



TRIGGO*san*



QUICK GUIDE
TRIGGER POINT SHOCK WAVE THERAPY TST[®]

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1 Head – masseter

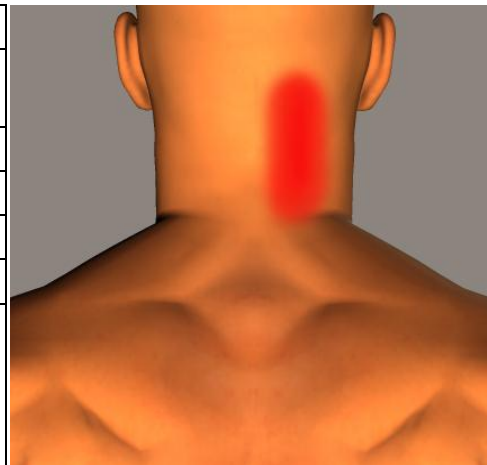
Indication	Pain in: toothache of unknown cause, inner and outer ear pain Temporomandibular joint (TMJ) problems and sensitivity to heat or cold of the teeth
Patient position	Sitting
Energy Level	2-10
Impulses	1000
Most sensitive area	Insertions
Caveat:	Use low energy level on the muscle insertions because of intense referred pain into the jaw. When the pain decreases the energy level can be increased.



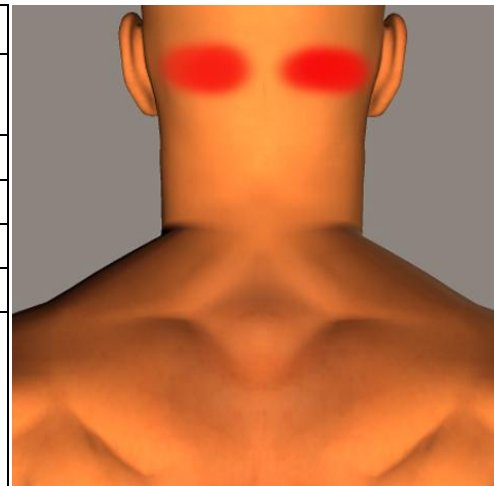
2 Neck

2.1 Neck – posterior

Indication	Pain in: neck, shoulder and headache Vertigo
Patient position	Sitting
Energy level	3-20
Impulses	1500
Most sensitive area	Sub occipital region
Caveat:	Coughing and tickling of the throat may occur. Reduce the energy level to make it more bearable for the patient.



2.2 Neck – sub occipital	
Indication	Pain in: neck, shoulder and headache Vertigo
Patient position	Sitting
Energy level	3-9
Impulses	1000
Most sensitive area	Near mastoid process
Caveat: Work with low energy level in patients with tinnitus when you treat near the mastoid process. Tinnitus may increase for a day or two, but reverts back to normal. Don't treat patients with a history of combined sudden hearing loss and tinnitus.	



2.3 Neck – lateral, scalene**Indication**

Pain in: neck, shoulder, chest, upper extremity,
mid thorax and headache
Vertigo

Patient position

Sitting

Energy level

2-14

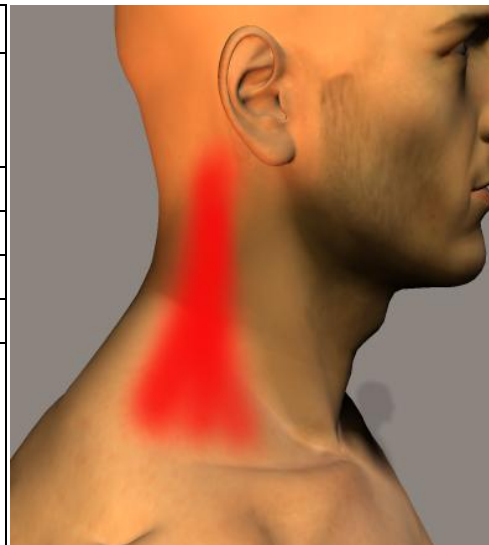
Impulses

1500

Most sensitive area

Near mastoid process

Caveat: Coughing and tickling of the throat may occur. Reduce the energy level to decrease and you can slowly increase the energy level. Work with low energy level in patients with tinnitus when you treat near the mastoid process. Tinnitus may increase for a day or two, but reverts back to normal. Don't treat patients with a history of combined sudden hearing loss and tinnitus.



