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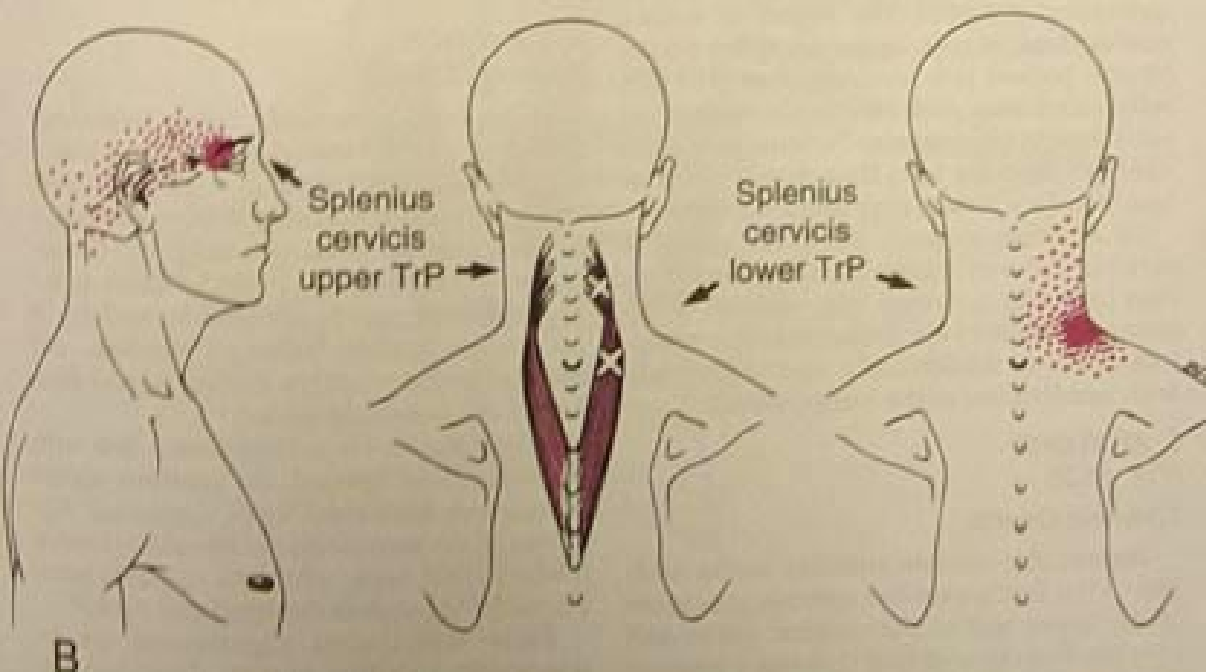
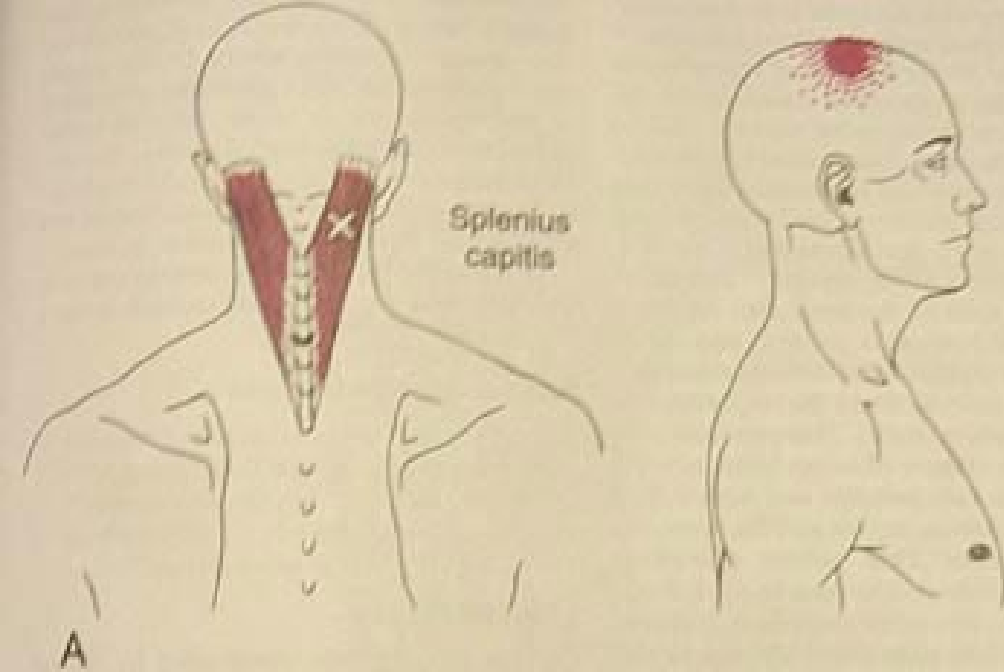
Sternal division

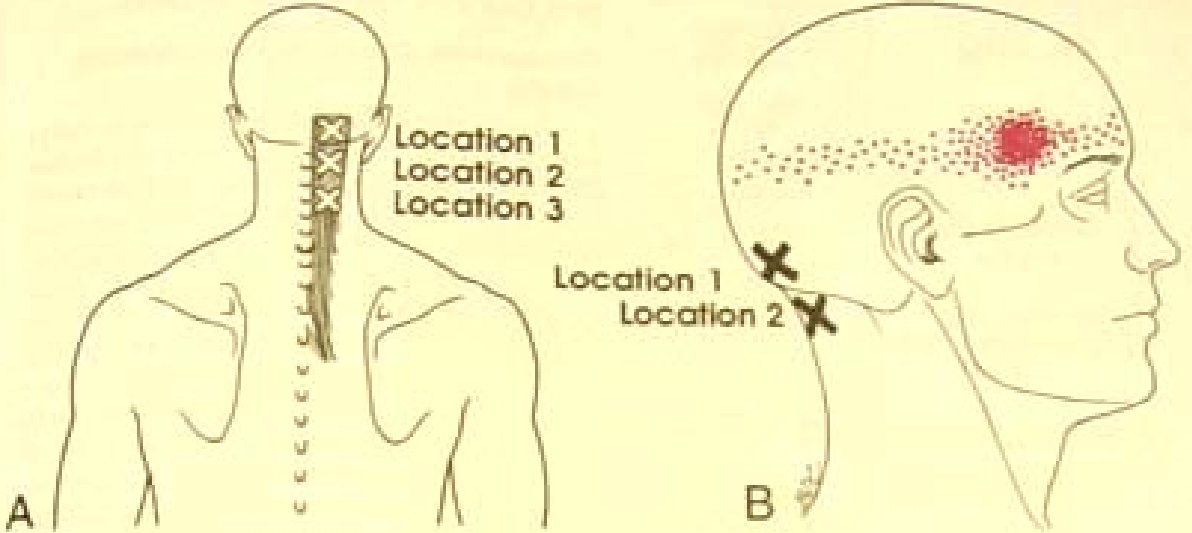


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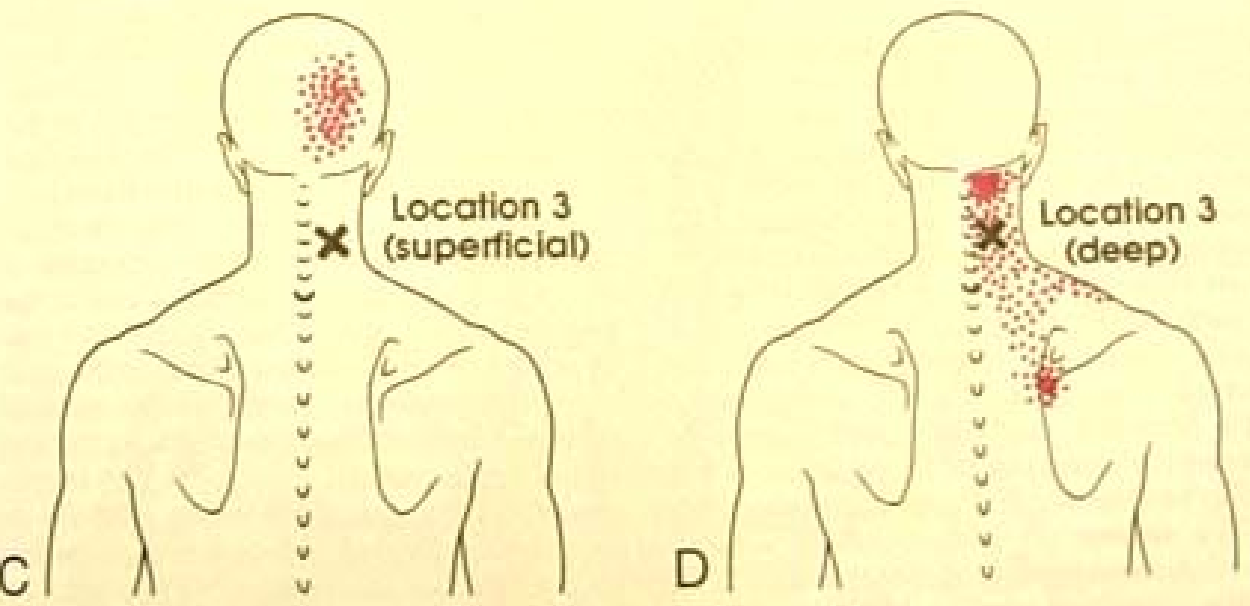
Clavicular division

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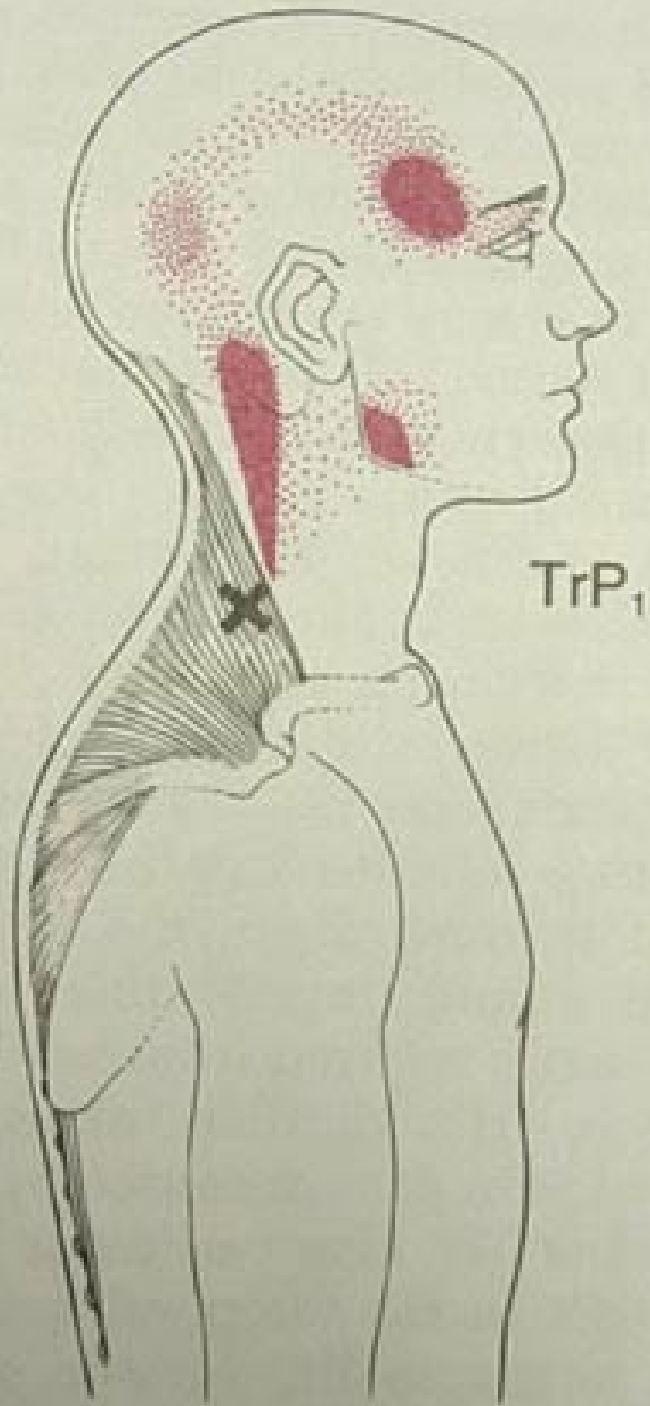


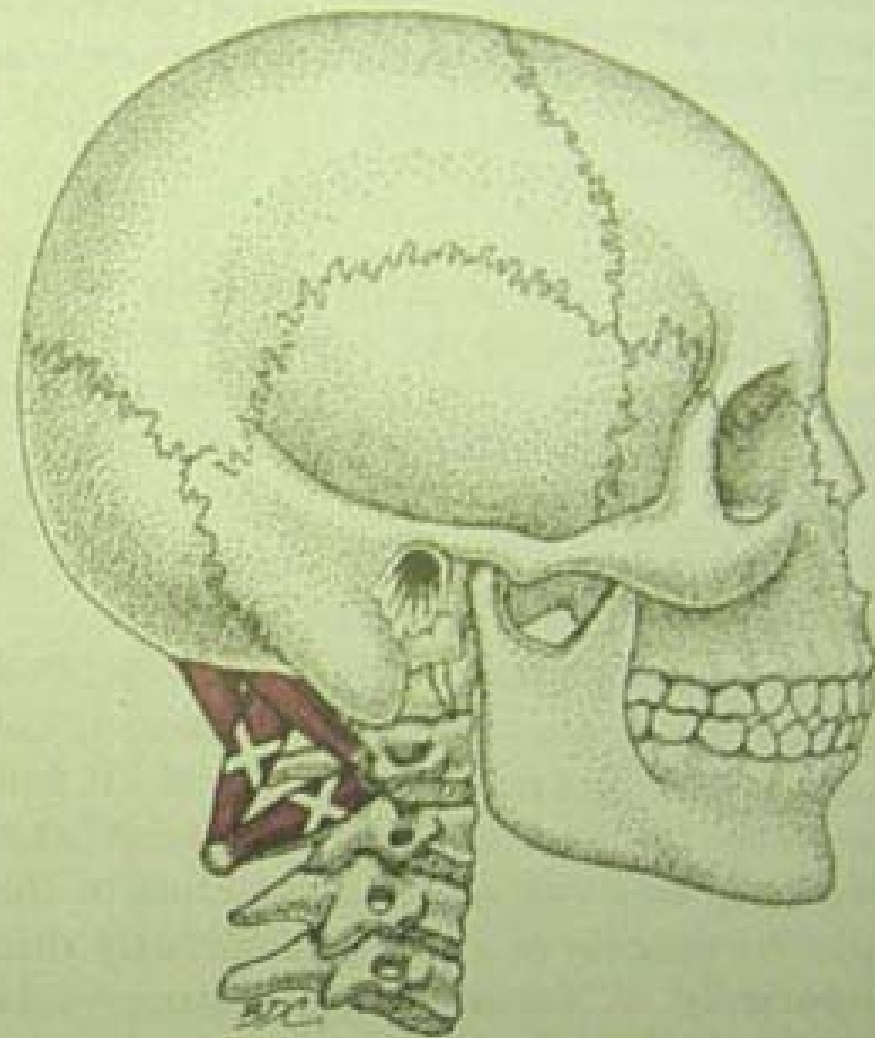
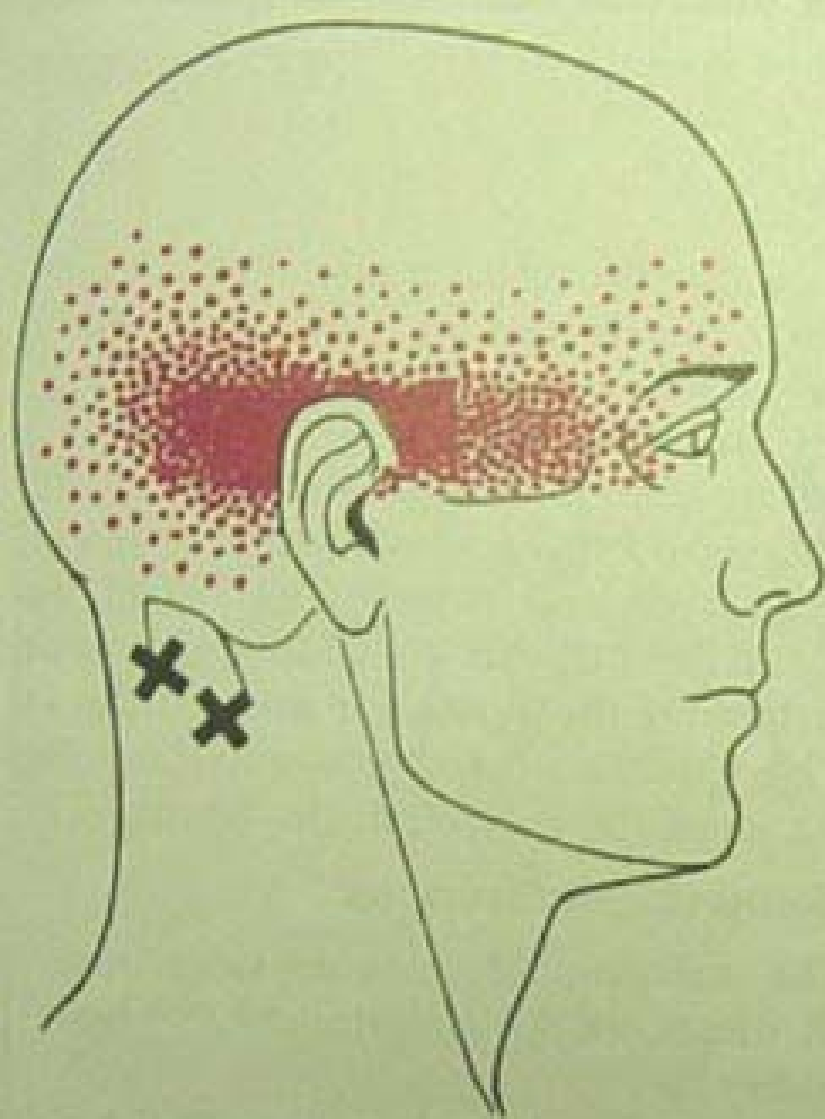
Upper Semispinalis Capitis



