

Trigger Point Evaluation Record Sheet

As you do the trigger point evaluation, use this record sheet to note WHERE you were pressing when you notice TENDERNESS (and HOW tender it was) or a change in your symptom.

If there was a change to your symptom, note if it became more or less (↑ / ↓) SEVERE/LOUD

With tinnitus, note if there became more or fewer (↑ / ↓) NUMBER of tones that you hear.

If you notice a change, mark the spot on the picture and circle and what type of change.

On the last page, you will find the Summary Findings page. It is optional. Use it if it's helpful.

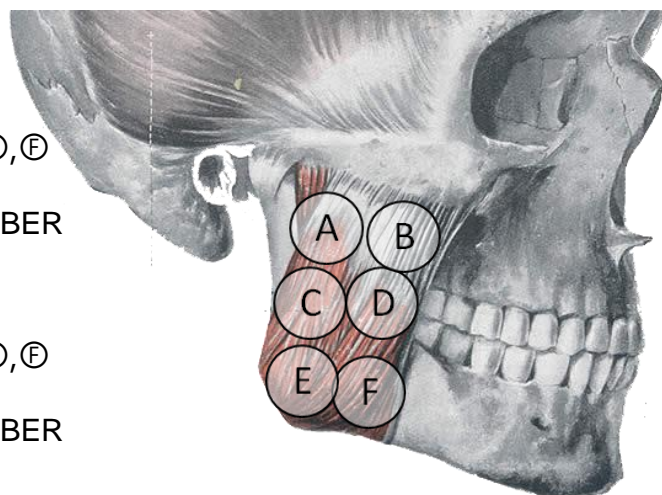
1. Masseter

Right

- WHERE Tender (or Change noticed): (A), (B), (C), (D), (E), (F)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

Left

- WHERE Tender (or Change noticed): (A), (B), (C), (D), (E), (F)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____



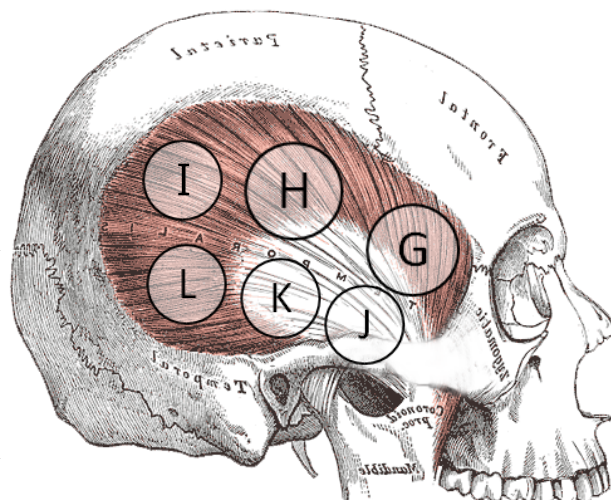
2. Temporalis

Right

- WHERE Tender (or Change noticed): (G), (H), (I), (J), (K), (L)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

Left

- WHERE Tender (or Change noticed): (G), (H), (I), (J), (K), (L)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____



Trigger Point Evaluation Record Sheet

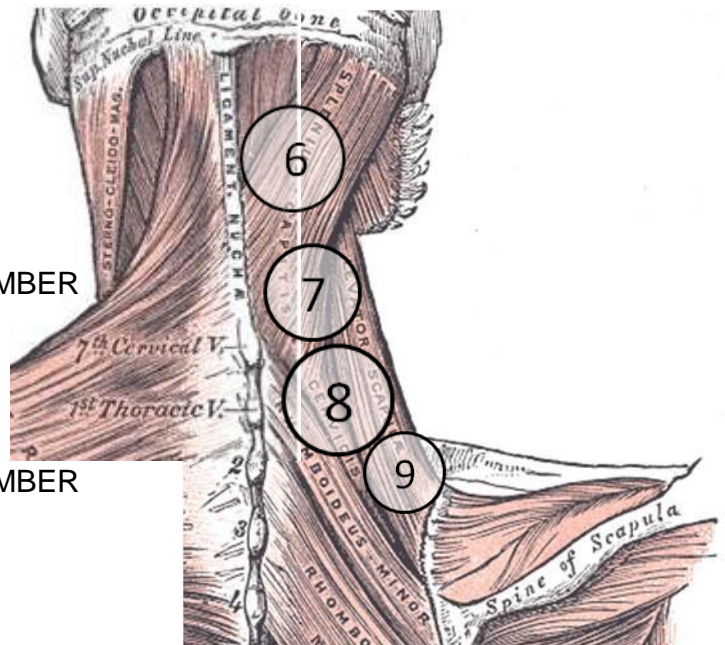
3. Levator Scapulae

Right

- WHERE Tender (or Change noticed): ⑥, ⑦, ⑧, ⑨
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