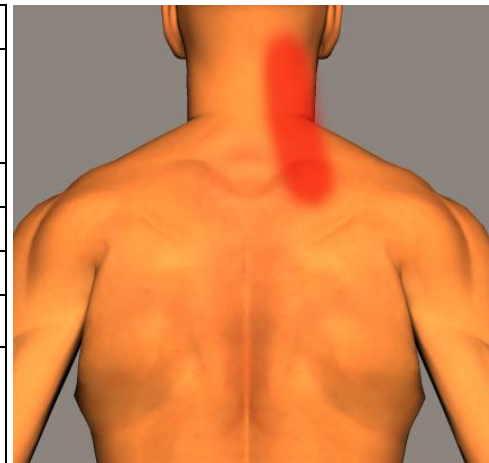
3 Shoulder

3.1 Shoulder – levator scapulae

Indication	Pain in: neck, shoulder, chest, upper extremity, mid thorax, lower back and headache Vertigo
Patient position	Sitting
Energy level	4-15
Impulses	2000
Most sensitive area	Upper neck, insertion of levator scapulae.

Caveat:

Coughing and tickling of the throat may occur. Reduce the energy level to make it more bearable for the patient and slowly increase the energy level.



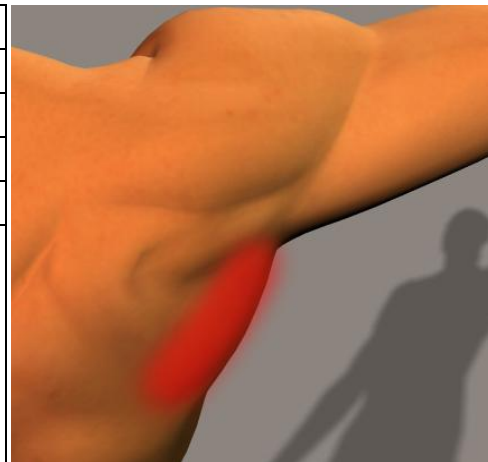
3.2 Shoulder – supraspinatus	
Indication	Pain in: neck, shoulder and arm
Patient position	Sitting
Energy level	4-9
Impulses	350
Most sensitive area	Lateral aspect



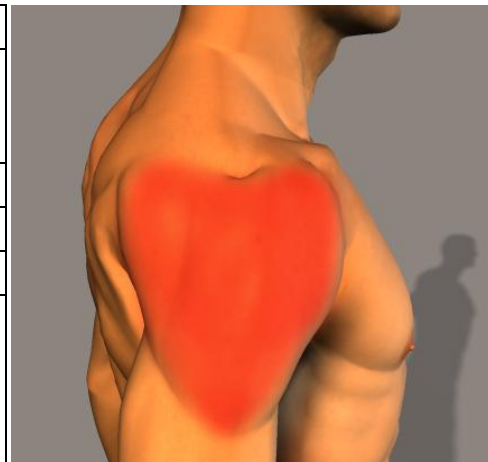
3.3 Shoulder – infraspinatus	
Indication	Pain in: neck, shoulder, arm, upper extremity, mid thorax and lateral chest
Patient position	Sitting or prone
Energy level	3-12
Impulses	1400
Most sensitive area	Posterior insertion of deltoid



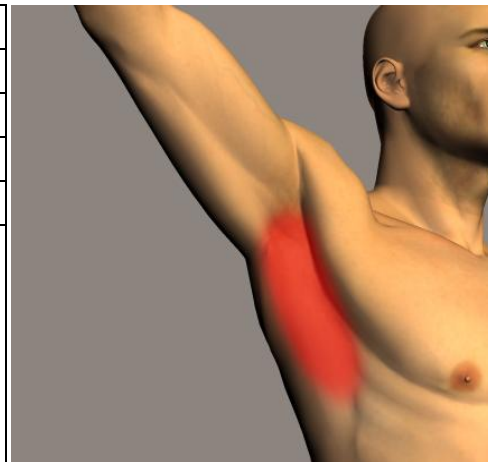
3.4 Shoulder – teres major	
Indication	Pain in: shoulder, arm and lateral chest
Patient position	Sitting or prone
Energy level	4-7
Impulses	1000
Most sensitive area	None



3.5 Shoulder – deltoid	
Indication	Pain in: neck, shoulder, upper extremity and headache Lateral epicondylitis
Patient position	Sitting
Energy level	2-17
Impulses	1800
Most sensitive area	Insertion and attachments areas.