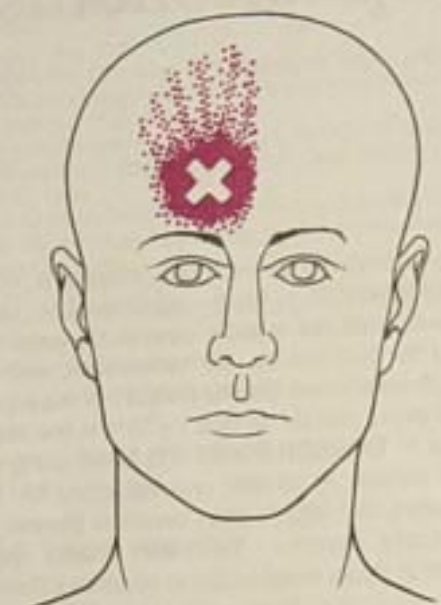
Middle Semispinalis Capitis

Multifidi





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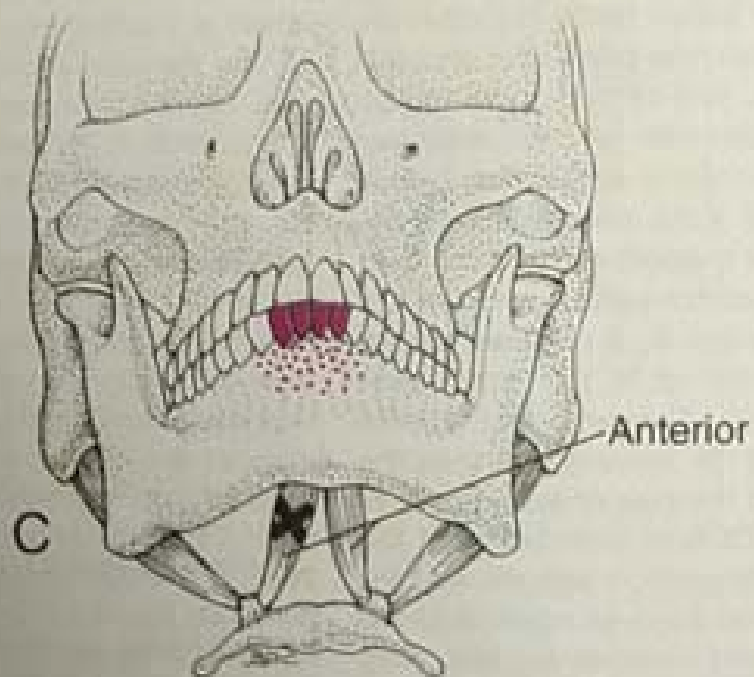
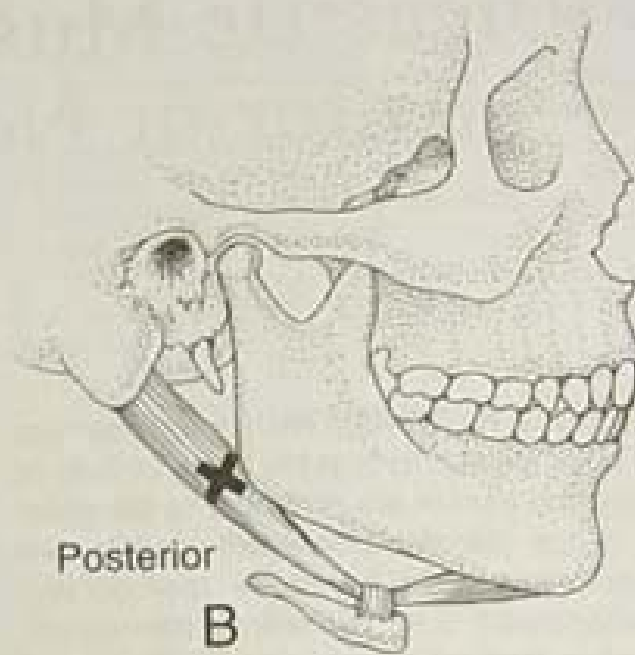
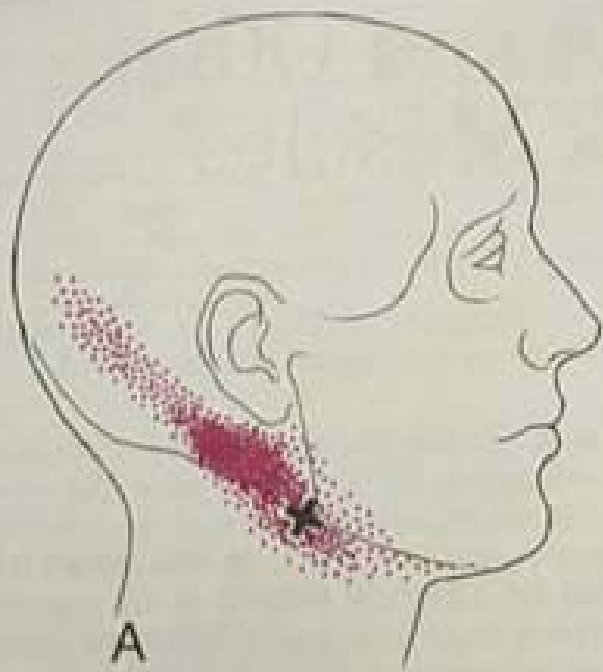


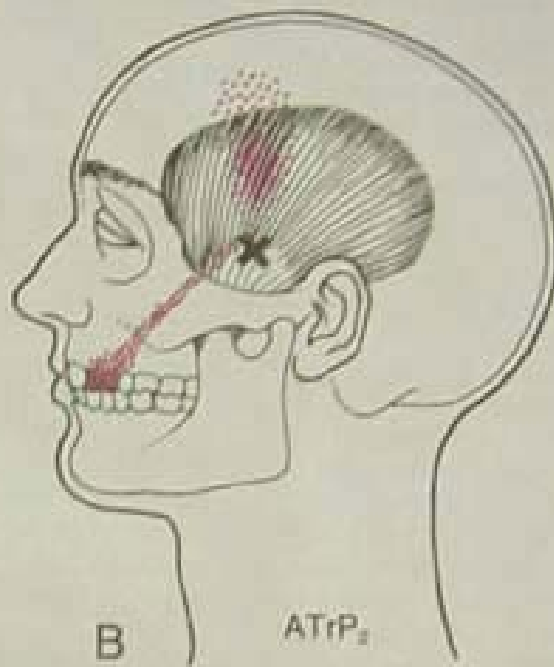
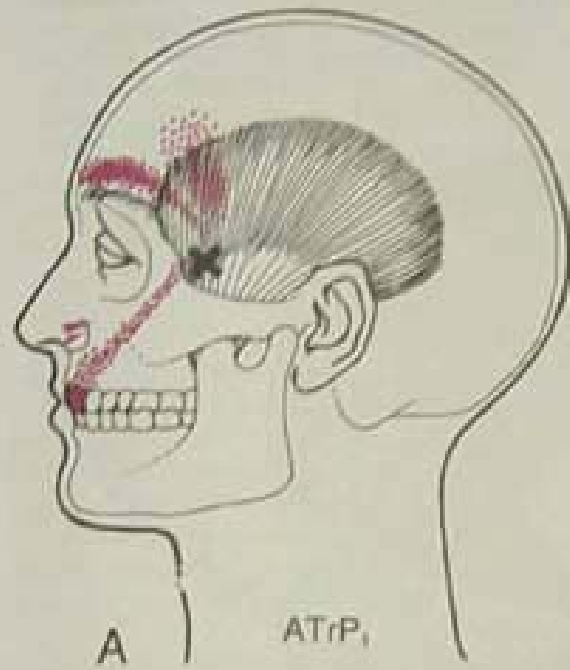
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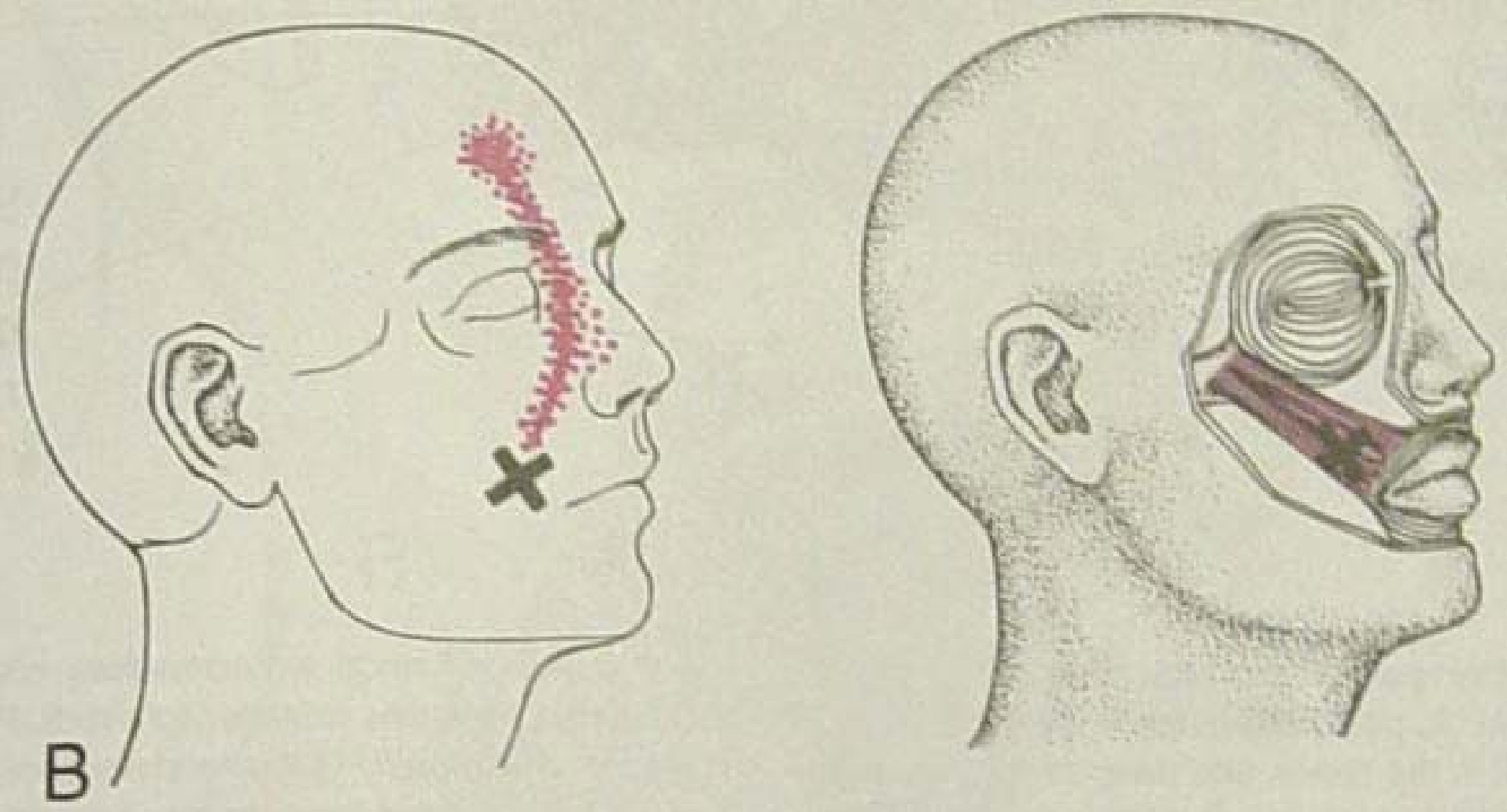


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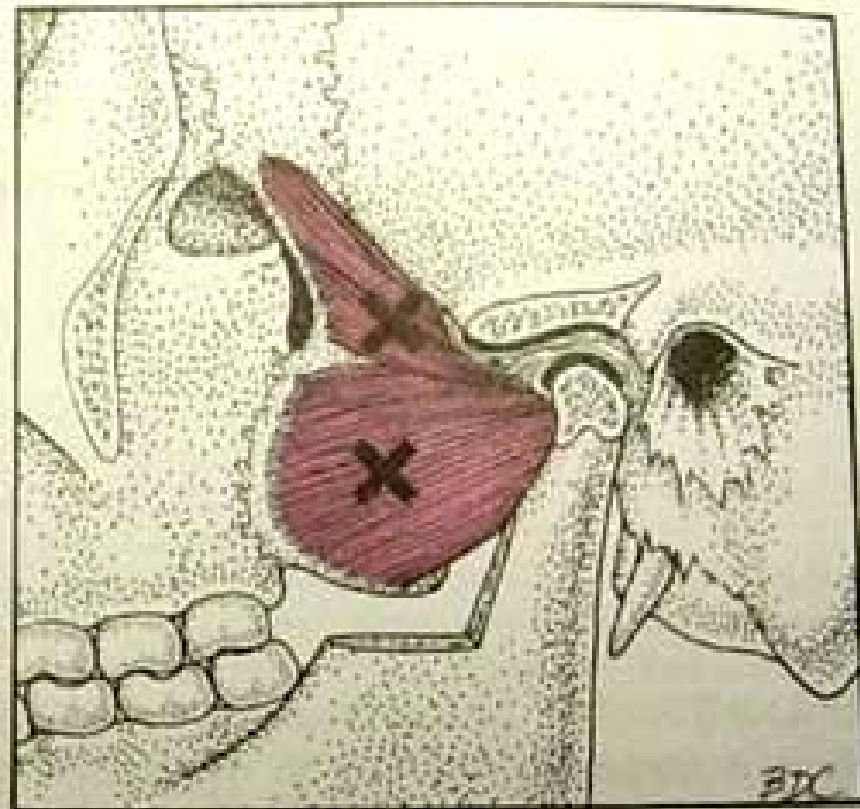
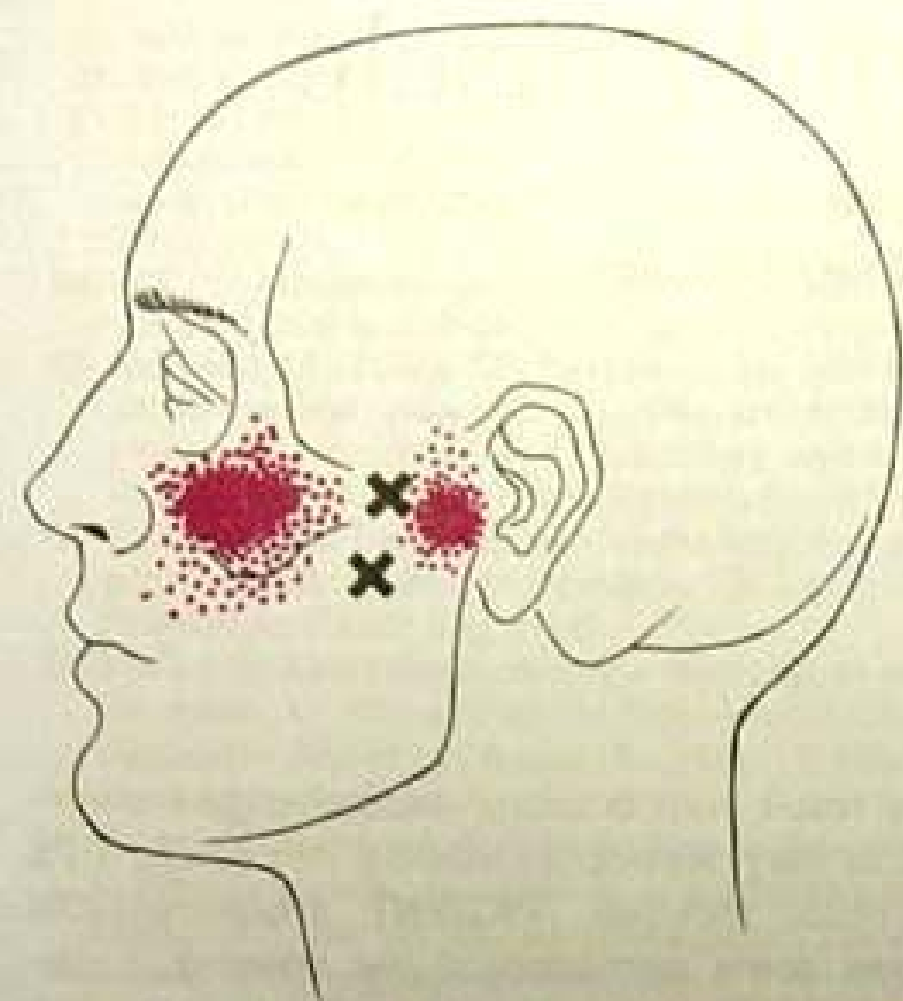




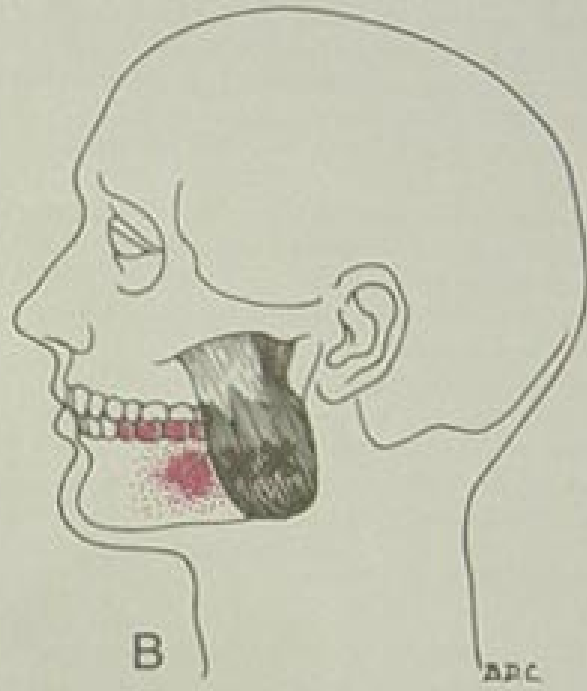


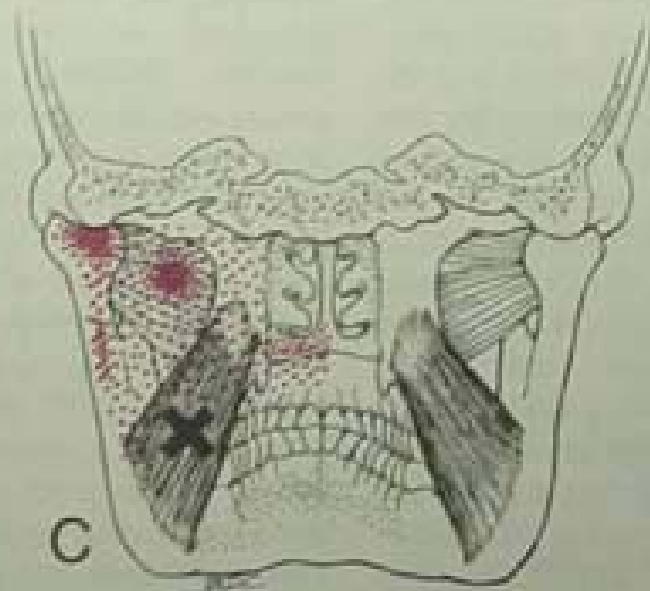
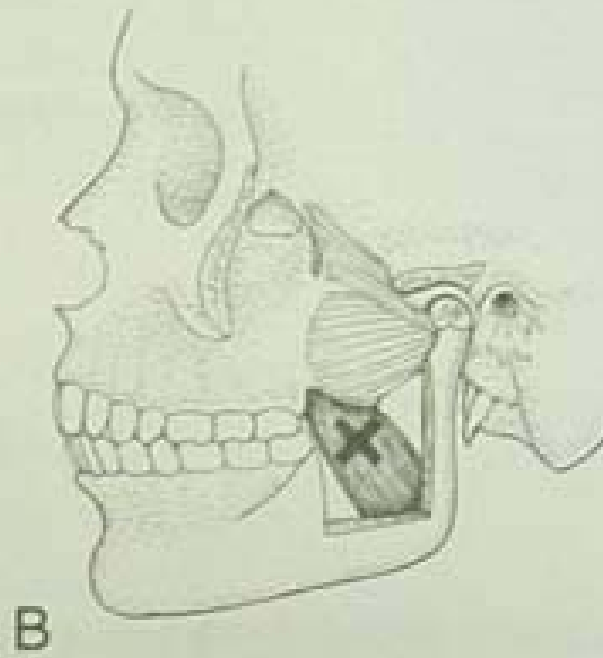
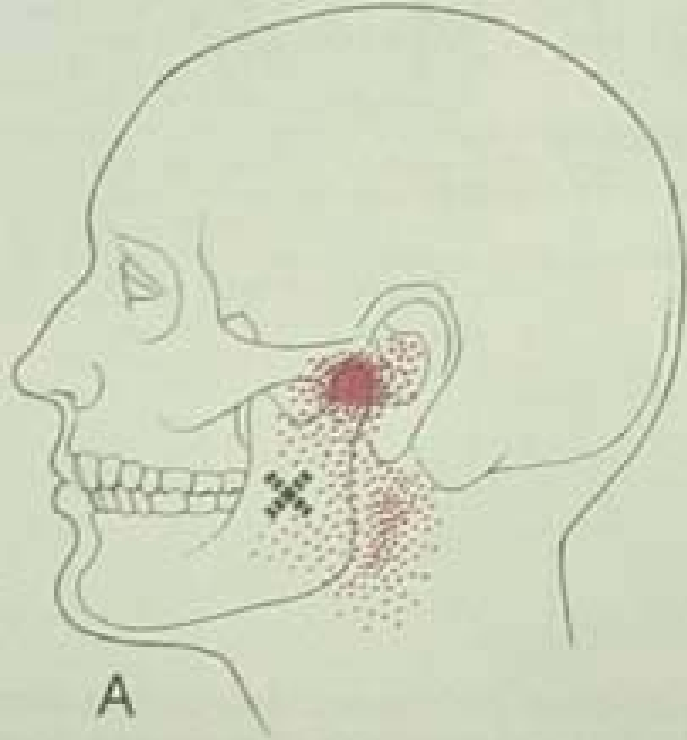


