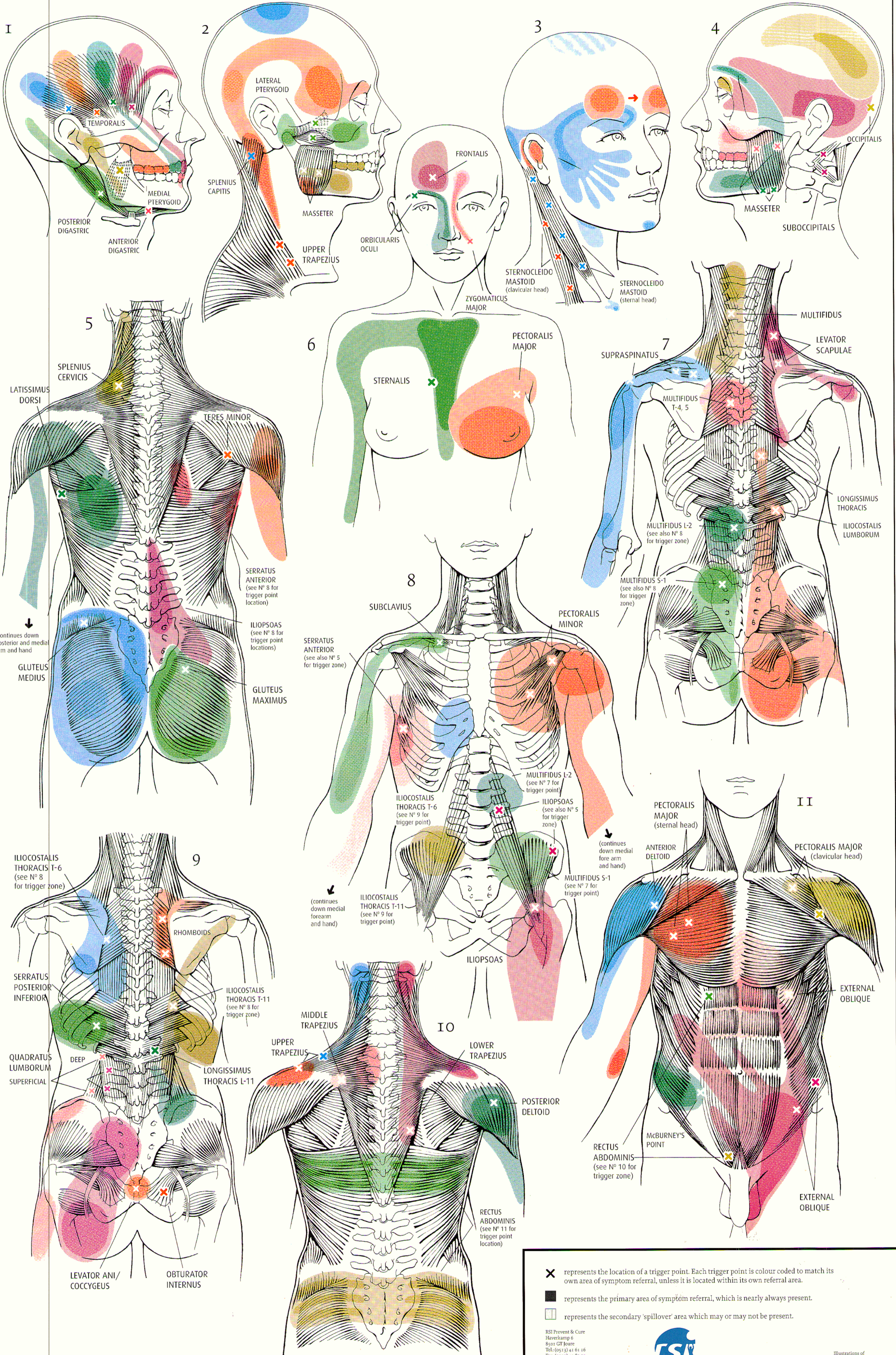


TRIGGER POINTS I



✕ represents the location of a trigger point. Each trigger point is colour coded to match its own area of symptom referral, unless it is located within its own referral area.

■ represents the primary area of symptom referral, which is nearly always present.

▨ represents the secondary 'spillover' area which may or may not be present.

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Illustrations of trigger points by courtesy of the publisher