3.6 Shoulder – subscapularis	
Indication	Pain in: neck, shoulder, arm, mid thorax and chest
Patient position	Supine
Energy level	4-20
Impulses	1800
Most sensitive area	Upper medial and lateral insertion.



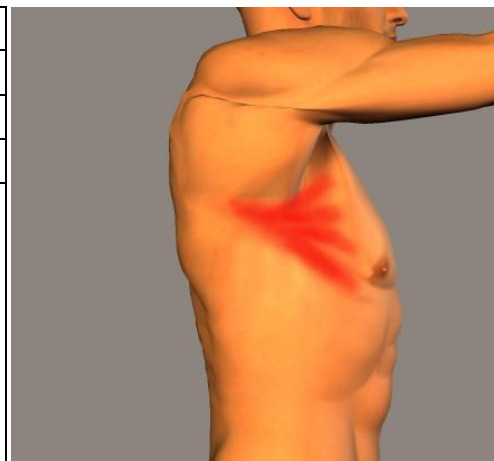
4 Pectorals

Indication	Pain in: shoulder, arm and chest
Patient position	Supine
Energy level	3-20
Impulses	2100
Most sensitive area	Humerus area and lateral part at the rib insertion



5 Serratus anterior

Indication	Mid the racket pain
Patient position	Side or sitting
Energy level	3-9
Impulses	1800
Most sensitive area	Tip of the scapula and the rib insertions



6 Arm and Hand

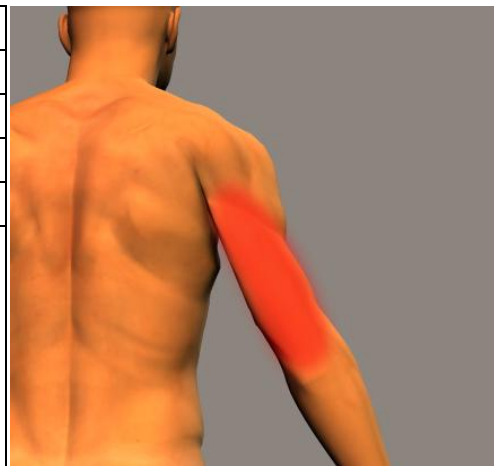
6.1 Upper Arm

6.1.1 Upper Arm – biceps brachii

Indication	Pain in: shoulder, upper and lower arm
Patient position	Sitting or supine
Energy level	2-15
Impulses	1700
Most sensitive area	Insertion



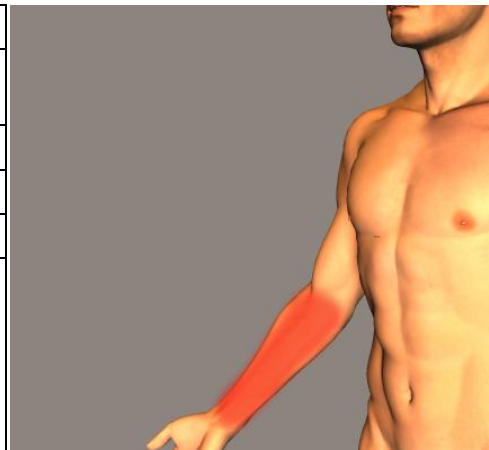
6.1.2 Upper Arm – triceps brachii	
Indication	Pain in: shoulder, upper and lower arm
Patient position	Sitting or prone
Energy level	3-20
Impulses	1800
Most sensitive area	Insertion



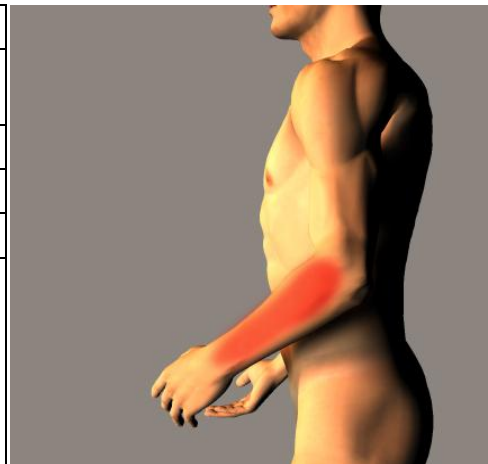
6.2 Lower Arm

6.2.1 Lower Arm – flexors

Indication	Pain in: shoulder, upper and lower arm, wrist, hand and finger
Patient position	Sitting or supine
Energy level	4-12
Impulses	1500
Most sensitive area	Insertion



6.2.2 Lower Arm – extensors	
Indication	Pain in: shoulder, upper and lower arm, wrist, hand and finger
Patient position	Sitting or prone
Energy level	4-12
Impulses	1500
Most sensitive area	Insertion



6.3 Hand – palmar	
Indication	Pain in: wrist, hand and finger
Patient position	Sitting or prone
Energy level	2-8
Impulses	1000
Most sensitive area	None



7 Abdomen

Indication	Pain in: abdomen and thorax Bowel dysfunction, bladder dysfunction, dysmenorrheal and chronic nonbacterial prostatitis
Patient position	Supine
Energy level	5-20
Impulses	1800
Most sensitive area	None
Caveat: Include the origins of the abdominal muscles on the ribs.	



