

Practitioner/Clinic Name: _____

Contact Information: _____

Full Name: _____

Date: _____

Note the finding next to the muscle checked:

T = Tension, hypertonicity **P** = Pain **S** = Spasm **I** = Inflammation **N** = Numbness/tingling

Arm

- Biceps/Tricep Supinator ____
- Brachialis ____
- Coracobrachialis ____
- Deltoids: Ant/Lat/Post ____
- Pronator Teres ____

Hip / Leg

- Add Long/Brev Mag ____
- Biceps Femoris ____
- Gemellus Sup/Inf ____
- Gluteus Max/Med/Min ____
- Obturator Int/Ext ____
- Pectineus ____
- Piriformis ____
- Iliopsoas Major/Illacus ____
- Quadratus Femoris ____
- Rectus Femoris ____
- Sacrospinalis ____
- Sartorius/Gracilis ____
- Semi-Tend/Membranosus ____
- Tensor Fascia Latae ____
- Trochanteric ____
- Vastus Int/Med/Lat ____

Chest

- Diaphragm ____
- Ext/Int Oblique ____
- Intercostals ____
- Pectoralis Major/Minor ____
- Rectus Abdominis ____
- Ribs ____
- Serratus Anterior ____
- Subclavius ____
- Transverse Abdominis ____

Foot

- Abd/Add Hallucis Brev ____
- Abductor Digiti Brevis ____
- Dors/Plan Interossei ____
- Flexor Digiti Minimi Brevis ____
- Flexor Hallucis Brevis ____
- Lumbricals ____
- Quadratus Plantae ____
- Calcaneal Tendon(Achilles) ____

Neck

- Scalenes Anter/Med/Post
- Splenus Capitus ____
- Splenus Cervicus ____
- Sternocleidomastoid ____
- Supra Infra Hyoids ____

Head

- Auricularis Post/Sup ____
- Buccinator ____
- Masseter ____
- Orbicularis Oris/Oc ____
- Pterygoid Med/Lat ____
- Transverse Nuchae ____
- Temporalis ____

Lower leg

- Flex/Ext Digitorum Long/BR ____
- Flex/Ext Hallucis Long ____
- Gastrocnemius ____
- Peroneus Tert/Brev/Lon ____
- Plantaris/Popliteus ____
- Soleus ____
- Tibialis Post/Ant ____

Back

- Erector Spinae ____
- Iliocostalis ____
- Infraspinalis ____
- Interspinalis ____
- Intertransversarii ____
- Latissimus Dorsi ____
- Levator Scapula ____
- Longissimum ____
- Multifidus Rotatores ____
- Quadratus Lumborum ____
- Rhomboids: Major/Minor ____
- Serratus Post/Sup/Inf ____
- Spinalis/Semispinalis ____
- Subscapularis ____
- Teres Major/Minor ____
- Trapezius ____