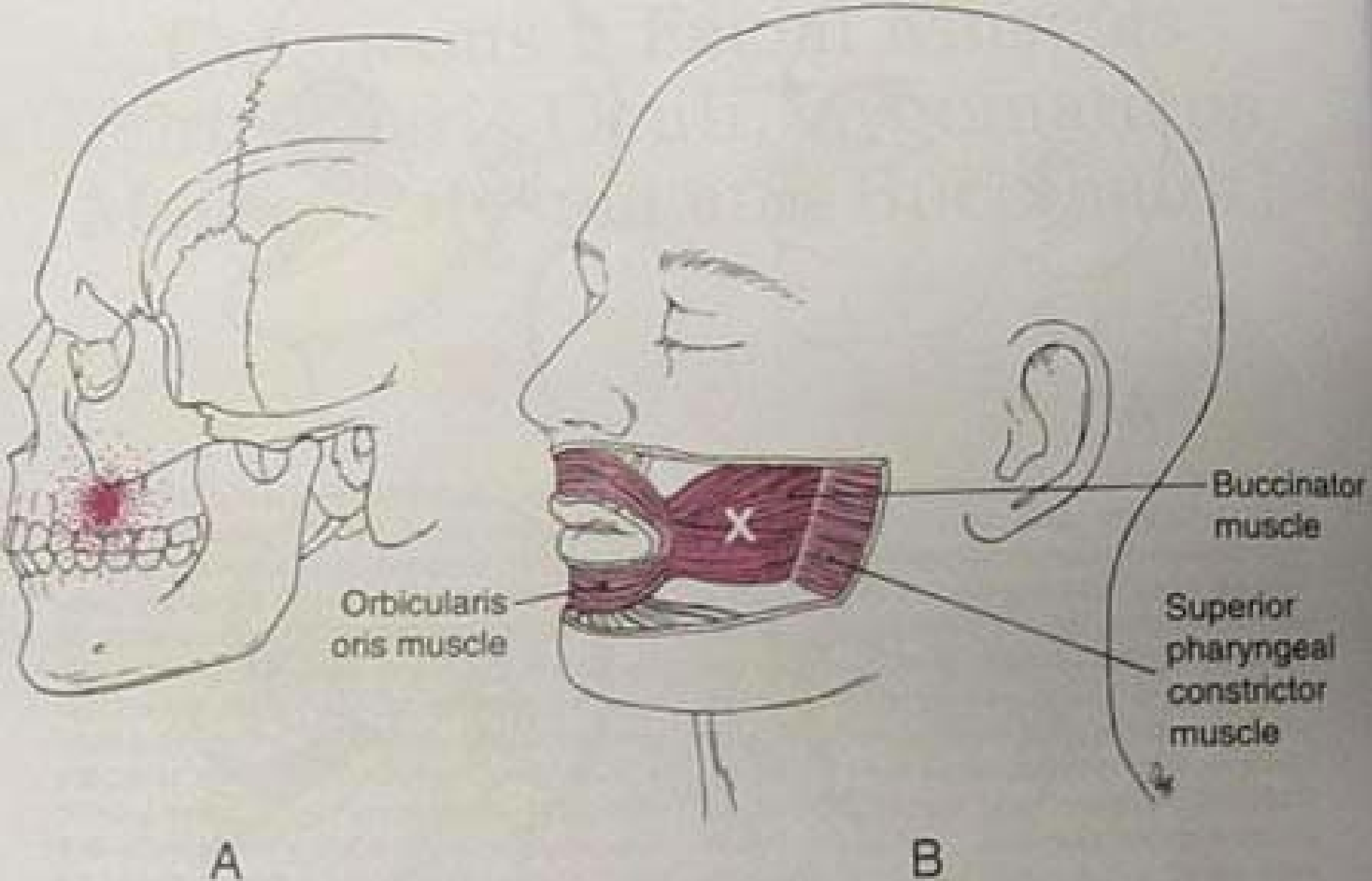
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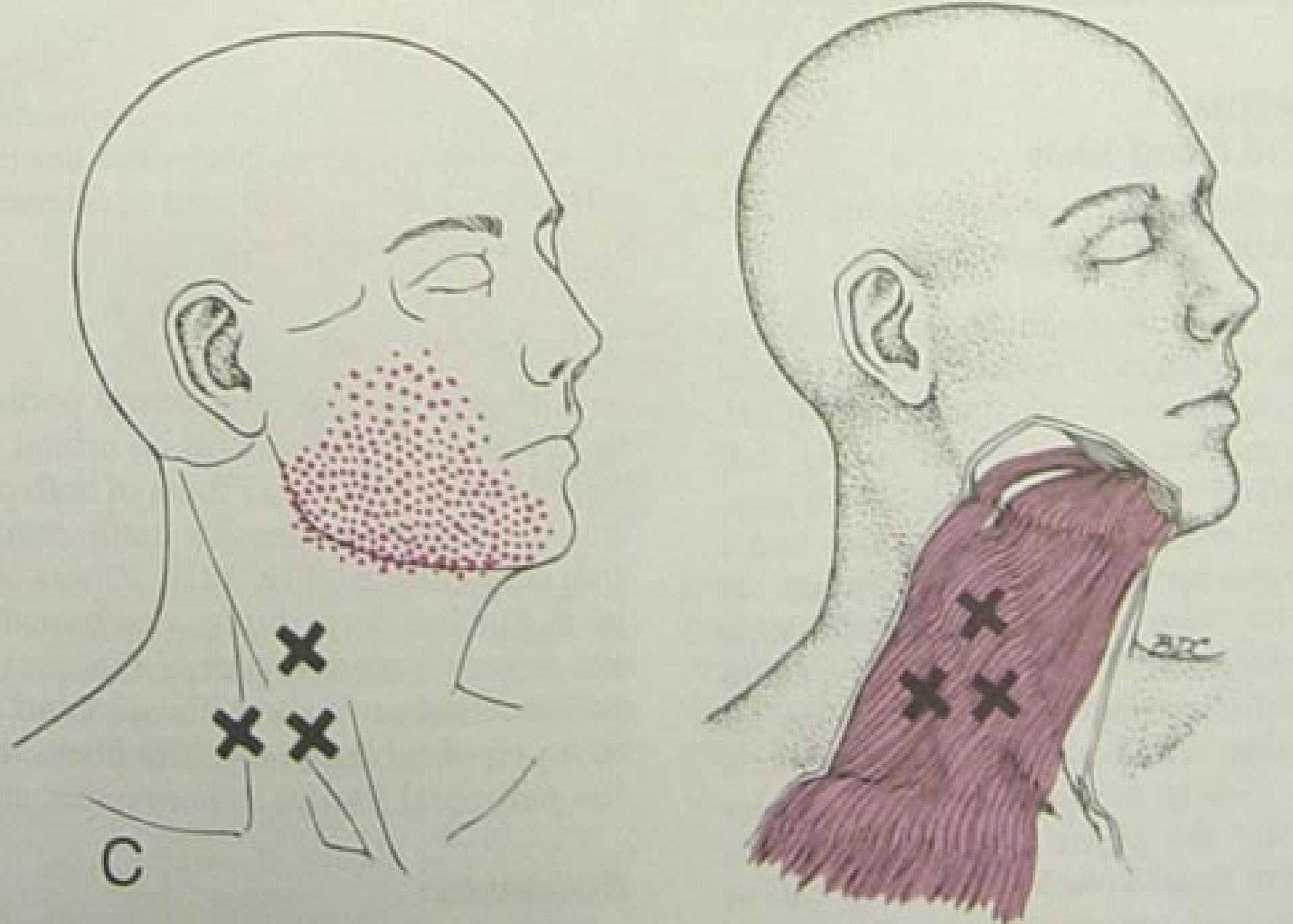
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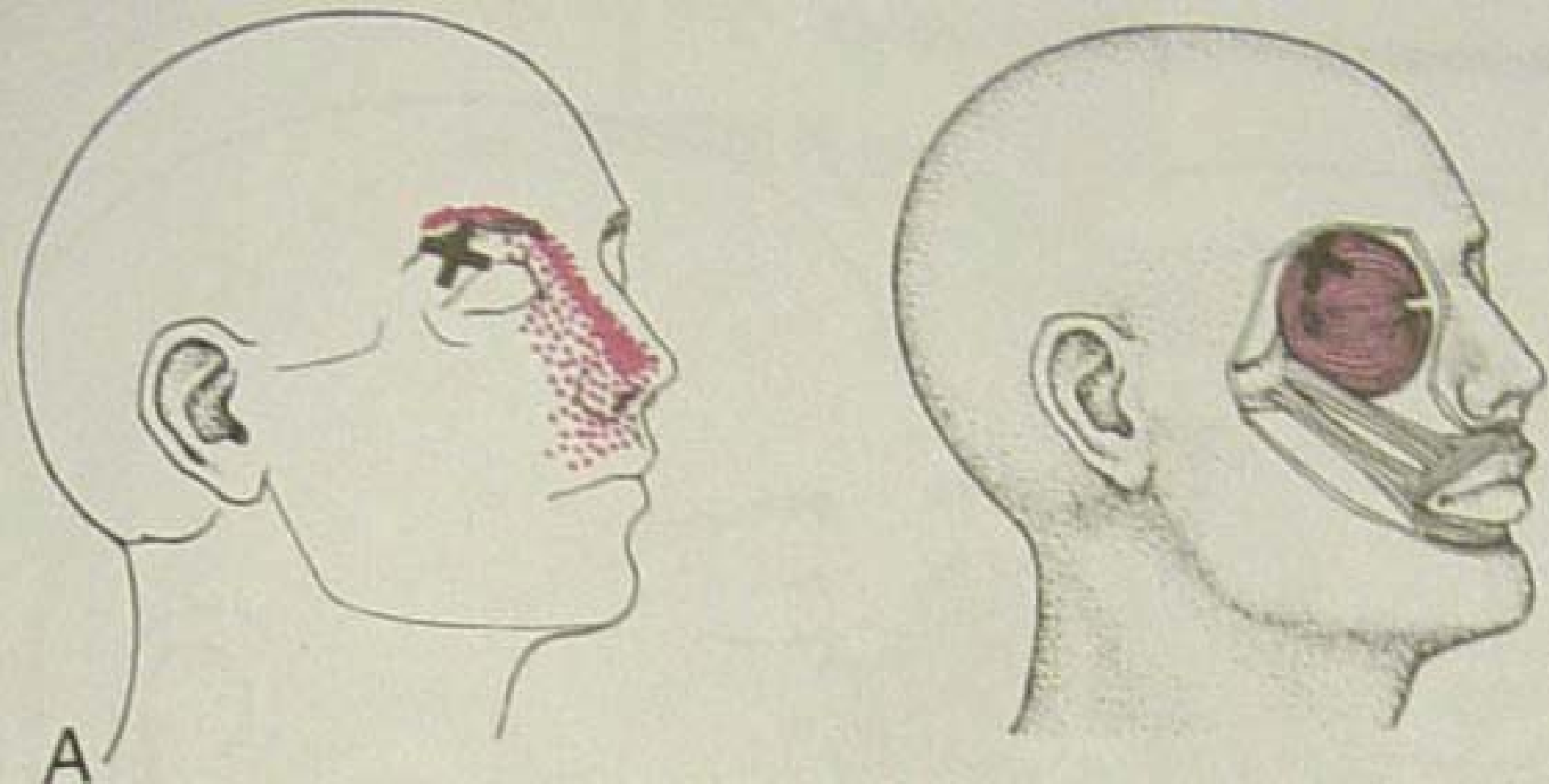