8 Back

8.1 Upper Back

8.1.1 Upper Back – trapezius, total

Indication	Pain in: neck, shoulder, arm, thorax, lower back, scapular and headache
Patient position	Sitting
Energy level	2-19
Impulses	1800
Most sensitive area	Sub occipital region, lateral supraspinatus region, medial boarder of scapula

Caveat:

Coughing and tickling of the throat may occur, especially when you work in the neck area. Reduce the energy level to make it more bearable for the patient and slowly increase the energy level.



8.1.2 Upper Back – upper trapezius

Indication	Pain in: neck, shoulder, arm, thorax, lower back, scapular, anterior chest and headache
Patient position	Sitting
Energy level	2-18
Impulses	1200
Most sensitive area	Sub occipital region, insertion of levator scapulae, lateral supraspinatus area.

Caveat:

Coughing and tickling of the throat may occur. Reduce the energy level to make it more bearable for the patient and slowly increase the energy level.



8.1.3 Upper Back – T1 – T12	
Indication	Pain in: neck, shoulder, arm, mid-thorax, scapula, chest, lower back and headache Breathing difficulties exertional asthma and vertigo
Patient position	Sitting or supine
Energy level	2-20
Impulses	1400
Most sensitive area	Medial aspect of shoulder blade



8.2 Back – erector spinae	
Indication	Pain in: upper, middle and lower back, hip, knee, lower extremity, chest, abdomen, pelvis
Patient position	Sitting or supine
Energy level	3-20
Impulses	2500
Most sensitive area	Medial aspect of shoulder blade, lumbar area 1-3, sacral area



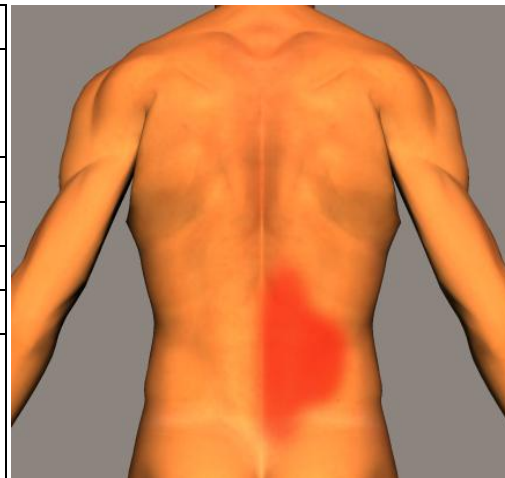
8.3 Lower Back

8.3.1 Lower Back – quadratus lumborum

Indication	Pain in: upper, middle and lower back, sacroiliac joint, hip, knee, lower extremity, abdomen, pelvis and sciatica
Patient position	Sitting or supine
Energy level	2-20
Impulses:	1800
Most sensitive area	None

Caveat:

The Quadratus lumborum area requires high energy level because trigger points can be located in the ventral psoas.



8.3.2 Lower Back – sacrum	
Indication	Pain in: lower back, iliac crest, hip, lower extremity, pelvic and sciatica
Patient position	Sitting or supine
Energy level	2-19
Impulses	1200
Most sensitive area	Above the sacroiliac joint area



9 Hip

9.1 Hip – total

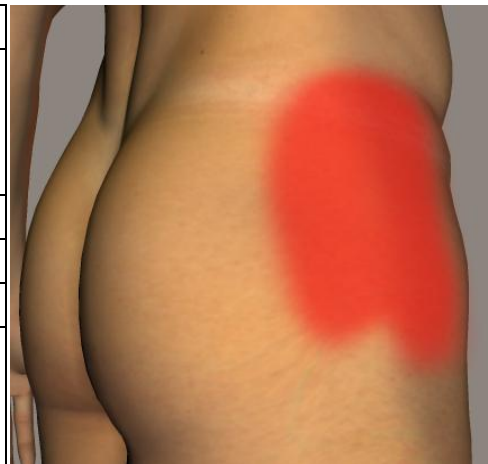
Indication	Pain in: lower back, sacroiliac joint, hip, trochanter, groin, knee, lower extremity, Achilles tendon, ankle, plantar fascia and sciatica Bursitis
Patient position	Supine
Energy level	1-20
Impulses	2000
Most sensitive area	Muscle insertions around the trochanter major, quadratus femoris area, lateral hip, sacrotuberous ligament area



