

Read reverse side first

1 Quadriceps (rectus femoris)
Great following running / cycling

1a, 1b, 1c

2 Erector Spinae / Quadratus Lumborum
To ease lower back soreness from sitting / following activity

2a, 2b, 2c

3 Gluteus Medius / Piriformis
Great following running / cycling and long periods of sitting

3a, 3b, 3c

4 Pectoralis Major / Minor
Fantastic for swimmers / racket sports and those who work at a computer

4a, 4b, 4c

5 Hamstrings
For all running sports

5a, 5b, 5c

6 Levator Scapulae / Trapezius / Rhomboids
Excellent following extended periods of sitting or typing

6a, 6b, 6c

Alternative area

7 Infraspinatus / Teres minor
Particularly good following swimming

7a, 7b, 7c

8 TFL / ITB / Lateral Quadriceps
For runners / cyclists / walkers

8a, 8b, 8c

Alternative areas

9 Cervical Spine extensors
Great for neck tension

9a, 9b, 9c

Grip position

Self Triggers

Grip position

10 Quadriceps

10a, 10b

Vastus Medialis

11 Peroneals

12 Lateral Gastoc.

13 Plantar Fascia (foot)

Sitting or standing

17 Forearm

17a, 17b

Tennis elbow

14 Popliteus

14a, 14b, 14c

15 Quadriceps

15a, 15b

Rectus Femoris

16 TFL / ITB

Alternative areas

18

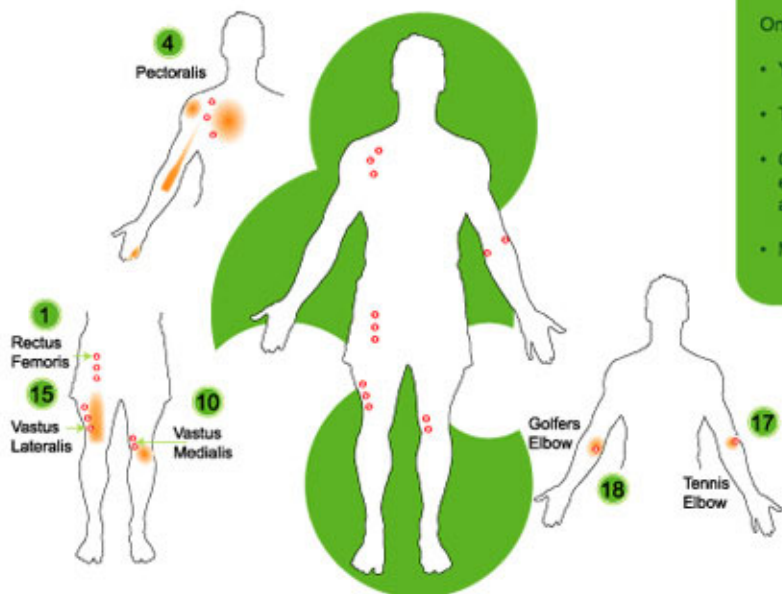
18a, 18b

Golfers elbow



How Pocket Physio™ works

Front



What to expect!

Once you find a trigger point by positioning the ball as described...

- You will feel initial discomfort and possibly radiating pain
- This will ease after approximately 1-2 minutes
- Continue to move the pocket physio on each point until your discomfort eases - your muscle is beginning to relax. Repeating this over a period will assist in removing painful muscle tension.
- Move to a new trigger point following the guide



What is a Trigger Point

As a result of in most cases relatively minor trauma or muscle overuse people can develop hyperirritable spots or "Trigger Points" within tight bands of muscle or fascia.