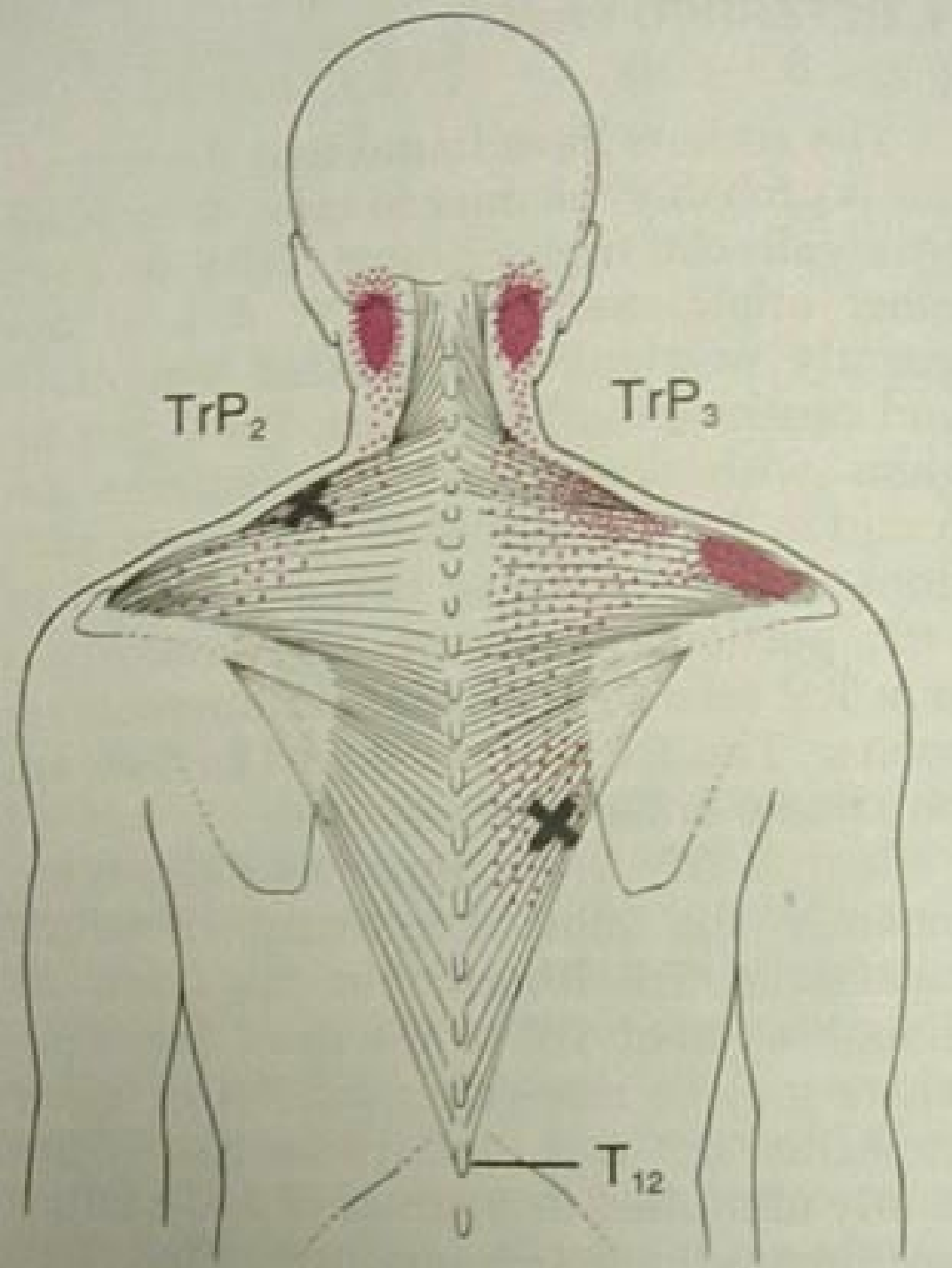


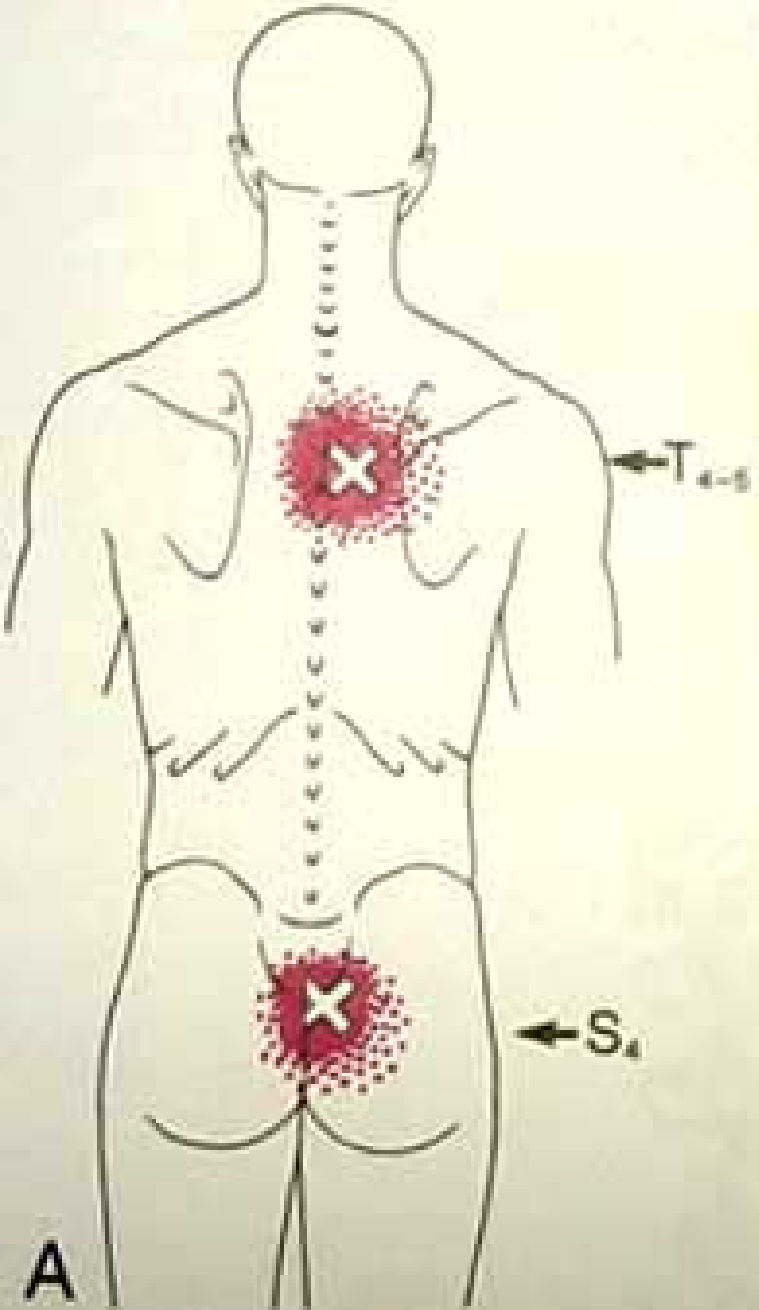
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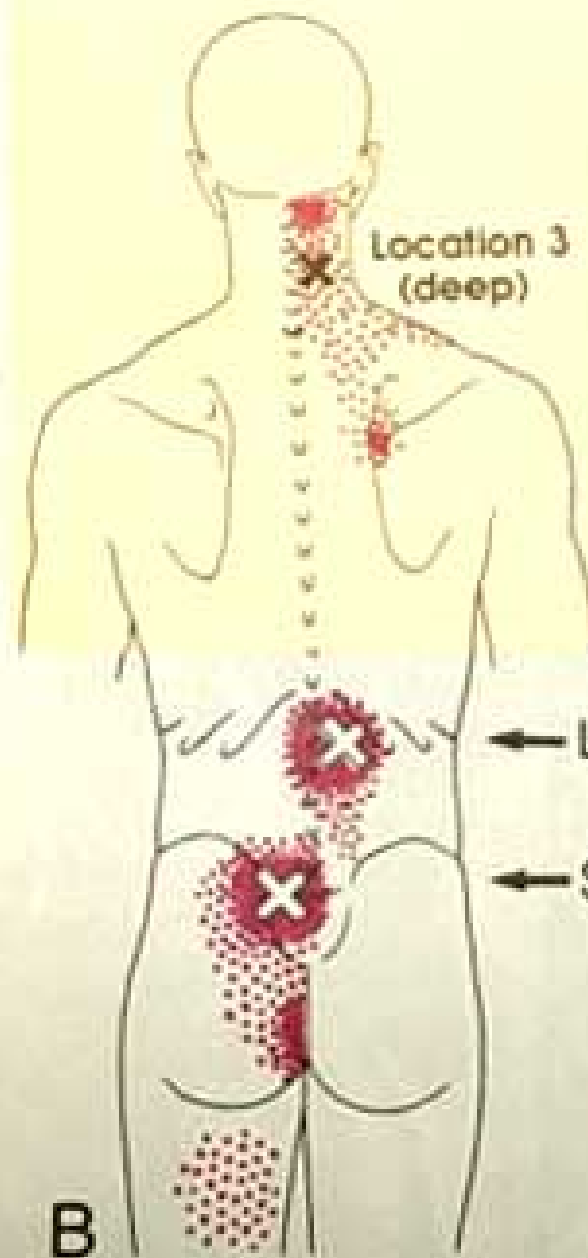
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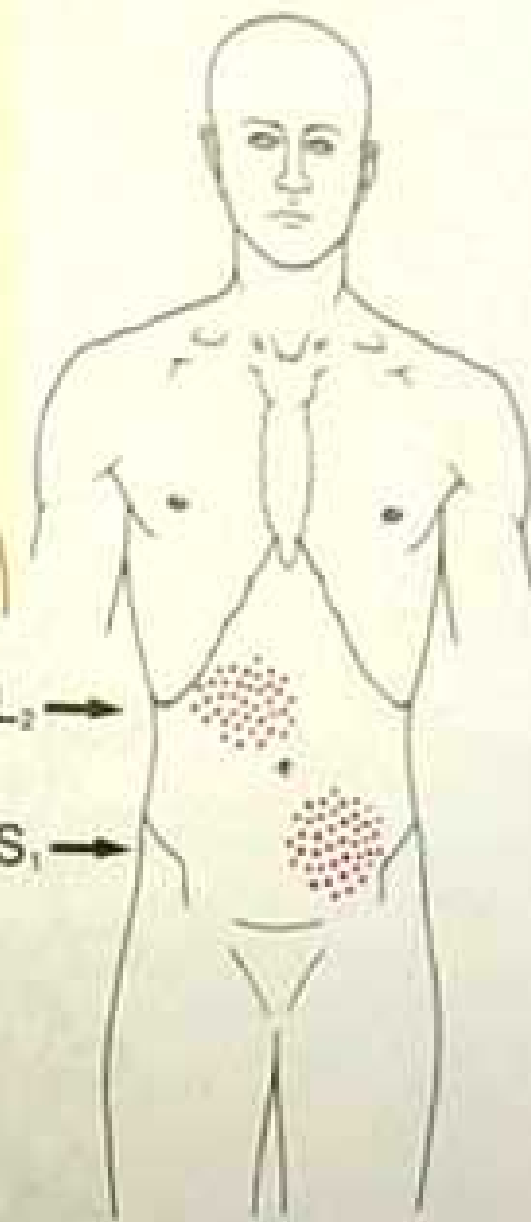
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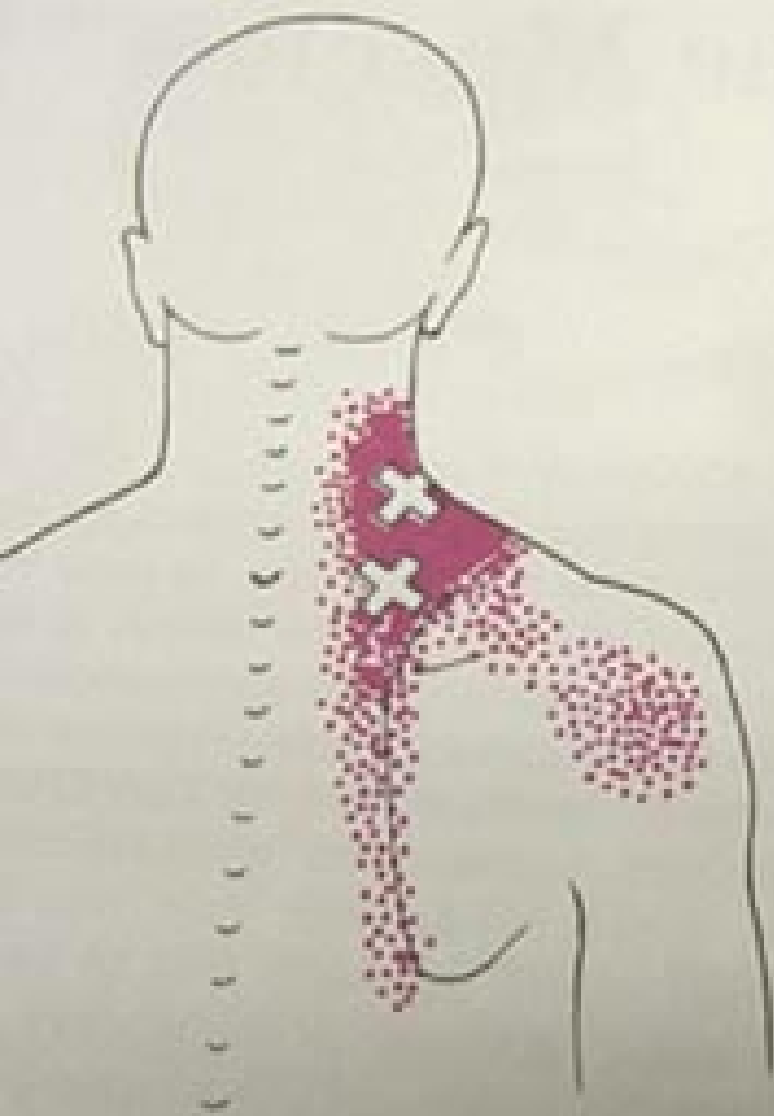
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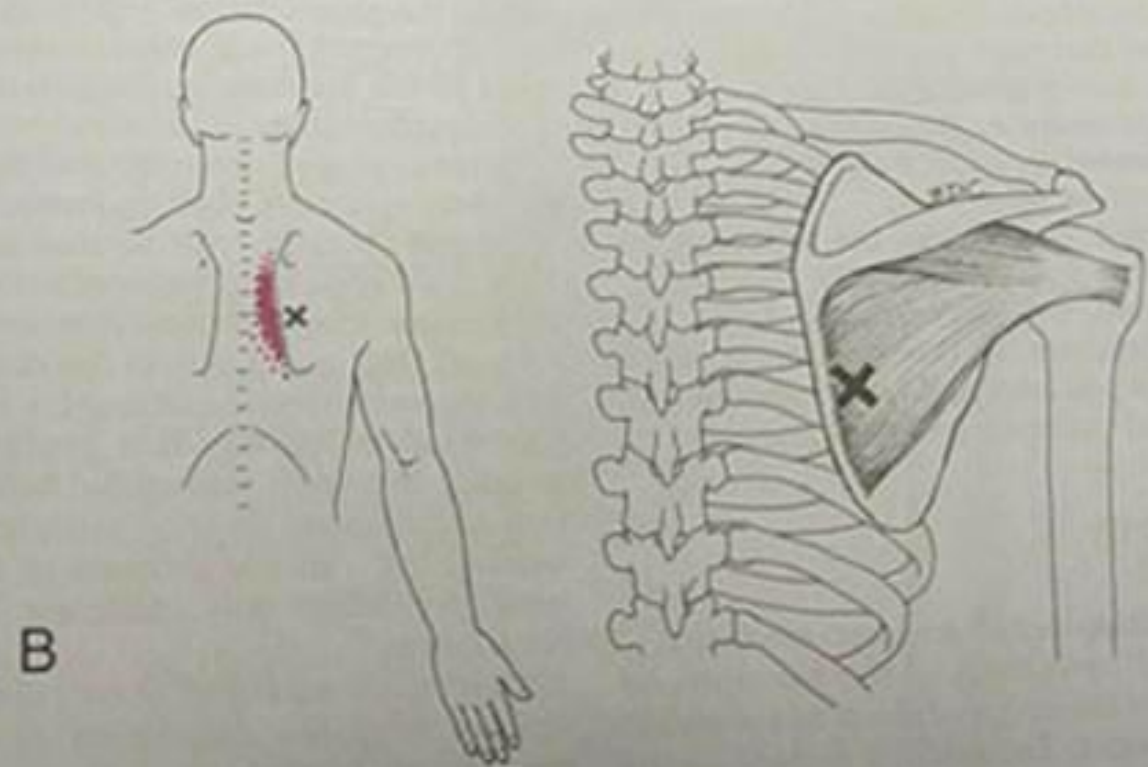
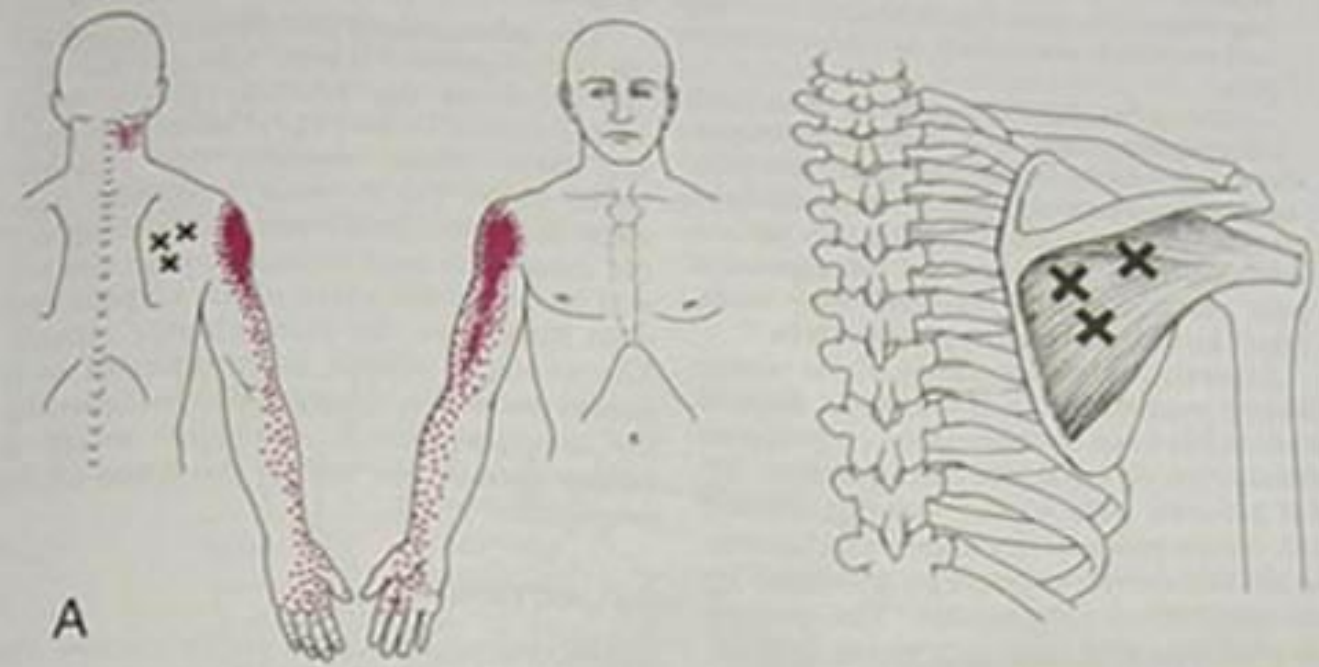


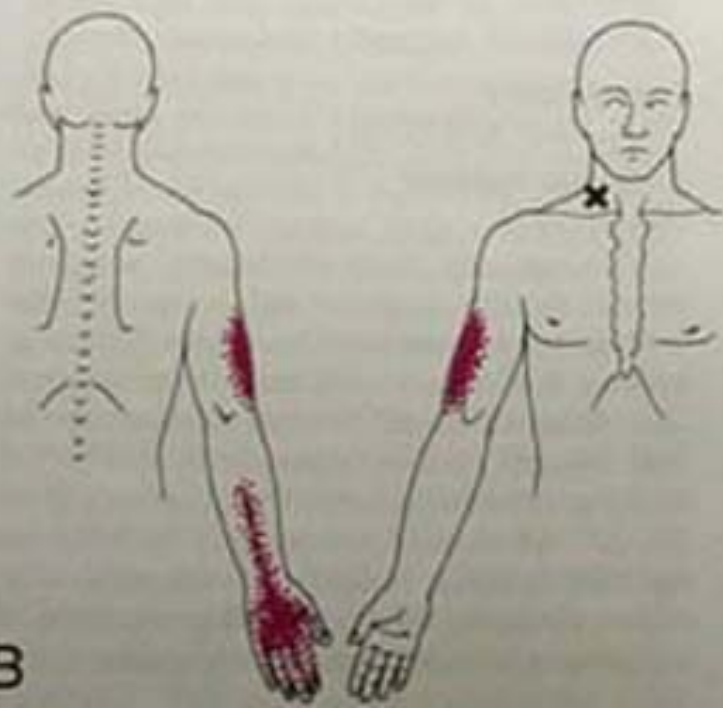
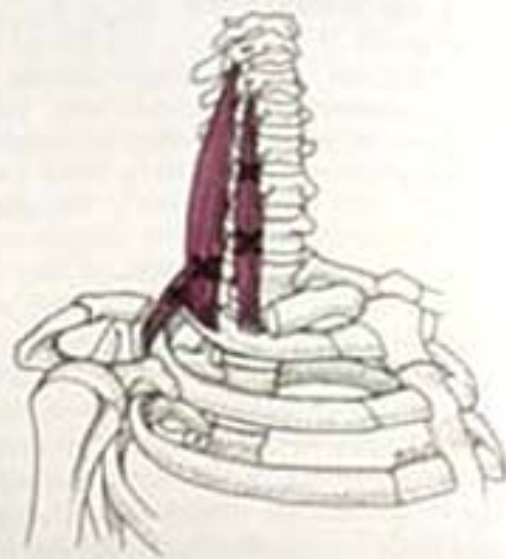
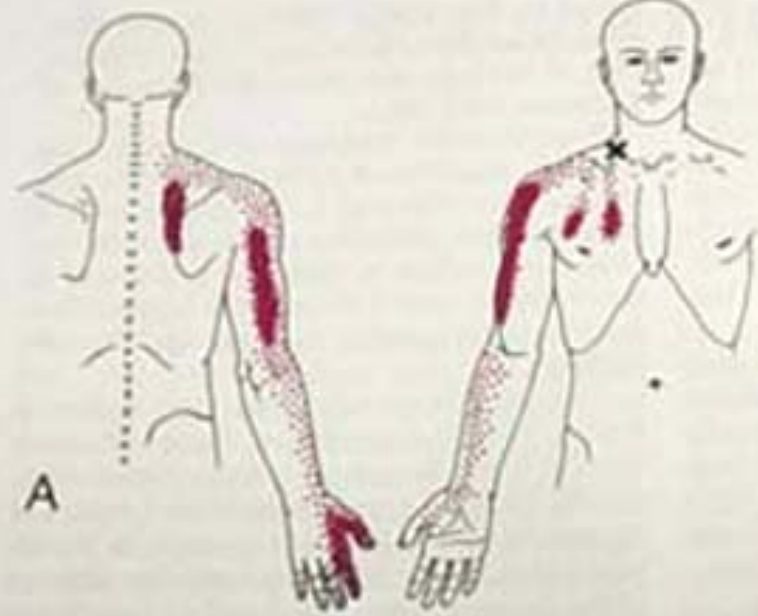
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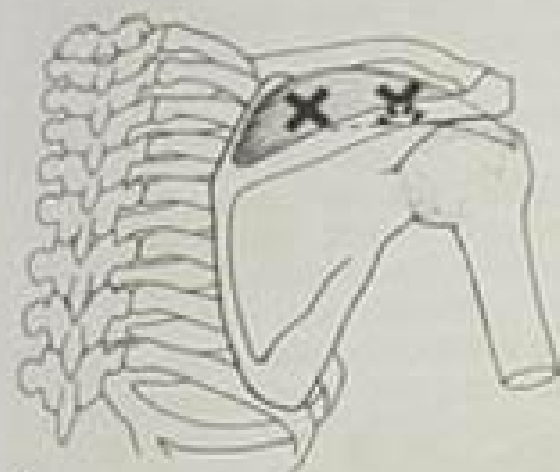
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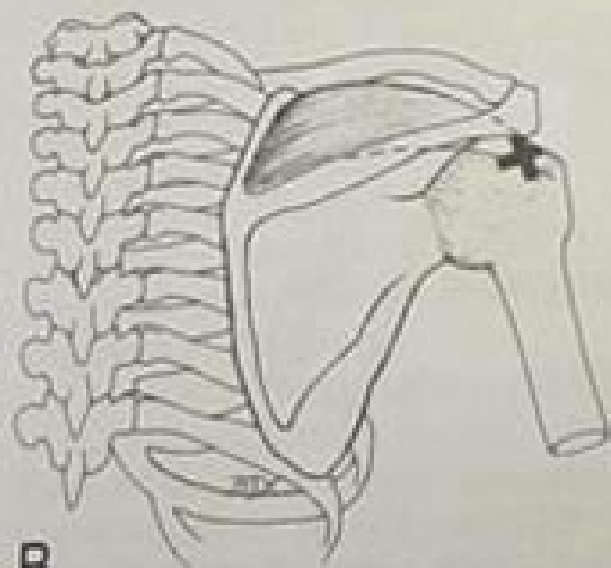
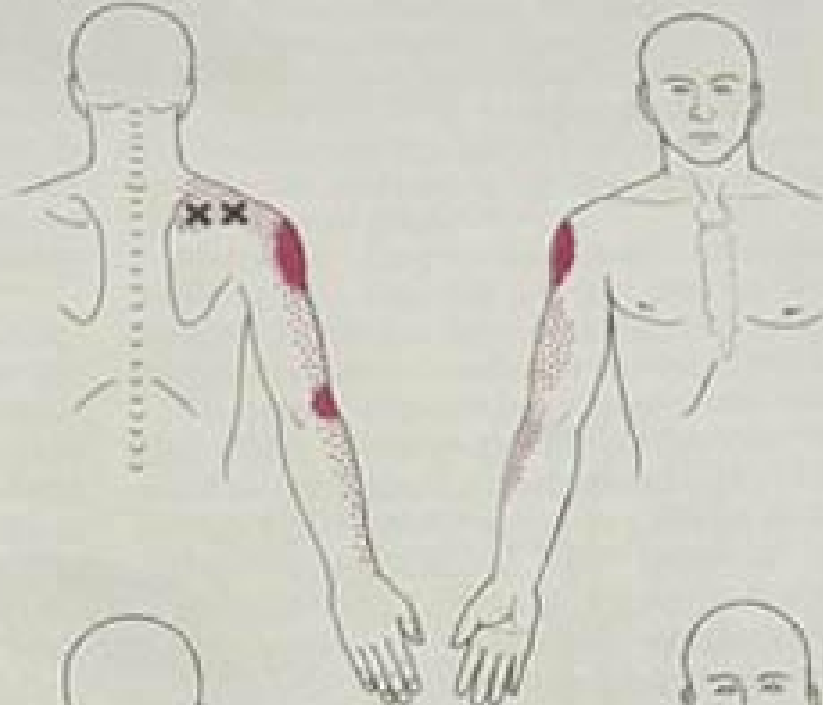




