

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

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

Note the finding next to the muscle checked:

T = Tension, hypertonicity    P = Pain    S = Spasm

I = Inflammation

N = Numbness/tingling

**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 \_\_\_\_\_
- Psoas Major/Illacus \_\_\_\_\_
- Quadratus Femoris \_\_\_\_\_
- Rectus Femoris \_\_\_\_\_
- Sacrospinalis \_\_\_\_\_
- Sartorius/Gracilis \_\_\_\_\_
- Semi-Tend/Membranosus \_\_\_\_\_
- Tensor Fasiae 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 \_\_\_\_\_
- Retrocalcaneal \_\_\_\_\_

**Neck**

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

**Head**

- Auricularis Post/Sup \_\_\_\_\_
- Buccinator \_\_\_\_\_
- Masseter \_\_\_\_\_
- Orbicularis Oris/Occli \_\_\_\_\_
- 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 \_\_\_\_\_
- Infraspinalis \_\_\_\_\_
- 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 \_\_\_\_\_

