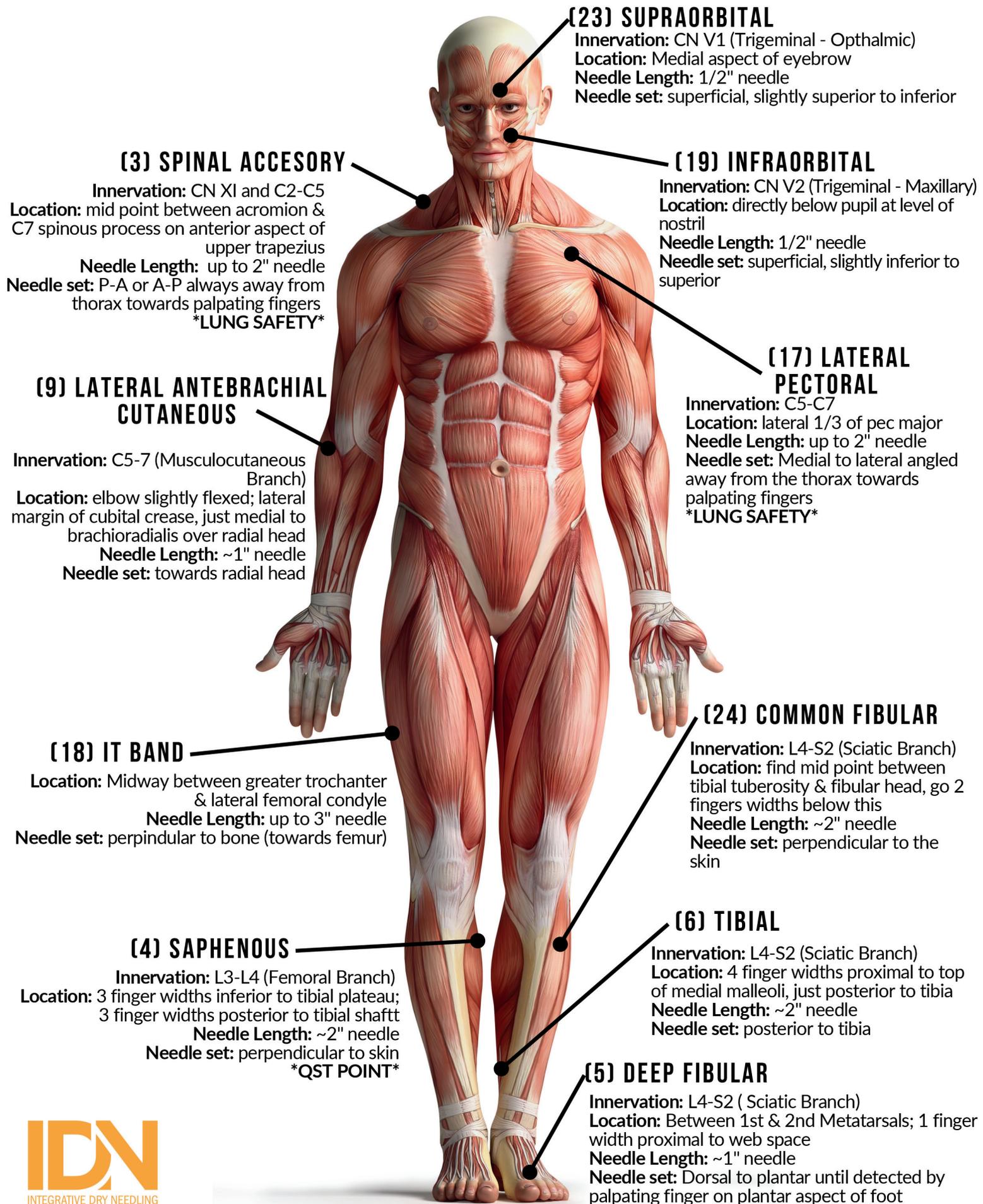


HOMEOSTATIC NEUROTRIGGER POINTS



HOMEOSTATIC NEUROTRIGGER POINTS

(7) GREATER OCCIPITAL

Innervation: C2

Location: on lateral border of upper trapezius; lateral & slightly superior to C2 spinous process.

Needle Length: ~1-2" needle

Needle set: toward C2 lamina

(2) GREATER AURICULAR

Innervation: C2-C3

Location: inferior and posterior to mastoid process on posterior SCM

Needle Length: ~1/2" needle

Needle set: perpendicular to skin

(13) DORSAL SCAPULAR

Innervation: C5-C6

Location: In levator scapulae insertion on superior angle of scapula

Needle Length: ~1" needle

Needle set: medial to lateral away from thoracic cage
LUNG SAFETY

(21) POSTERIOR CUTANEOUS OF T6

Location: 1 finger width lateral to T6 spinous process

Needle Length: 1" needle

Needle set: P to A; slight medial angle

LUNG SAFETY 1:1 rule

(8) SUPRASCAPULAR

Innervation: C5-C6

Location: Center of infraspinous fossa. Bracket medial & lateral borders of scapula

Needle Length: ~2" needle

Needle set: Perpendicular to skin towards scapula

LUNG SAFETY

(20) SPINOUS PROCESS OF T7

Location: most tender interspinous space T6-T7 or T7-T8

Needle Length: 1" needle

Needle set: inferior to superior between spinous process

(1) DEEP RADIAL

Innervation: C5-T1

Location: 2 finger widths distal to lateral epicondyle, in groove next to extensor bulk

Needle Length: ~1-2" needle

Needle set: Towards Radius

QST POINT

(15) POSTERIOR CUTANEOUS OF L2

Location: 2 finger widths lateral to L2 spinous process

Needle Length: up to 2" needle

Needle set: P to A

KIDNEY SAFETY 2:2 rule

(12) SUPERFICIAL RADIAL

Innervation: C5-T1

Location: Between 1st & 2nd metacarpals at midpoint of 1st dorsal interosseus

Needle Length: ~1" needle

Needle set: Dorsal to palmar until detected by palpating fingers on palmar aspect

(22) POSTERIOR CUTANEOUS OF L5

Location: 2 finger widths lateral to L5 spinous process

Needle Length: ~2" needle

Needle set: P to A with slight medial angle

(14) SUPERIOR CLUNEALS

Innervation: T11 -L3, (L4-L5)

Location: In "box"; 4 finger widths from mid-line as medial border iliac crest as upper border

Needle Length: ~3" needle

Needle set: superficial superior to inferiolateral

(16) INFERIOR GLUTEAL

Innervation: L5-S1

Location: Center of Buttock

Needle Length: ~3" needle

Needle set: P to A; careful at depth of sciatic nerve

(11) LATERAL POPLITEAL

Innervation: L4-S2 (Sciatic Branch)

Location: Flex Knee ~25 deg, on popliteal crease, medial to the biceps femoris tendon

Needle Length: ~1" needle

Needle set: P to A

(10) SURAL

Innervation: L4-S3 (Sciatic Branch)

Location: in mid portion of distal calf between 2 gastroc heads

Needle Length: ~2" needle

Needle set: P to A towards to tibia