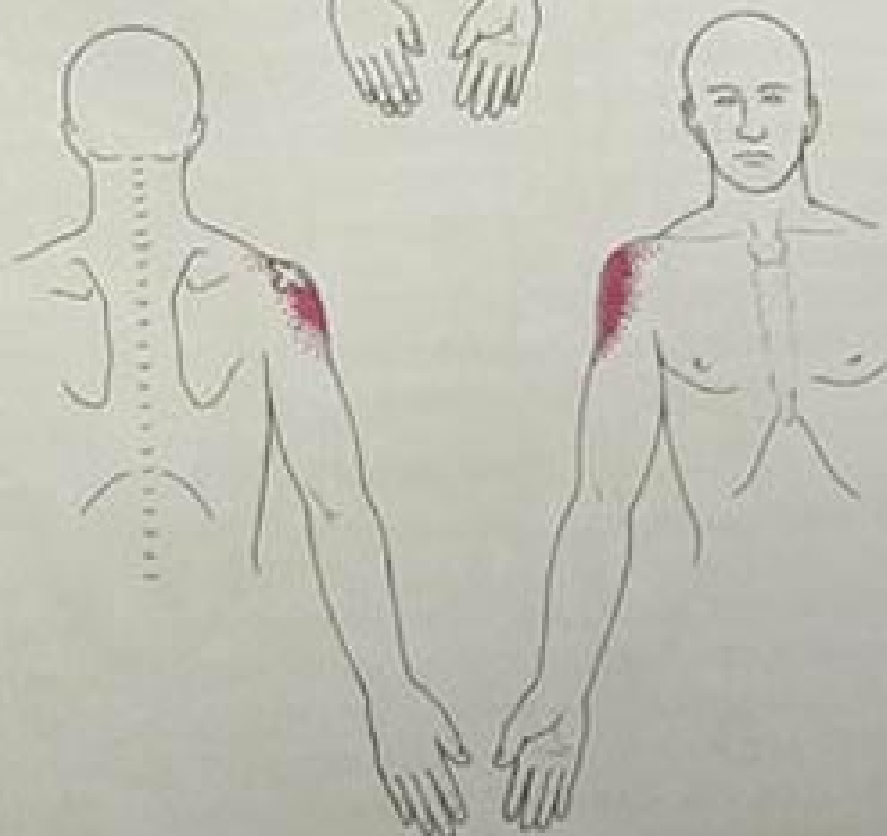


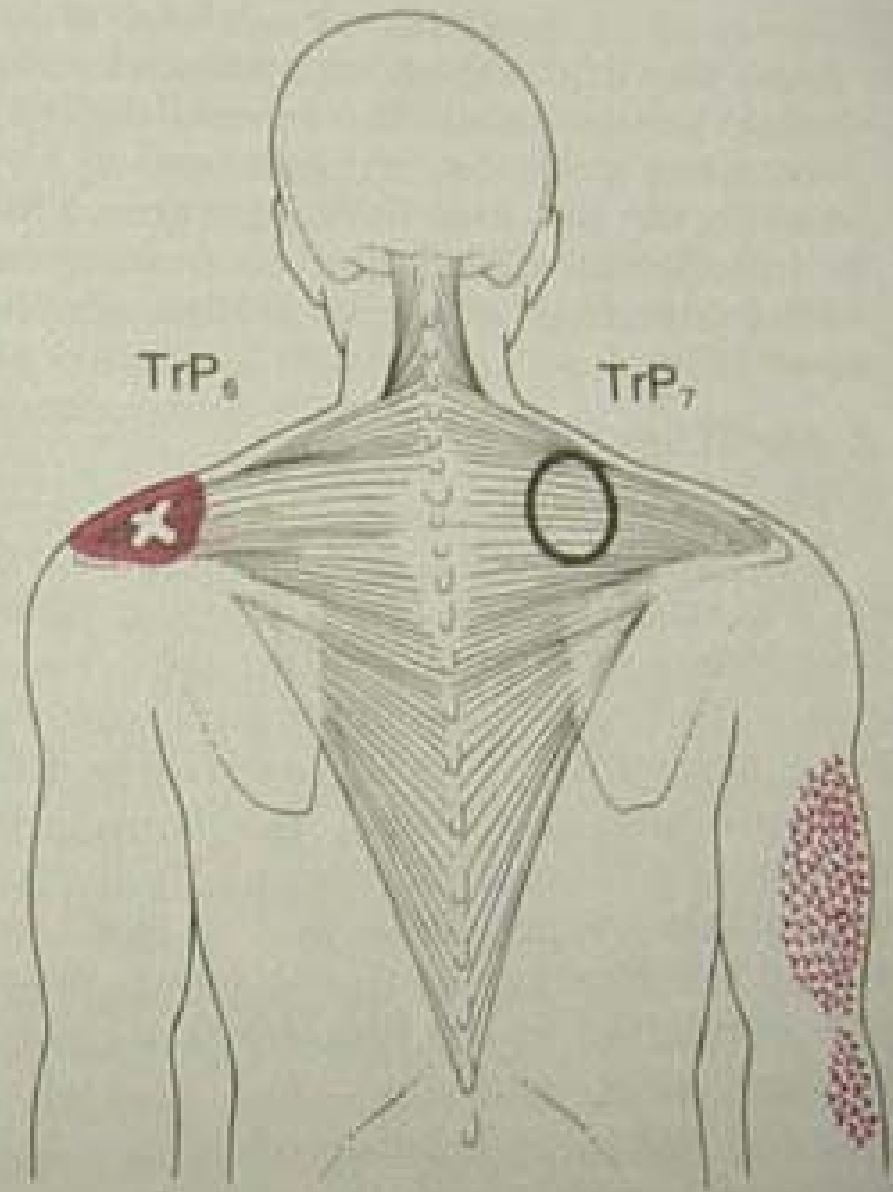
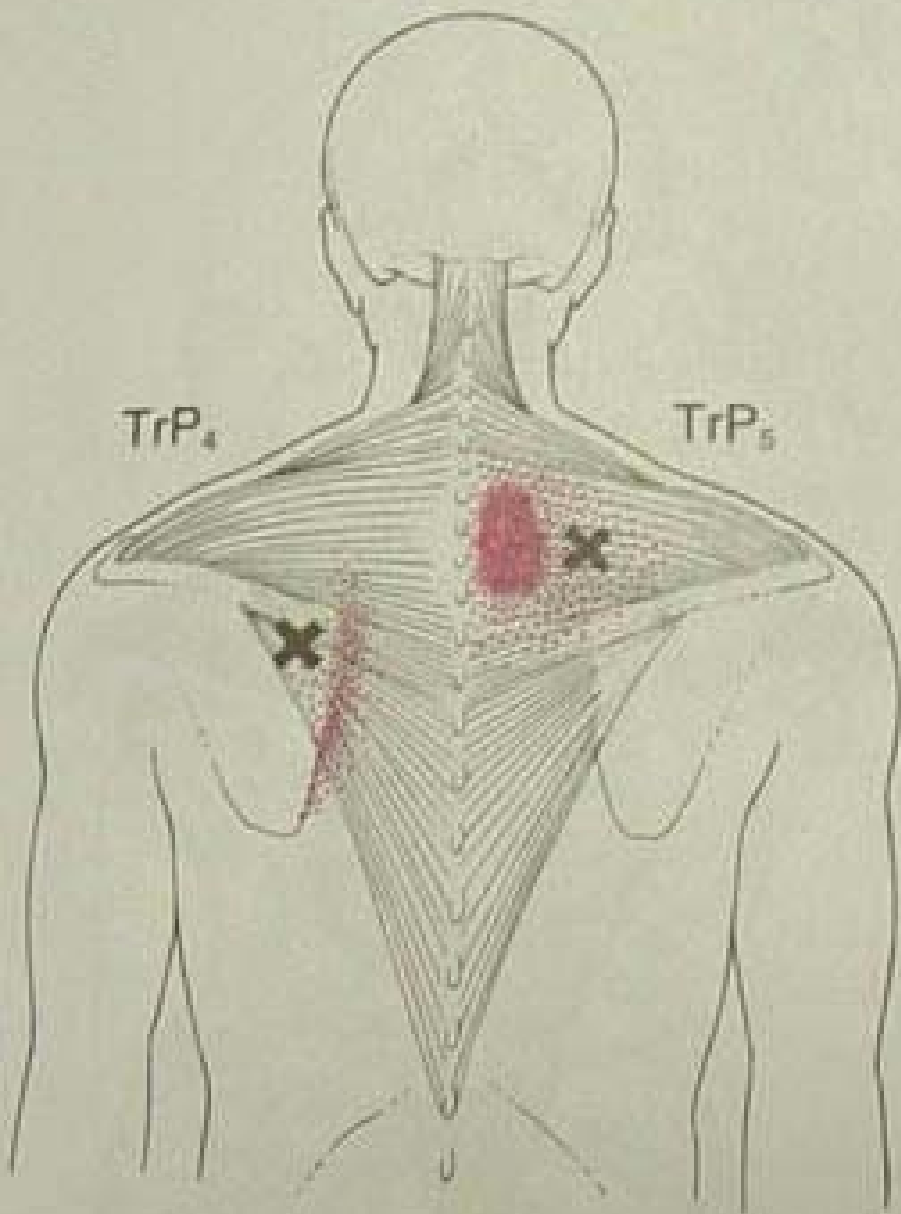


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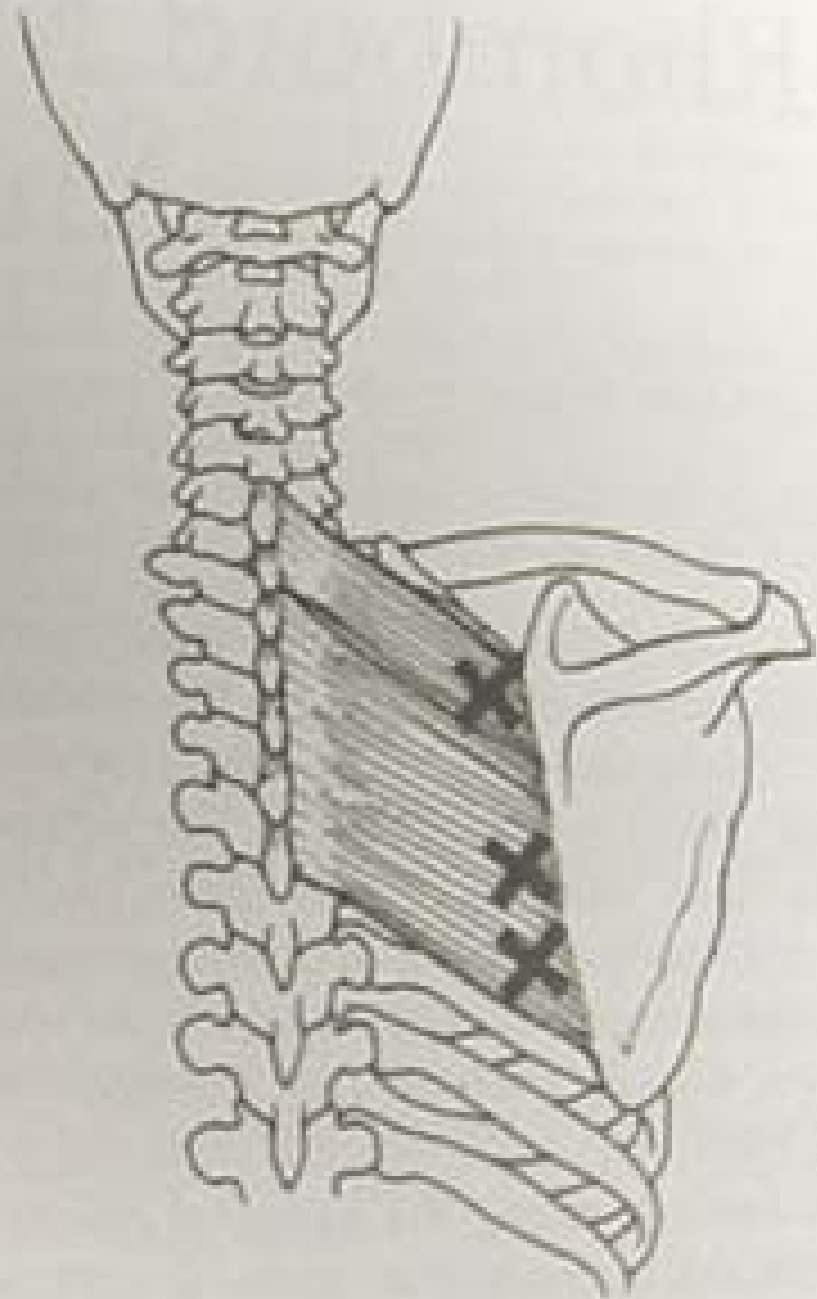
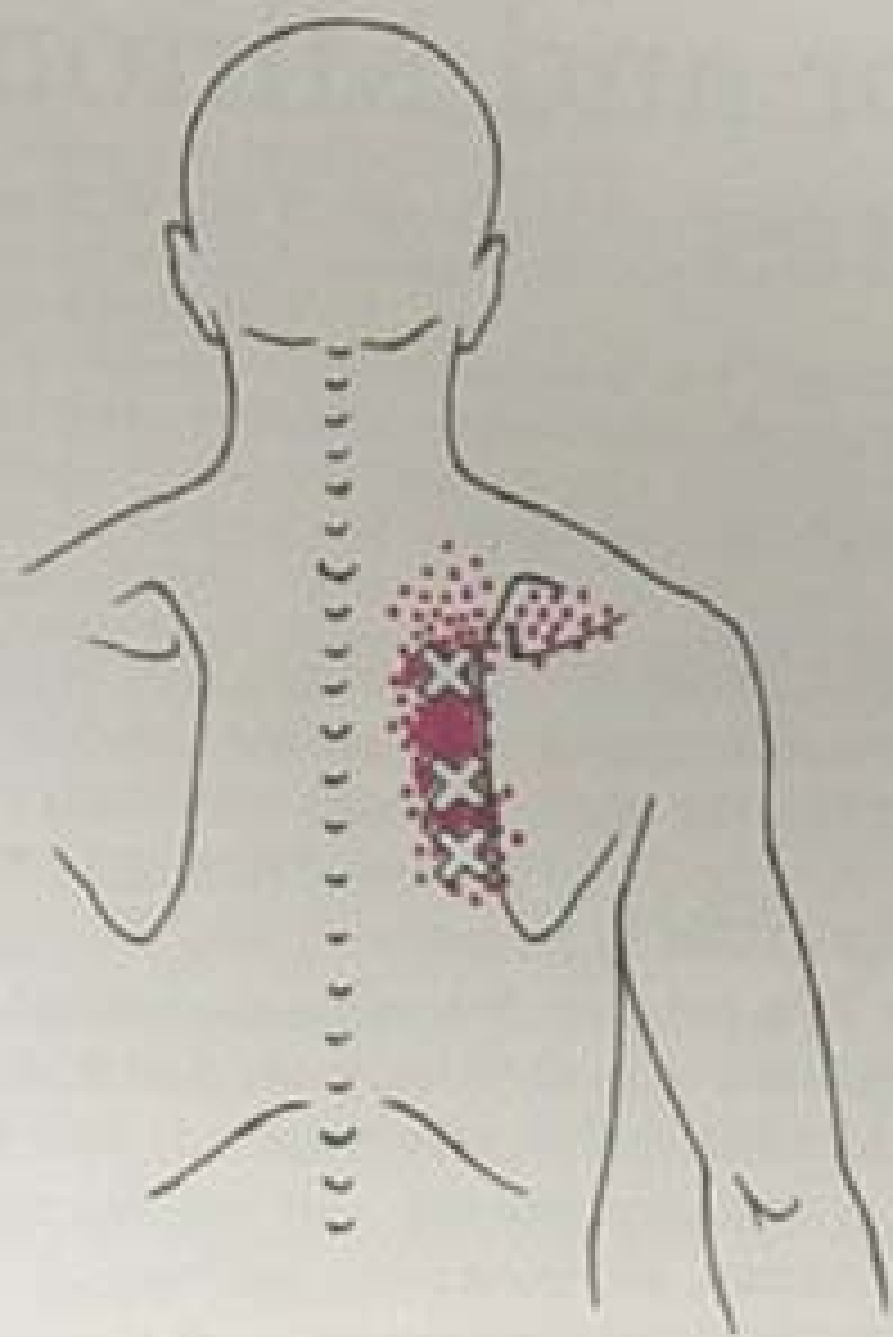