Left

- WHERE Tender (or Change noticed): ⑥, ⑦, ⑧, ⑨
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____



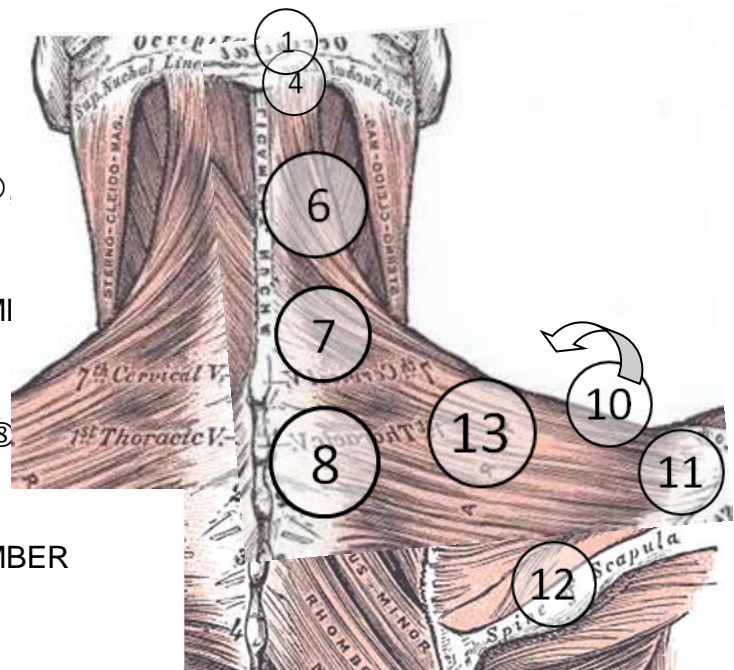
4. Upper Trapezius

Right

- WHERE Tender (or Change noticed): ①, ④, ⑥, ⑦, ⑧, ⑩ (in front, on clavicle), ⑪, ⑫, ⑬ (m. belly)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

Left

- WHERE Tender (or Change noticed): ①, ④, ⑥, ⑦, ⑧, ⑩ (in front, on clavicle), ⑪, ⑫, ⑬ (m. belly)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____



Trigger Point Evaluation Record Sheet

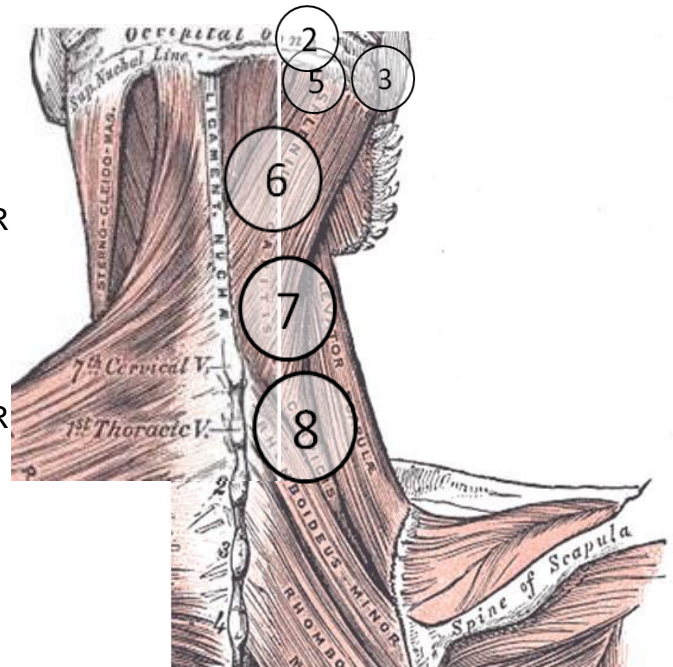
5,6. Splenius Capitus (and cervicis)

Right

- WHERE Tender (or Change noticed): ②, ③, ⑤, ⑥, ⑦, ⑧
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

Left

- WHERE Tender (or Change noticed): ②, ③, ⑤, ⑥, ⑦, ⑧
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____



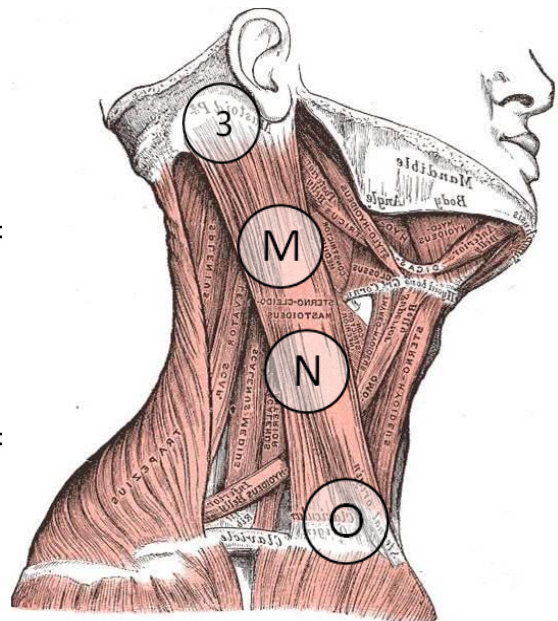
7. SCM (Sternocleidomastoid)