These points are most often painful on compression with palpation (touch) and can give rise to referred pain, local muscle tenderness and occasional autonomic nervous system symptoms - coldness, burning or stinging

Travell and Symmonds 1995

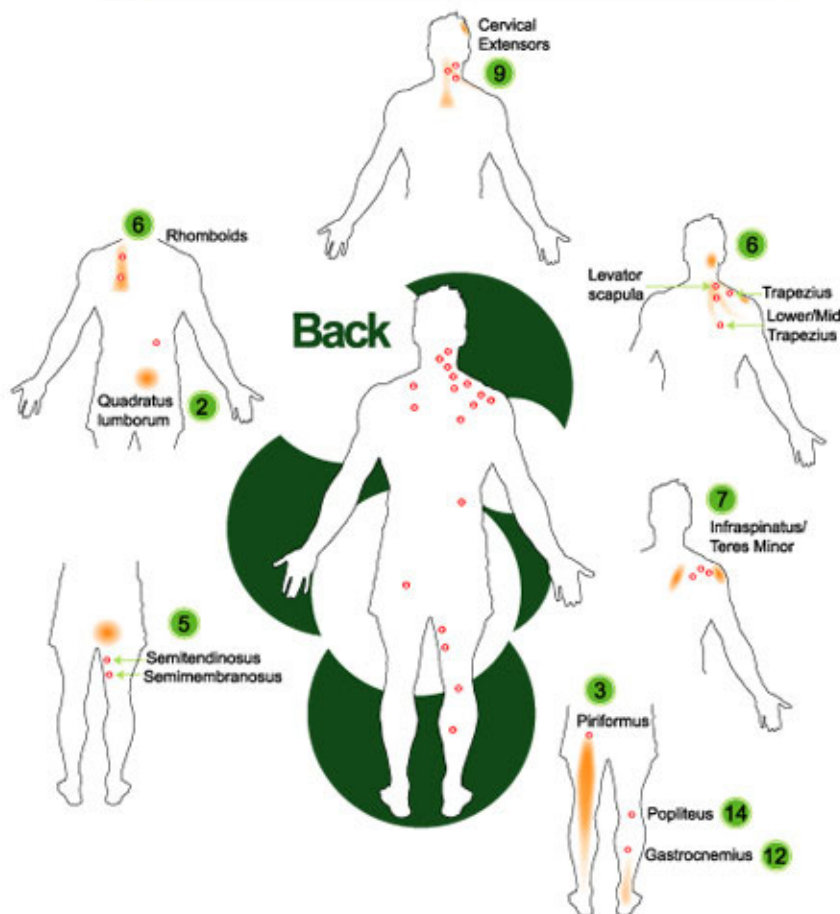
Trigger Points can be

- Deep or achy
- Cause decreased ranges of motion
- Often be limited to one area of the body

Palpation will reveal

- Either a knobby or doughy area in a muscle
- A twitch response... sudden pain with palpation
- Latent pain... pain following sustained pressure i.e. after one minute

Side



How to use

Tight Area	Activity	Trigger Point and Referral Pattern	Alternative Treatment Options
Neck	Sitting, Poor Posture	6,9	Ice Mate, Heat, Physio/Massage
Shoulders	Posture, swimming, Raquet sports	4,6,7,9	Flexibility, Physio, Ice
Forearm	Typing, Tennis, Golf	4,6,7,17,18	Physio/Massage, Ice
Upper Back	Gardening, Waterskiing, Tennis	2,6,7,9	Physio/Massage, Heat, Strength
Lower Back	Manual Labour, all sports or activity	2,3,5,8,16	Physio/Massage, Heat/Flexibility
Gluteals	Lifting, Gym exercise, Manual work	3,5,8	Stretches, Physio/Massage, Heat
Hamstrings	Running, Gym	2,3,5,8	Flexibility, Strength, Ice, Heat, Physio/Massage
Quadriceps	Cycling, Strength activities	1,3,8,10,14,15,16	Flexibility, Physio/Massage
Knee	Any lower limb activity	1,3,5,8,10,11,14,15,16	Ice, Strength, Flexibility, Physio
Calf, lower leg	Running, Jumping	3,8,11,13, 14, 15, 16	Ice, Heat, Physio/Massage, Strength
Foot	Any activity	11,12,13,14	Ice, Strength, Appropriate footwear, Foot supports

12 Matching numbers for triggers

X Trigger point for Pocket Physio

Orange circle Often area affected