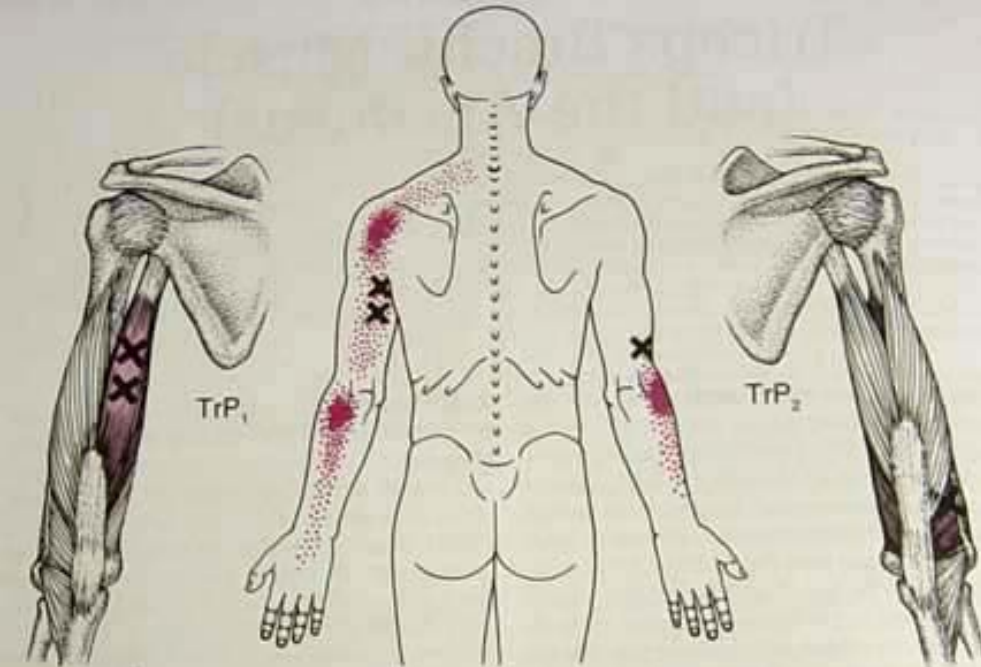
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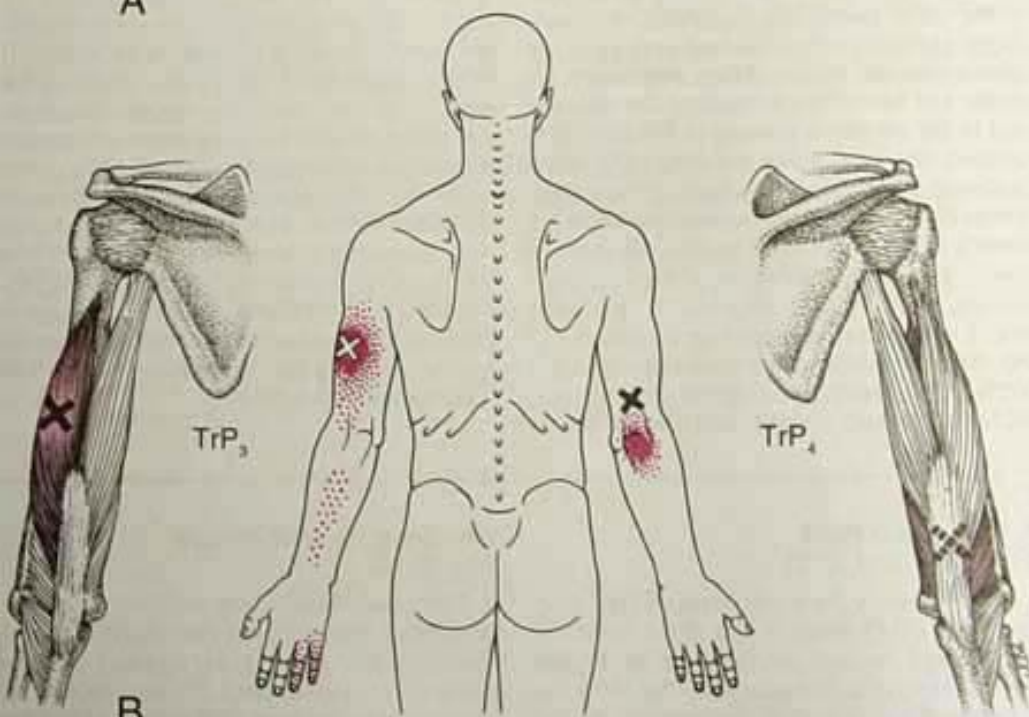


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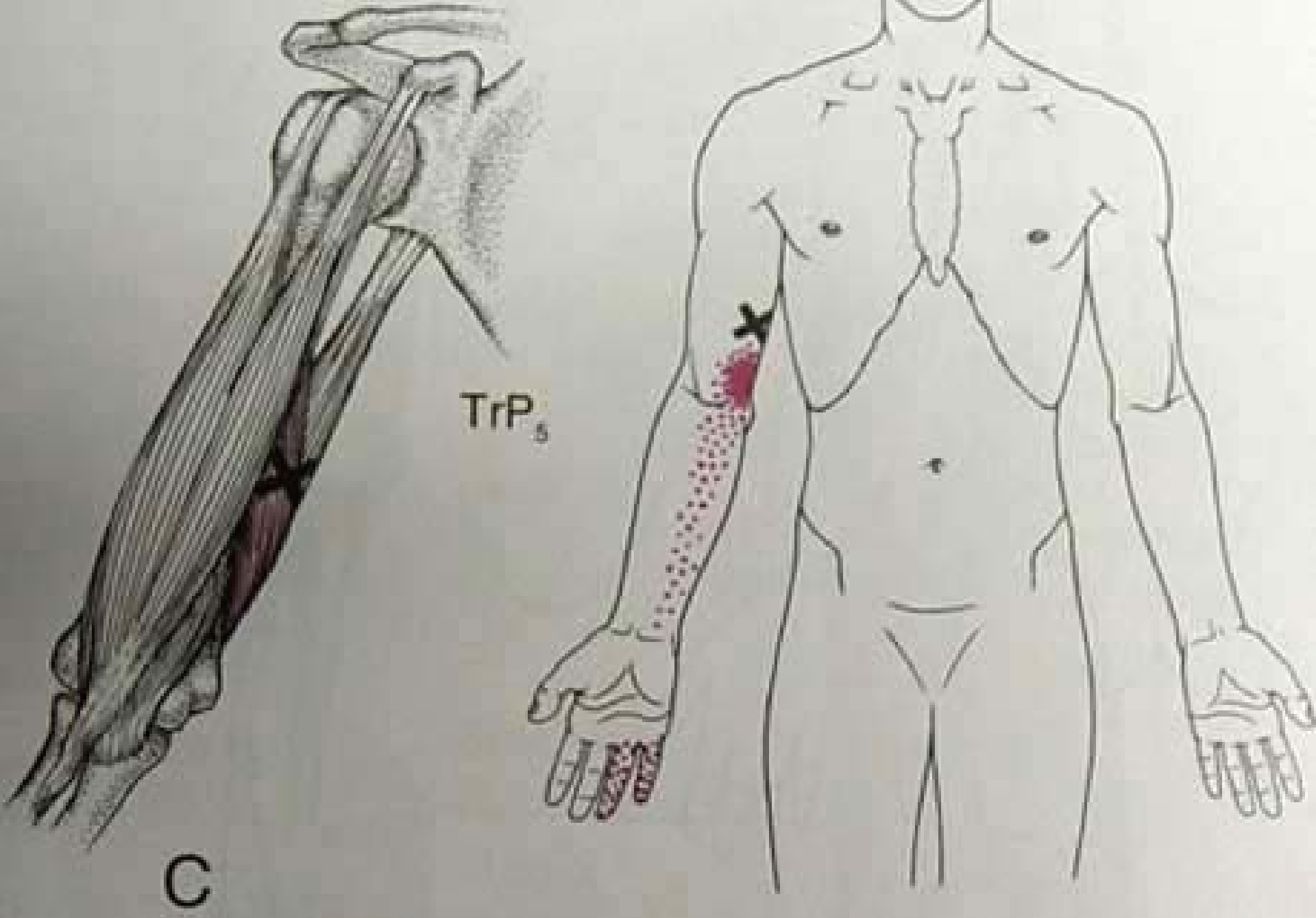


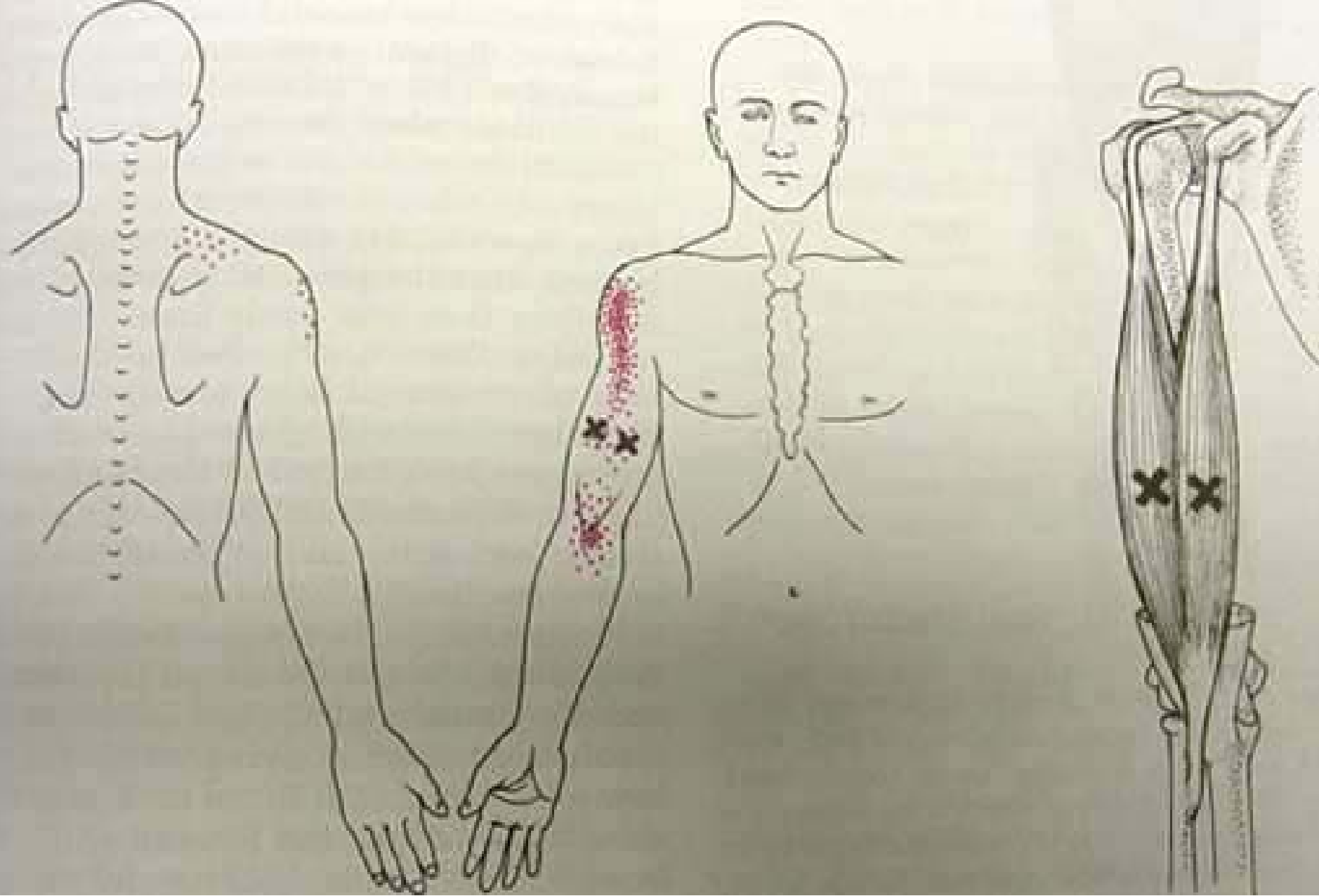


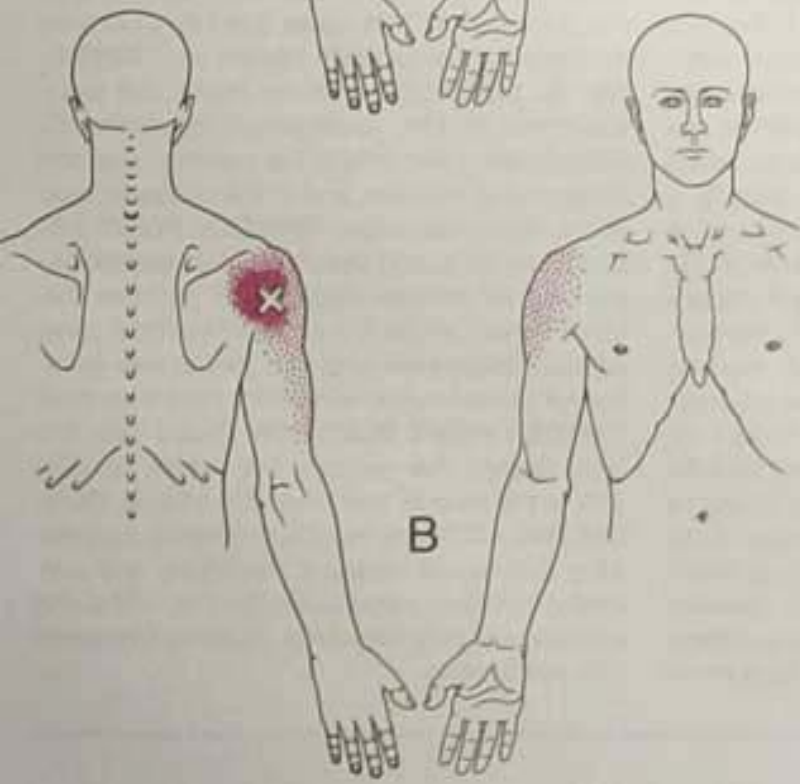
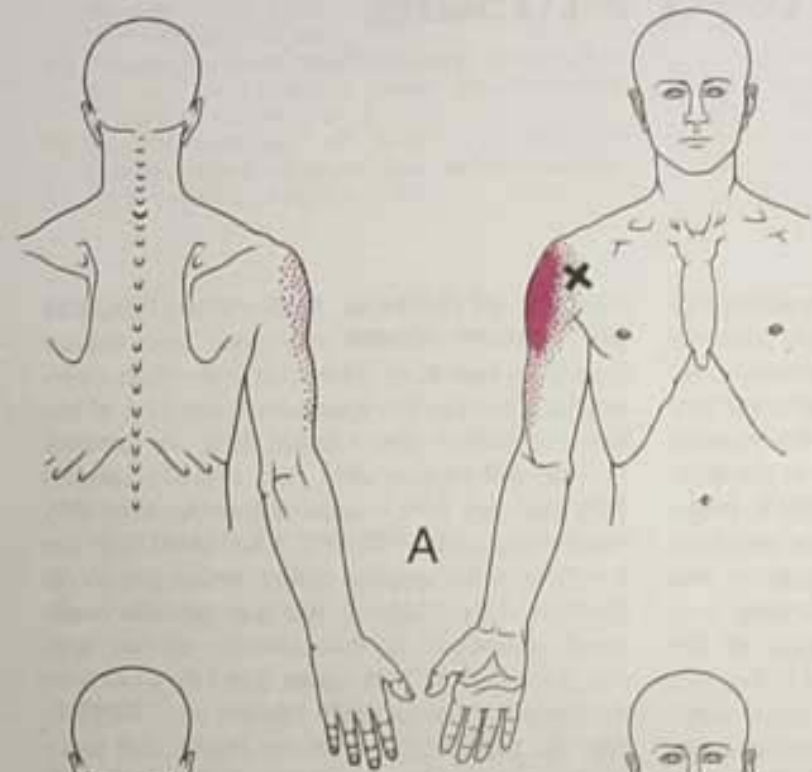
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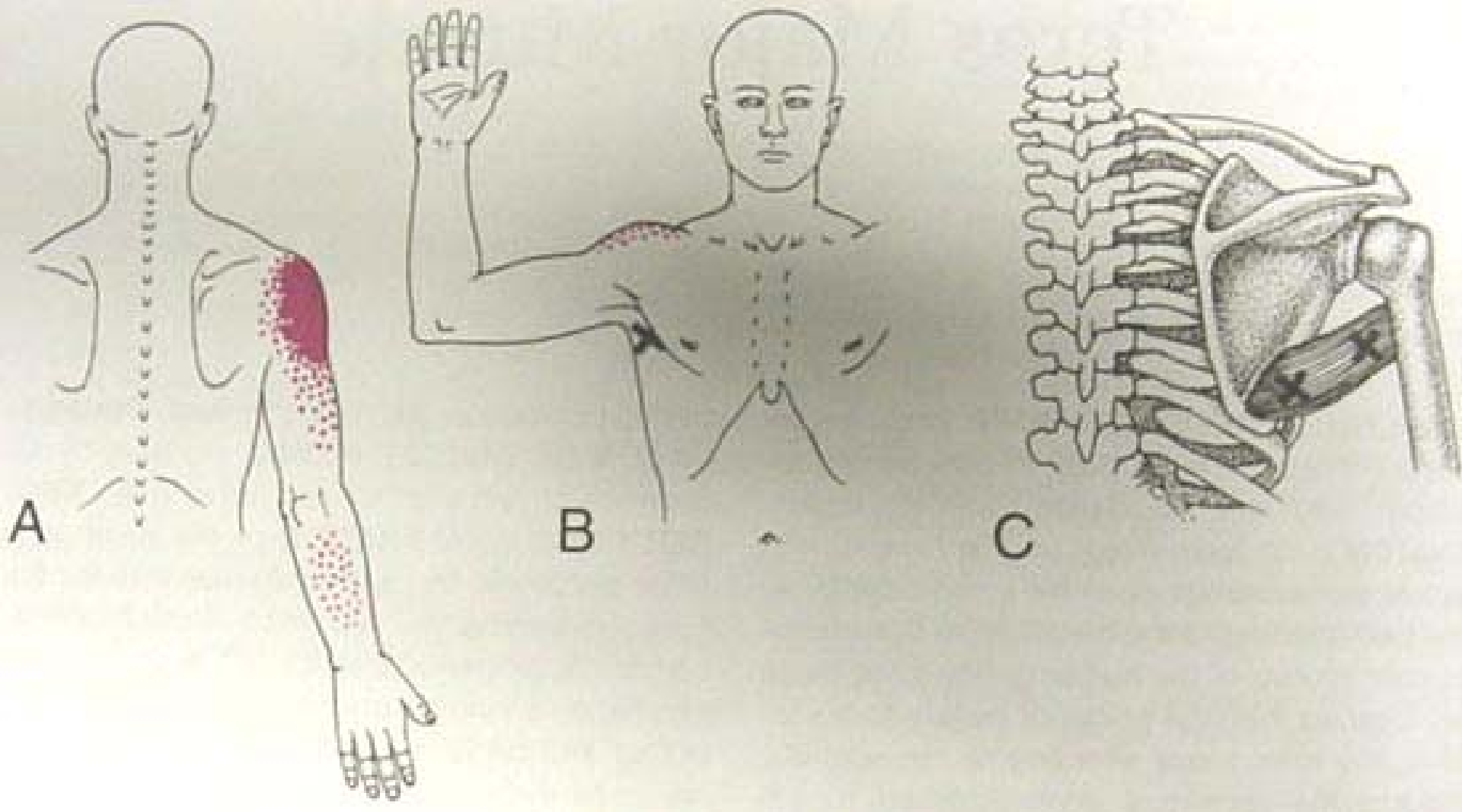


