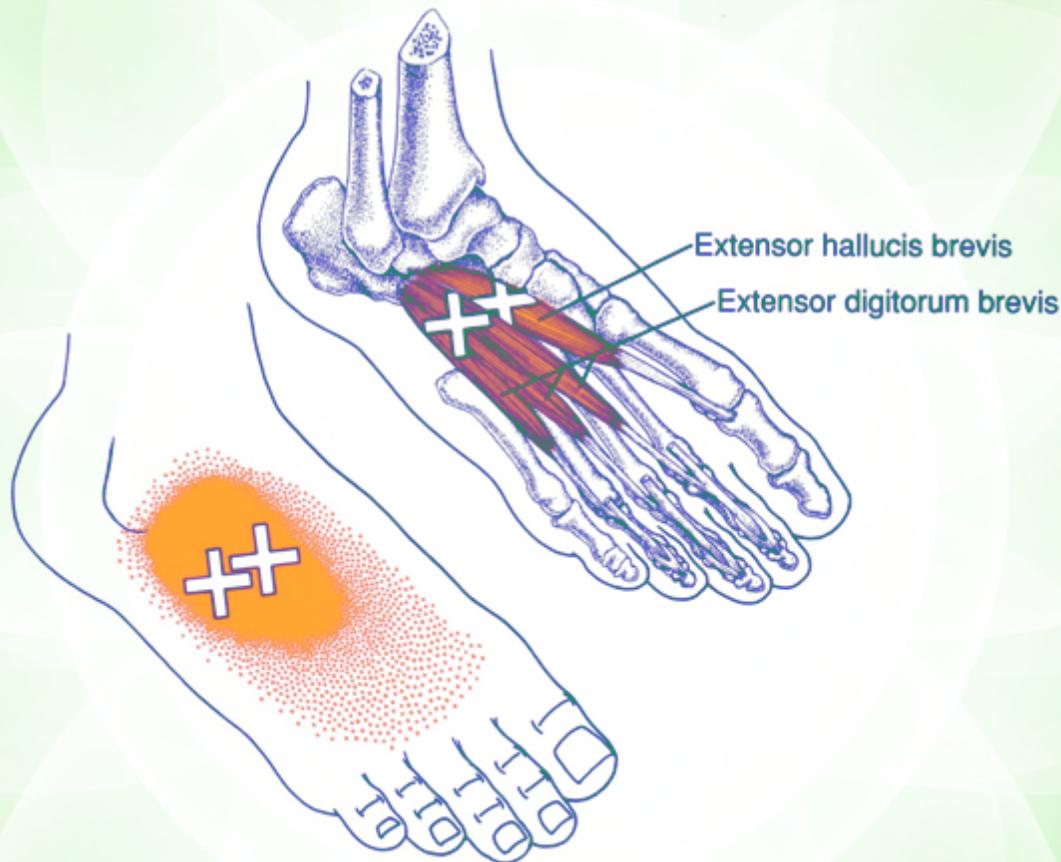
Leg, Ankle & Foot

PRIMARY SYMPTOMS

Metatarsal Heel Pain

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101 TRIGGER POINTS 101



EXTENSOR DIGITORUM BREVIS

SYMPTOM AREA

Leg, Ankle & Foot

PRIMARY SYMPTOMS

Dorsal Forefoot Pain
Metatarsal Heel Pain

SECONDARY SYMPTOMS

None

THE X'S REPRESENT THE TRIGGER POINTS. THE ORANGE SHADED AREA IS THE REFERRED PAIN CAUSED BY THE TRIGGER POINT

THOUGHTS + AN INVITATION

High five! You made it to the end of my little guidebook. If you found a trigger point on yourself, simply press down, or rub it. The discomfort of the trigger point will back off with sustained pressure. I hope that some of the exercises in this book will offer you some relief and some insight into the nasty little trouble making buggers lovingly called trigger points.

Since you took the time to make it to this part... I'd like to extend an invitation for you to visit me for a massage therapy session. Mention this guidebook + and as an introductory offer, you'll get \$11 off your first 60-minute or longer session with me in my new location in Downtown Charles Town! To schedule your massage go to **ReplenishWellness.com** to book your appointment online. Be sure to mention this offer in the comment box. You can also call the office at 304-728-6996 and leave a message and I'll get back to you ASAP.

Peace + Blessings,
Kimberly Huneycutt NTP, LMT
Founder: Replenish Wellness + Massage llc