Right

- WHERE Tender (or Change noticed): ③, (M), (N), (O)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

Left

- WHERE Tender (or Change noticed): ③, (M), (N), (O)
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____



Trigger Point Evaluation Record Sheet

Remember: The Pterygoid muscles are on the other side (medial to) the mandible, so you must reach on the tongue side of the mandible.

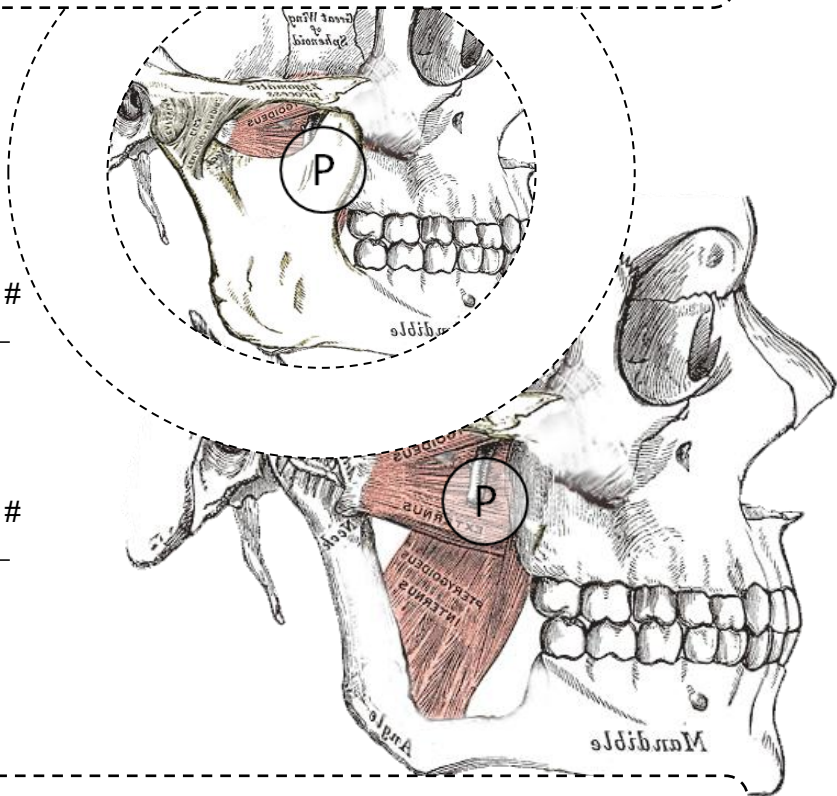
8. Lateral Pterygoid

Right

- WHERE Tender (or Change noticed): ①
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / #
- Other Change _____

Left

- WHERE Tender (or Change noticed): ①
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / #
- Other Change _____



Remember: The Pterygoid muscles are on the other side (medial to) the mandible, so you must reach on the tongue side of the mandible.

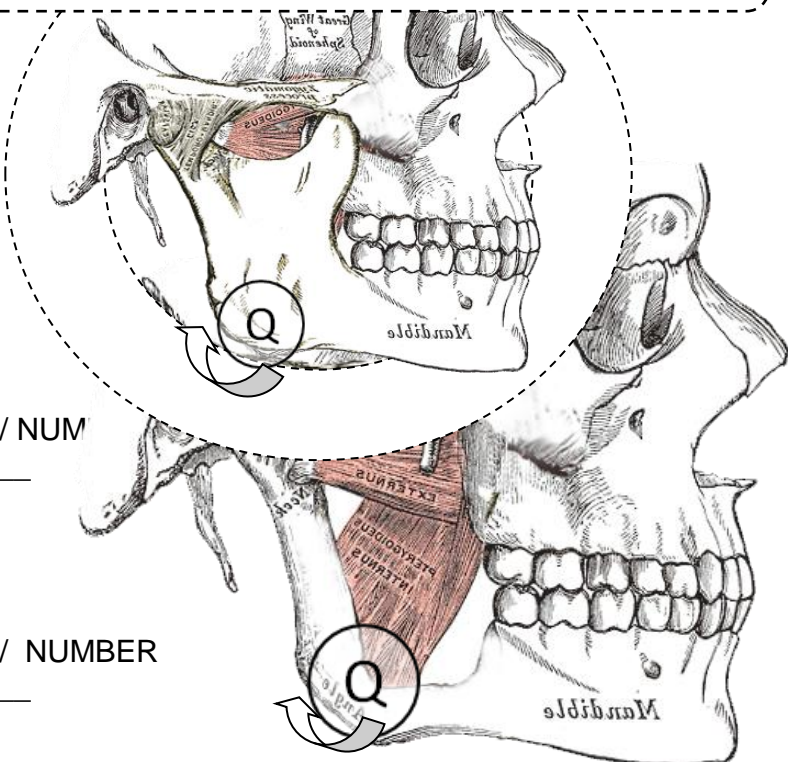
9. Medial Pterygoid

Right

- WHERE Tender (or Change noticed): ②
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUM
- Other Change _____