9.2 Hip – medial	
Indication	Pain in: lower back, sacroiliac joint, hip, trochanter, groin, knee, lower extremity, Achilles tendon, ankle, plantar fascia and sciatica Bursitis
Patient position	Supine
Energy level	5-20
Impulses	1100
Most sensitive area	Muscle insertions around the trochanter major, quadratus femoris area, sacrotuberous ligament area



9.3 Hip – lateral	
Indication	Pain in: lower back, sacroiliac joint, hip, trochanter, groin, knee, lower extremity, Achilles tendon, ankle, plantar fascia and sciatica Bursitis
Patient position	Supine
Energy level	10-20
Impulses	1800
Most sensitive area	Upper Ilium, near the iliac crest, around the trochanter major



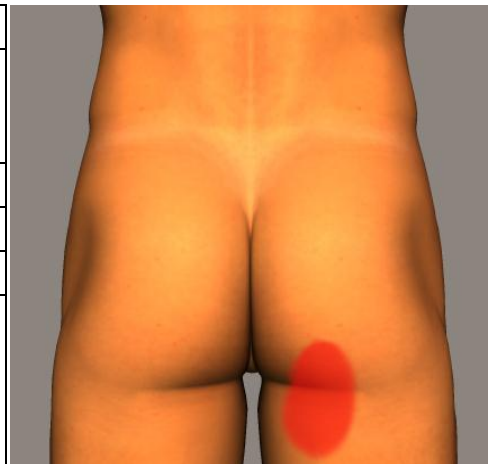
9.4 Hip – sacrotuberous ligament	
Indication	Pain in: pelvis, rectum, hip, groin and lower back Chronic abacterial prostatitis
Patient position	Supine
Energy level	4-17
Impulses	1200
Most sensitive area	None



9.5 Hip – quadratus femoris	
Indication	Pain in: hip, sciatica, knee and lower extremity
Patient position	Supine
Energy level	4-13
Impulses	1500
Most sensitive area	None
Caveat: The Quadratus femoris area is extremely sensitive and refers pain to the groin and down the leg into the foot	



9.6 Hip – ischial tuberosity	
Indication	Pain in: lower back while sitting, hip, knee, foot and sciatica Insertional tendinitis
Patient position	Prone
Energy level	4-10
Impulses	1400
Most sensitive area	None



10 Leg and Foot

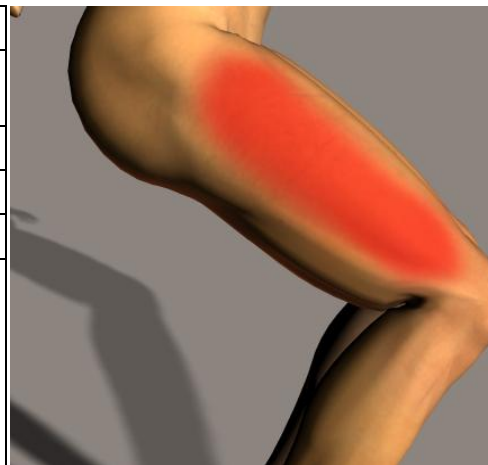
10.1 Upper Leg

10.1.1 Upper Leg – quadriceps femoris

Indication	Pain in: knee, groin, Achilles tendon, plantar fascia, hip, lower back, upper back and cervical
Patient position	Supine
Energy level	2-20
Impulses	2300
Most sensitive area	Close to the anterior iliac spine, the lower 3rd of the quadriceps muscle, vastus lateralis



10.1.2 Upper Leg – vastus lateralis	
Indication	Pain in: trochanter, adductor, hip, knee and sciatica
Patient position	Supine or side
Energy level	2-18
Impulses	1900
Most sensitive area	Lower 3rd of the muscle, near and on the trochanter major, over the tensor fasciae latae



10.1.3 Upper Leg – tensor fasciae latae	
Indication	Pain in: hip, groin, trochanter, knee, abdomen and sciatica
Patient position	Supine or side
Energy level	1-16
Impulses	1600
Most sensitive area	None