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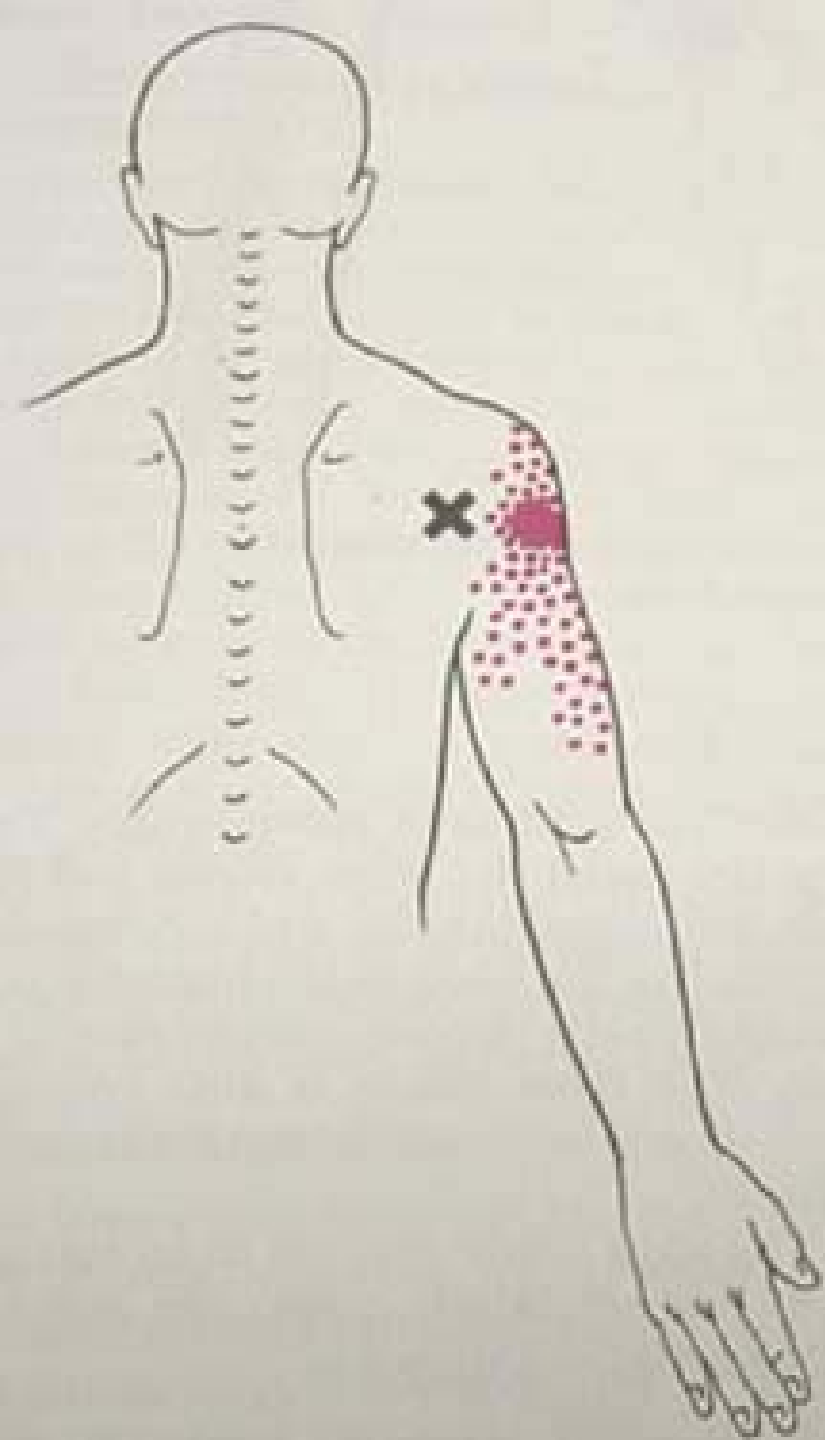


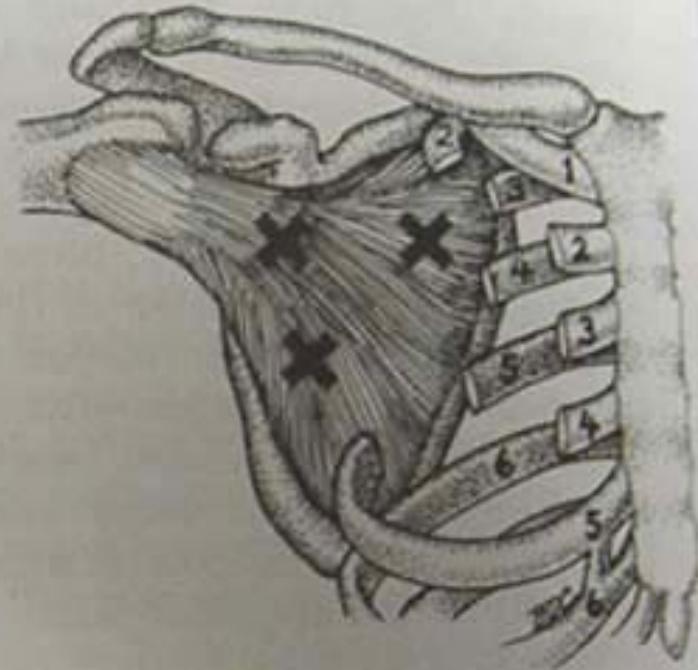
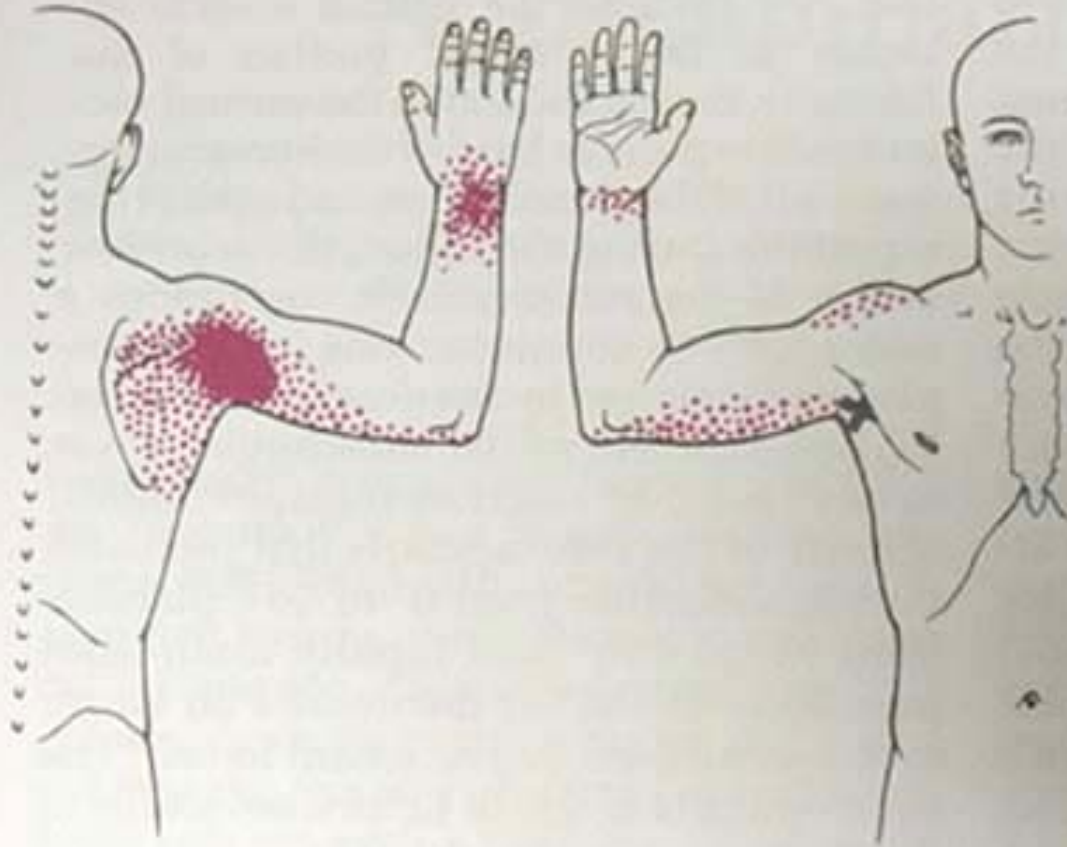




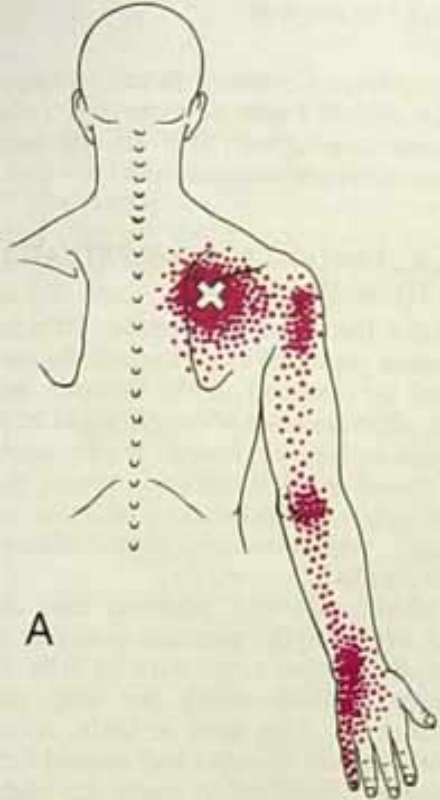


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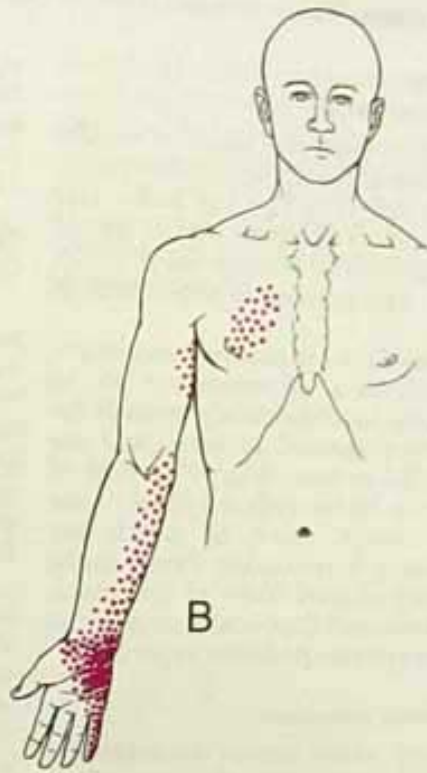




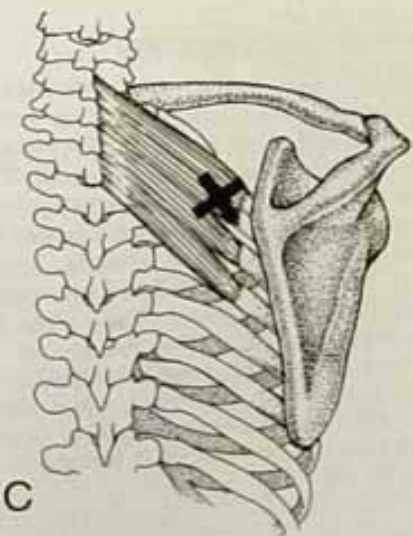
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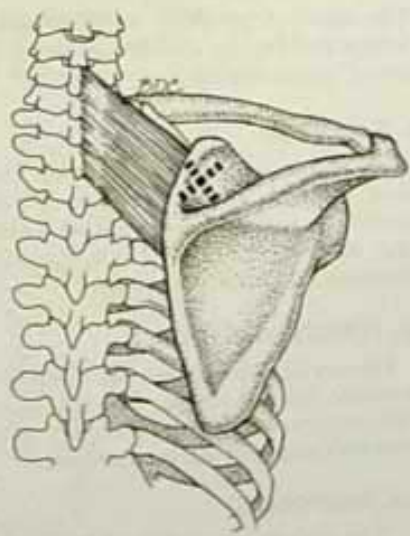


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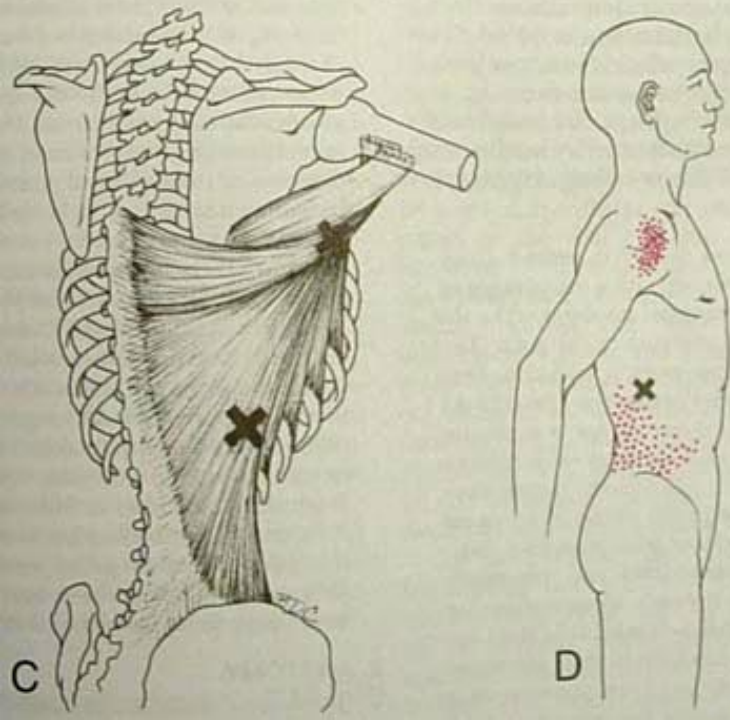
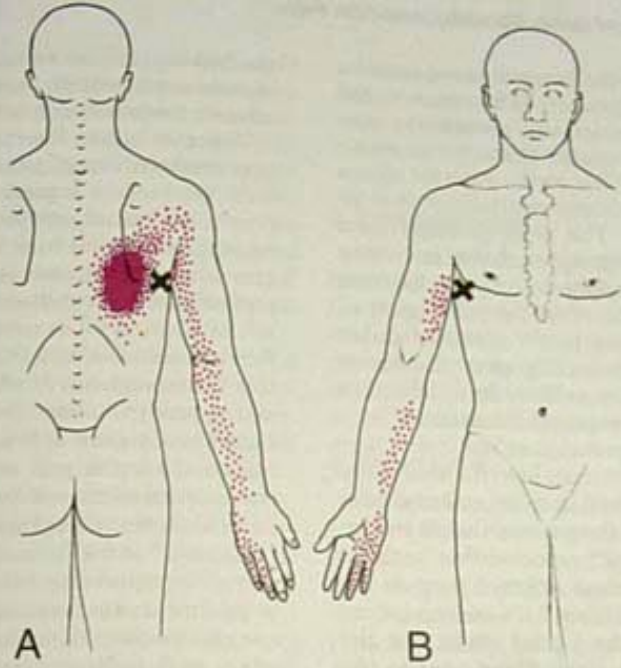
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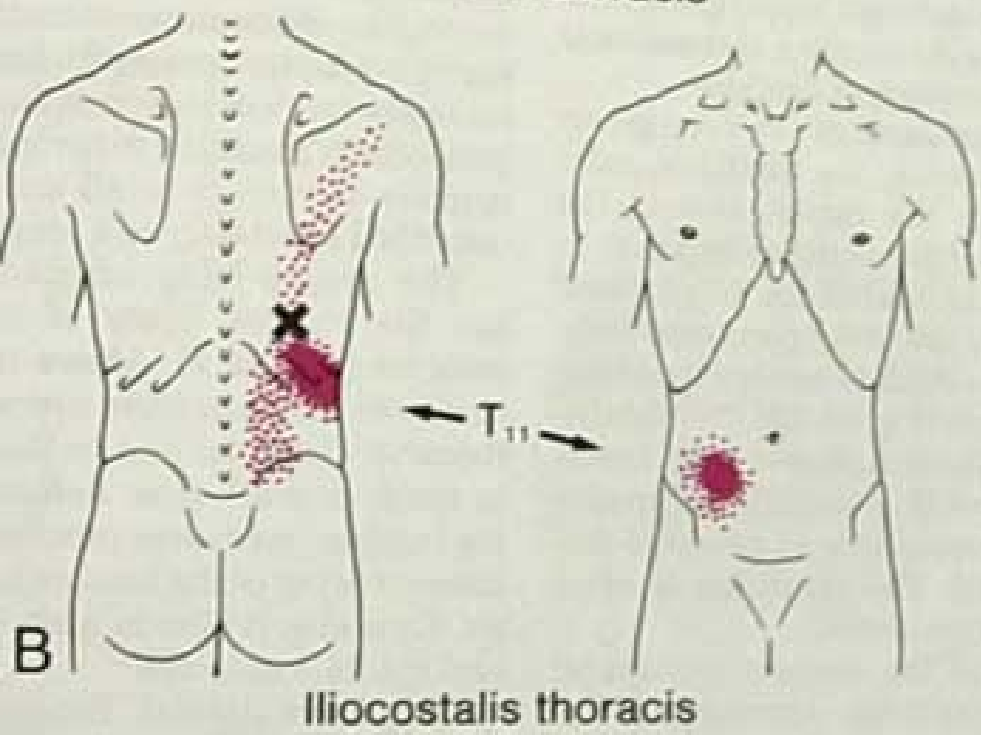
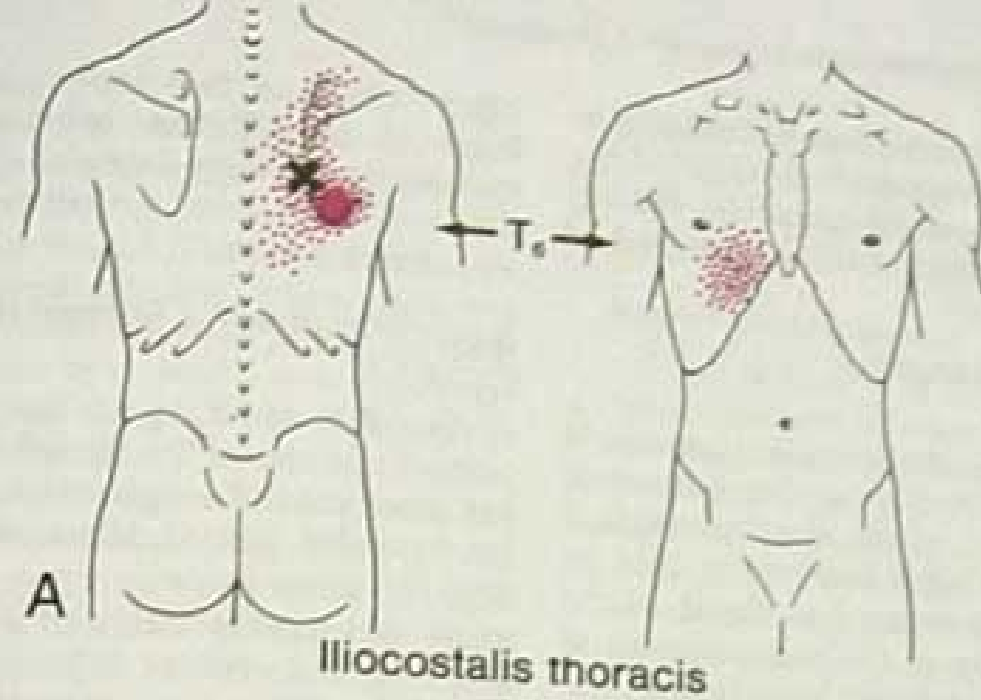
Trigger point palpable

