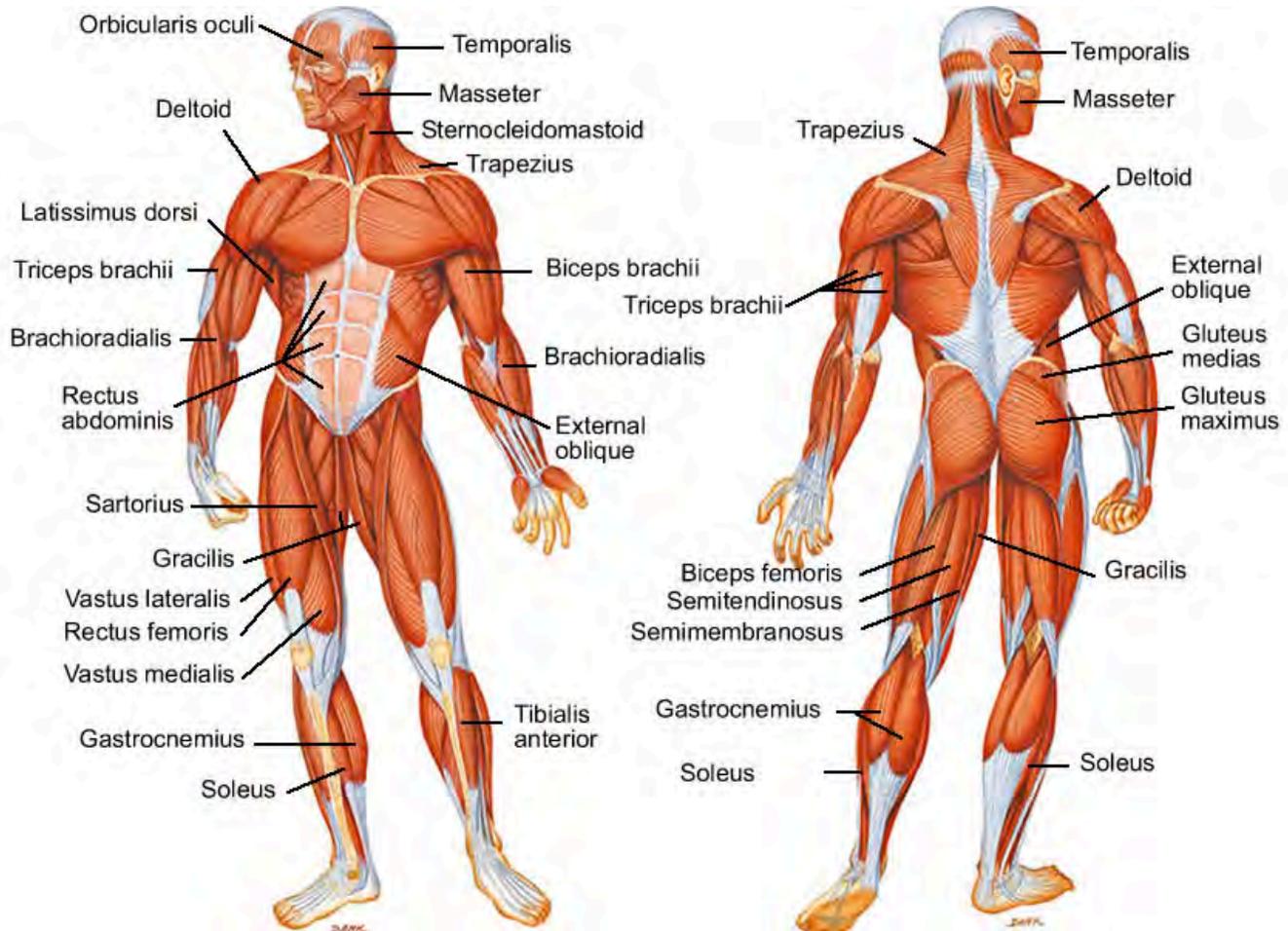


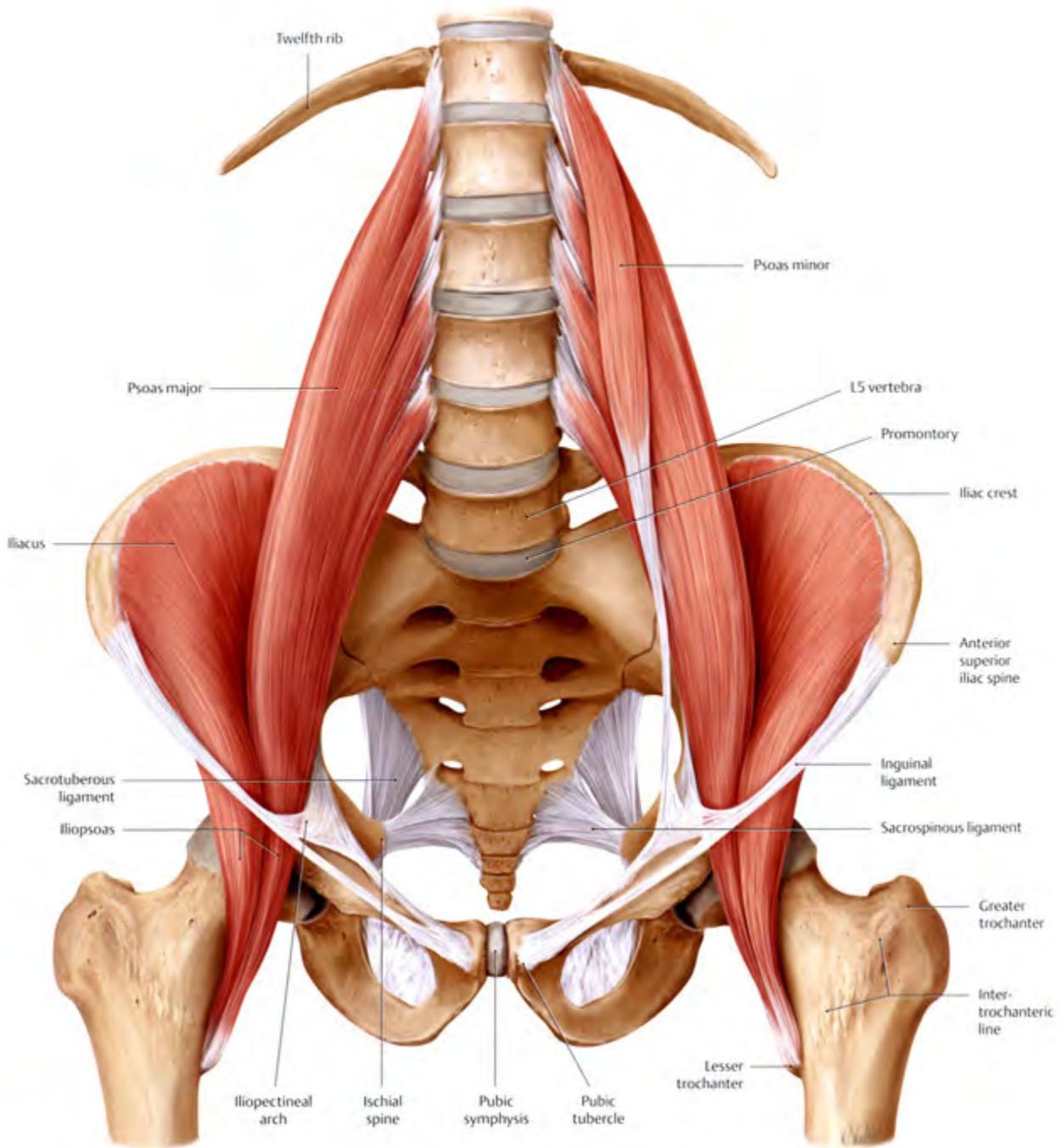
## MUSCLE ANATOMY REFERENCE PICTURES AND VIDEOS (SEE PAGE 3) FOR PATIENTS

**PICTURES:** The pictures (you can use other sources as well) can be used to learn more about the anatomy you are doing trigger points and help you understand your musculoskeletal system better.

### Superficial/Large muscles:



Deep hip and spine muscles on the front aspect.



VIDEOS: The following YouTube videos (you can use other sources as well) will also help.

Neck- <https://www.youtube.com/watch?v=hCyumoPPRKc>

Face- [https://www.youtube.com/watch?v=Tb\\_wKKNnRN0](https://www.youtube.com/watch?v=Tb_wKKNnRN0)

Thorax/mid back/diaphragm- [https://www.youtube.com/watch?v=zZLF7lw\\_Weo](https://www.youtube.com/watch?v=zZLF7lw_Weo)

Back and Neck (back side of)- <https://www.youtube.com/watch?v=hCyumoPPRKc>

Pelvis/Hip/Thigh- <https://www.youtube.com/watch?v=Rs0E3KnFR1k>

Lower Leg- <https://www.youtube.com/watch?v=18Z-o7vbiOE>

Shoulder- <https://www.youtube.com/watch?v=zPjPI0wjXVM>

Arm- <https://www.youtube.com/watch?v=-0FZugUPBSk>

Hand/Finger- <https://www.youtube.com/watch?v=jiOjnmFKxgg>