

Trigger Point Chart

Information

Name:

Contact:

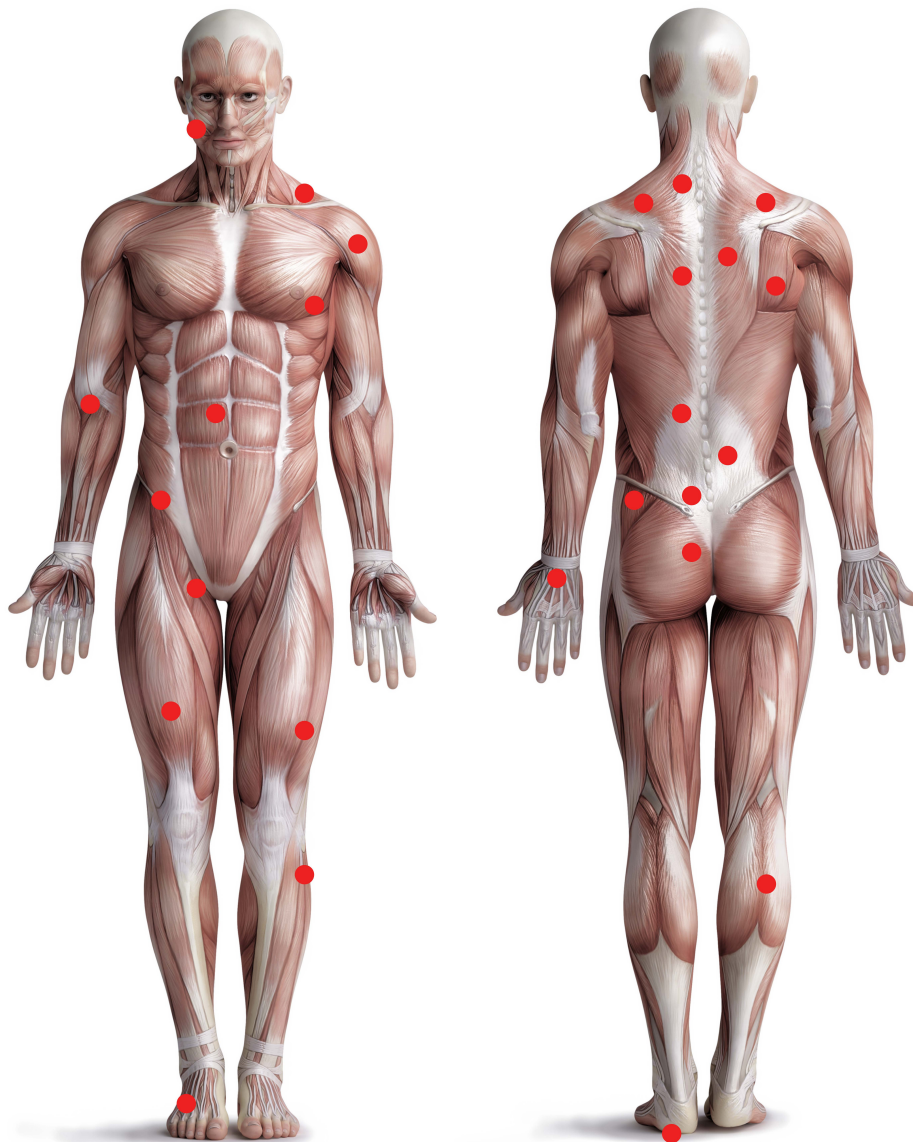
Practitioner:

Date:

Reason for visit:

Physical examination

Use the diagram below to mark areas of pain, tenderness, or weakness identified during the examination. Common trigger points, indicated by red dots, can be used as a reference for assessment.



Observations		
Identified trigger point(s)	Classification	Remarks
	Active	
	Latent	
	Active	
	Latent	
	Active	
	Latent	
	Active	
	Latent	

Additional notes