Left

- WHERE Tender (or Change noticed): ②
- HOW Tender: Mild / Moderate / Severe
- Change: ↑ / ↓ SEVERITY/LOUD, ↑ / ↓ / NUMBER
- Other Change _____

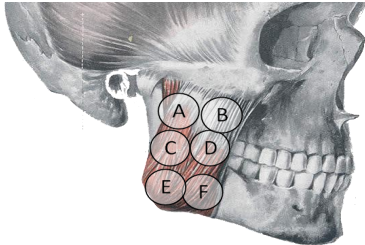


Trigger Point Evaluation Record Sheet

Summary Findings

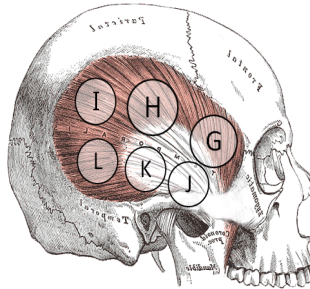
Masseter

L: _____
R: _____



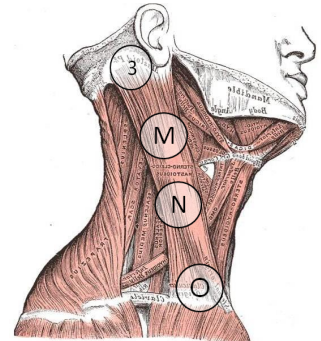
Temporalis

L: _____
R: _____



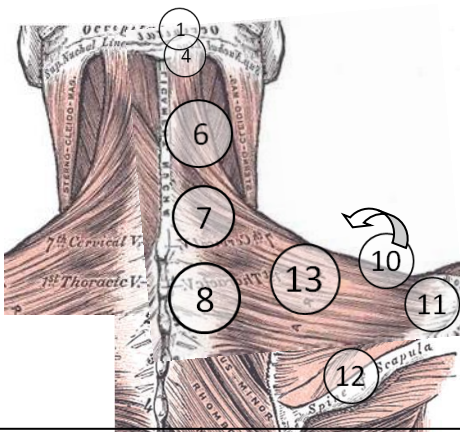
SCM

L: _____
R: _____



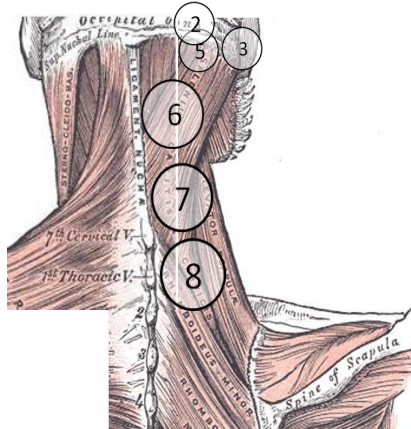
Upper Trapezius

L: _____
R: _____



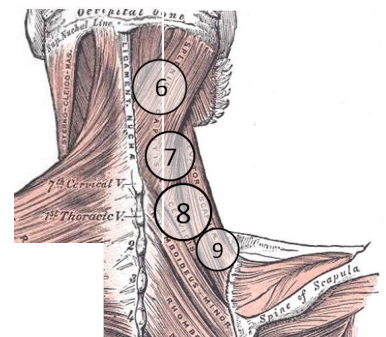
Splenius Capitus & Cervicis

L: _____
R: _____



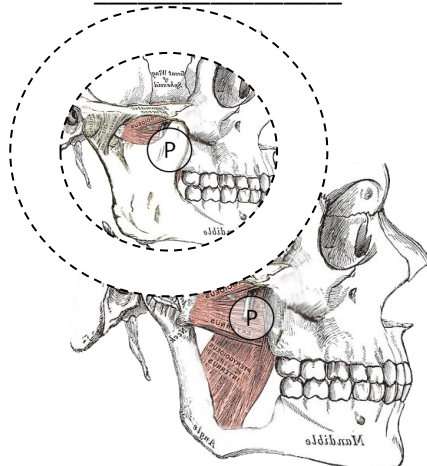
Levator Scapula

L: _____
R: _____



Lateral Pterygoid

L: _____
R: _____



Medial Pterygoid

L: _____
R: _____