10.1.4 Upper Leg – hamstrings	
Indication	Pain in: hip, knee, groin, lower back, upper back, cervical and sciatica
Patient position	Prone
Energy level	2-20
Impulses	2000
Most sensitive area	Ischial tuberosity, quadratus femoris area, lateral part of hamstrings, lower 3rd of the hamstrings

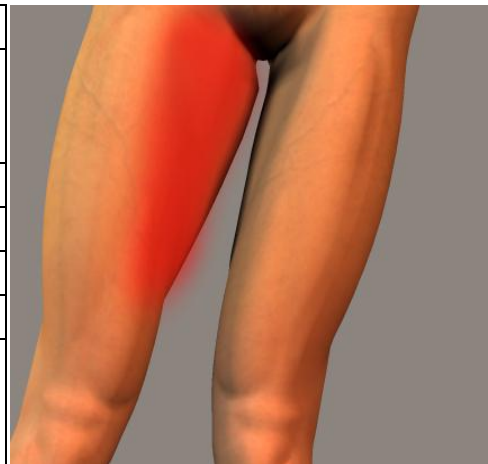


10.1.5 Upper Leg – adductors

Indication	Pain in: hip, knee, groin, low back, upper back, cervical, abdomen, pelvic and rectum Abacterial prostatitis and interstitial cystitis
Patient position	Supine
Energy level	3-20
Impulses	2600
Most sensitive area	none

Caveat:

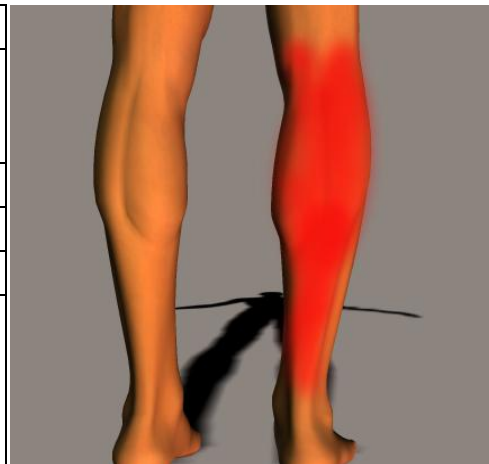
Look for strong muscle twitch reaction at the origin of the muscle near the pubic bone.



10.2 Lower Leg

10.2.1 Lower Leg – gastrocnemius

Indication	Pain in: knee, calf, ankle and medial tibia (shin splints) Achilles tendinitis and plantar fasciitis
Patient position	Prone
Energy level	3-18
Impulses	1700
Most sensitive area	Lateral part of gastrocnemius, medial and lateral origin at the knee joint, soleus and Achilles tendon



10.2.2 Lower Leg – peronei	
Indication	Pain in: knee, calf, medial tibia (shin splints) and ankle Achilles tendinitis and plantar fasciitis
Patient position	Supine
Energy level	4-12
Impulses	1200
Most sensitive area	At origin and insertion



10.2.3 Lower Leg – tibialis anterior	
Indication	Pain in: medial tibia (shin splints), ankle and foot
Patient position	Supine
Energy level	4-16
Impulses	1200
Most sensitive area	None

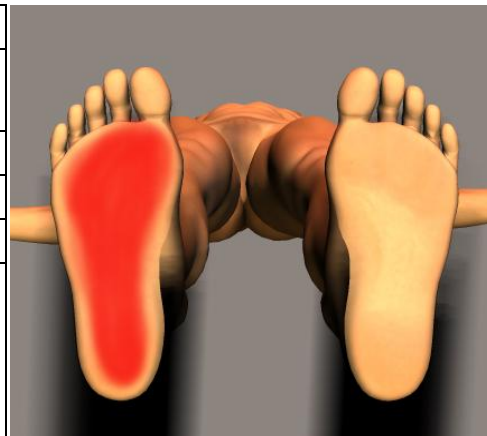


10.2.4 Lower Leg – achilles tendon

Indication	Pain in: calf, ankle and foot Retro calcaneal bursitis, plantar fasciitis and Achilles tendinitis
Patient position	Prone
Energy level	2–18
Impulses	2000
Most sensitive area	None



10.3 Foot – plantar fascia	
Indication	Pain in: dorsal and plantar foot and toe Plantar fasciitis and Morton's neuroma
Patient position	Supine or prone
Energy level	4-12
Impulses	1500
Most sensitive area	None



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