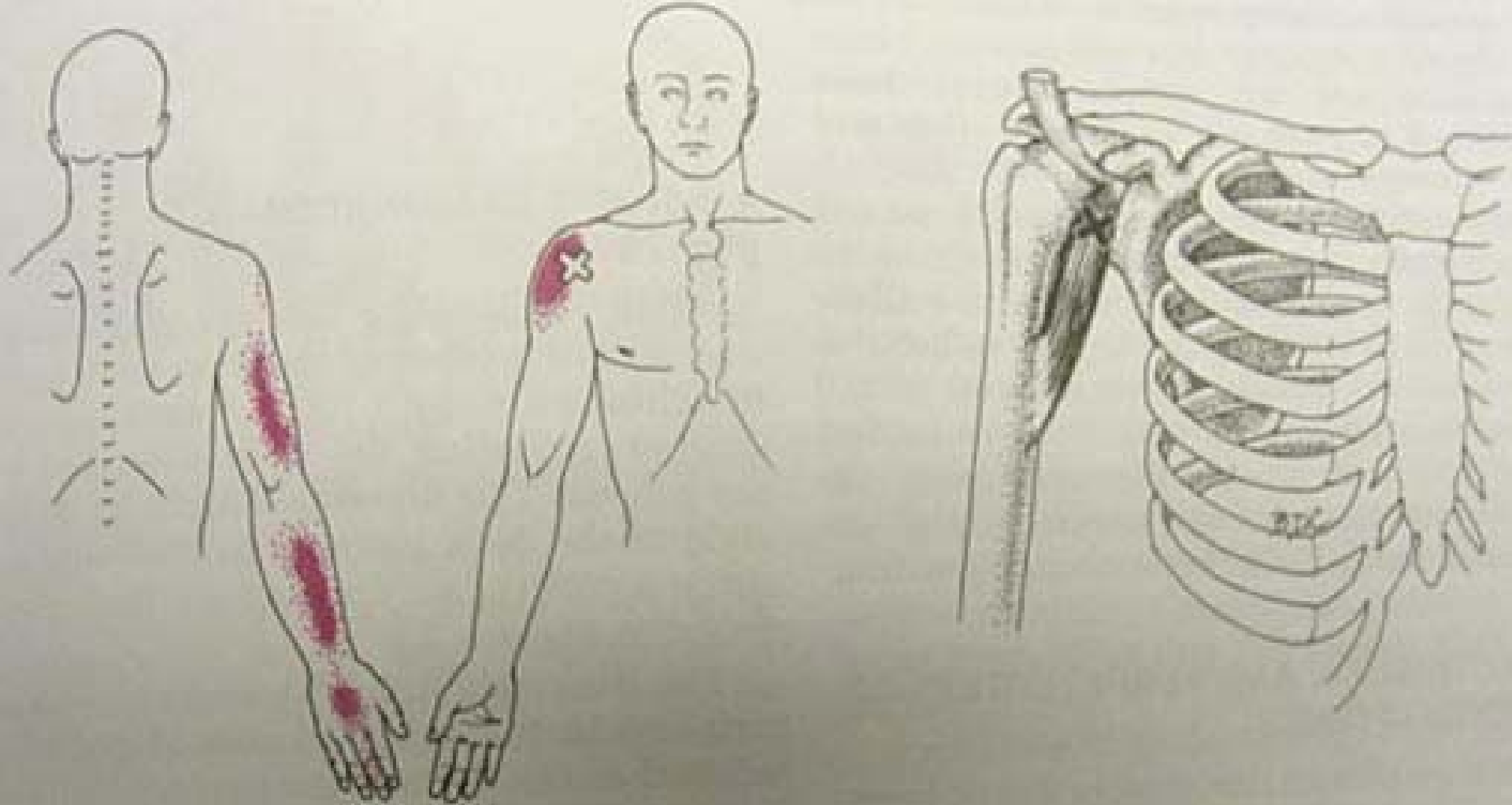


D

Trigger point not palpable



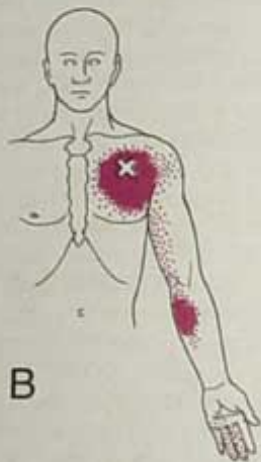
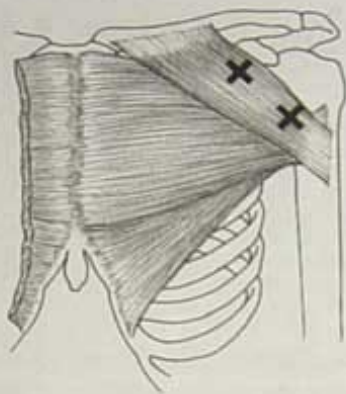




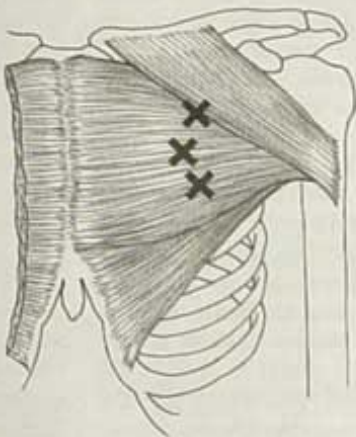
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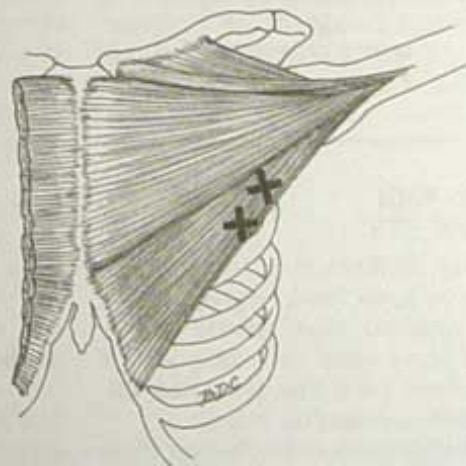
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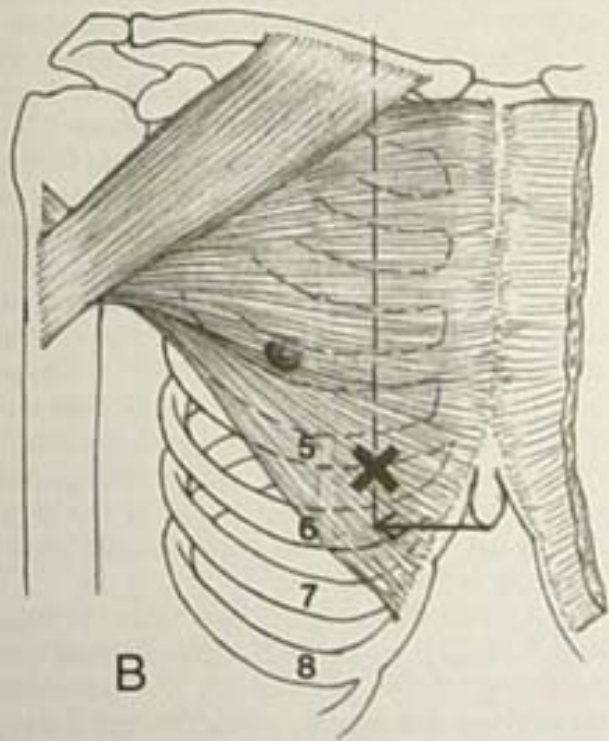
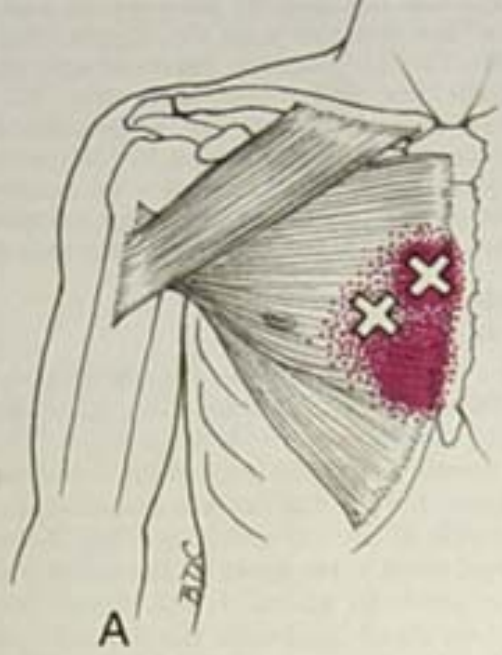


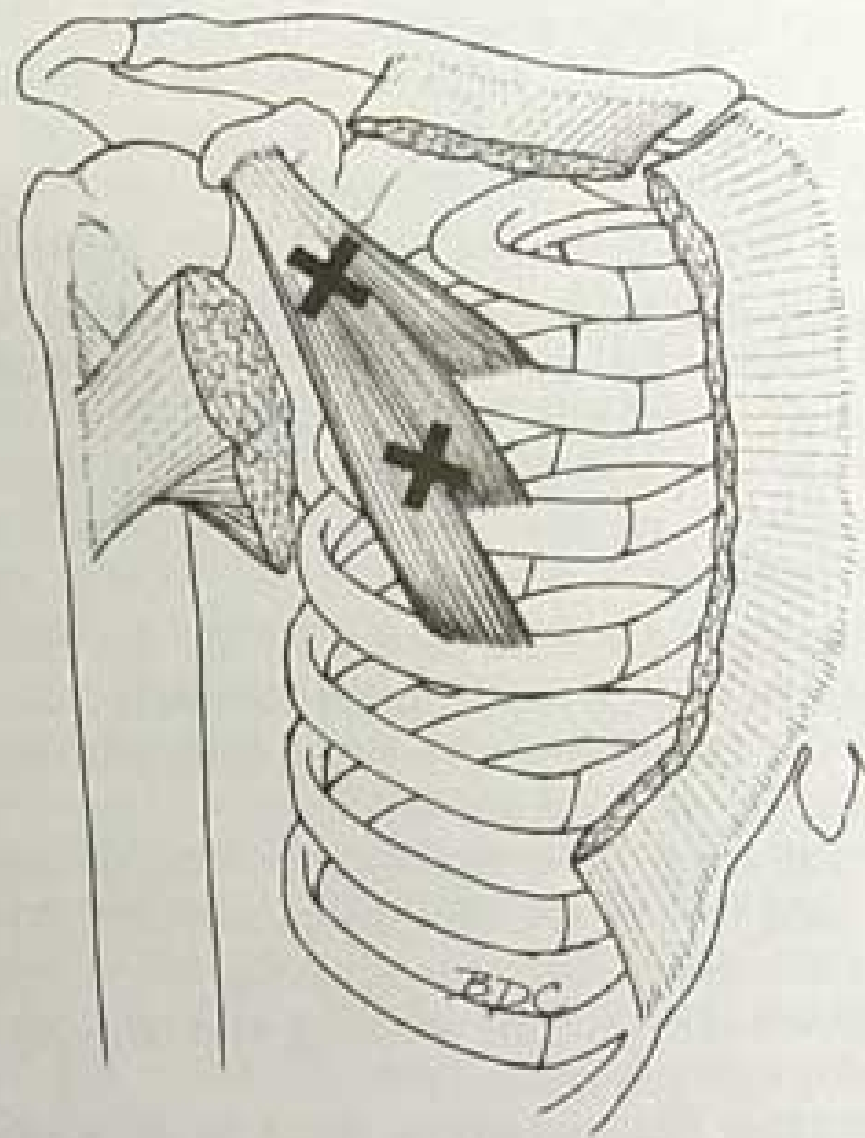
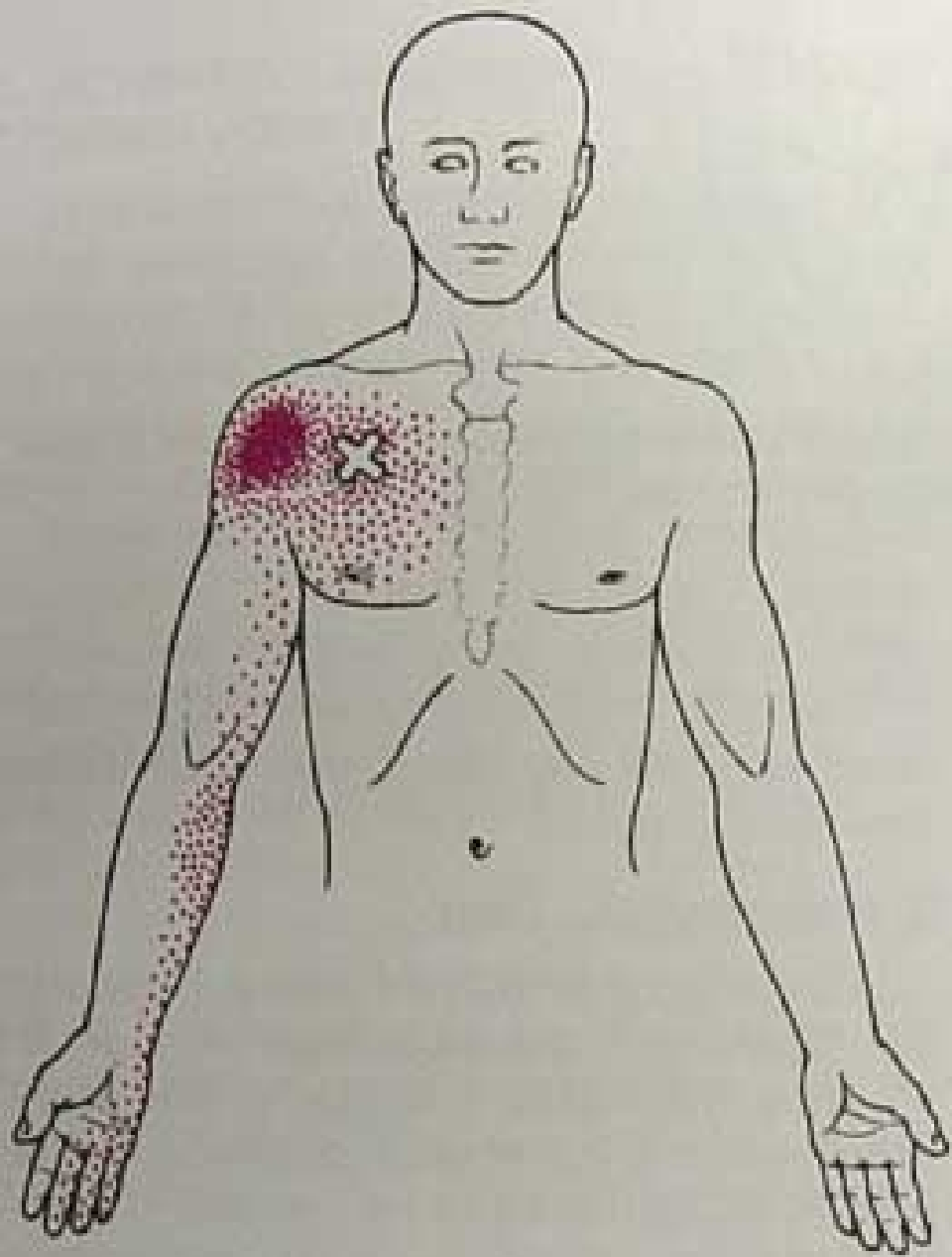
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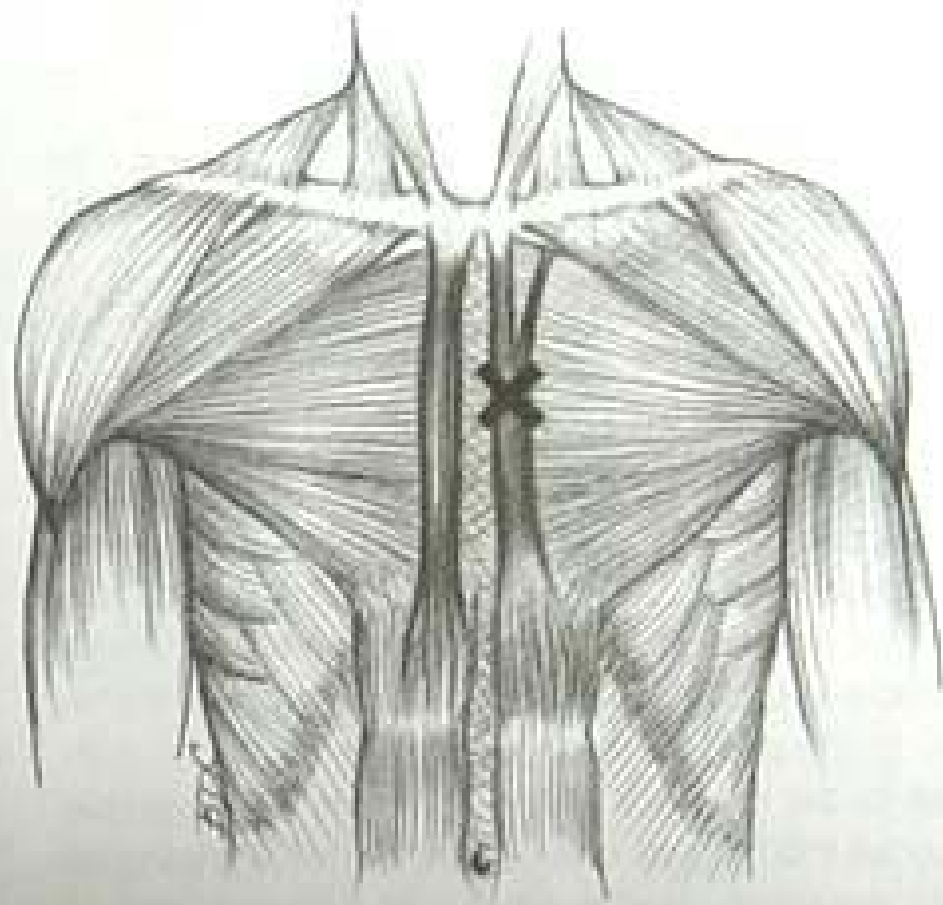
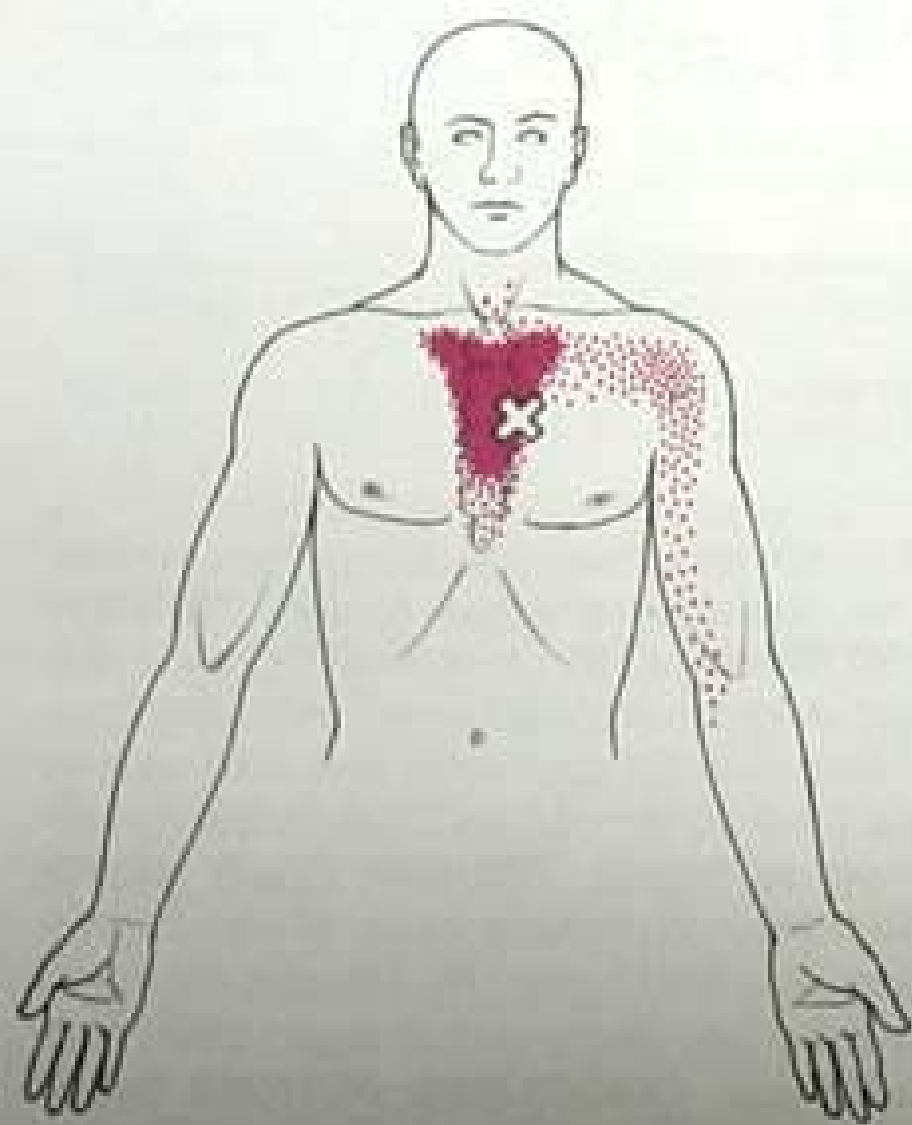


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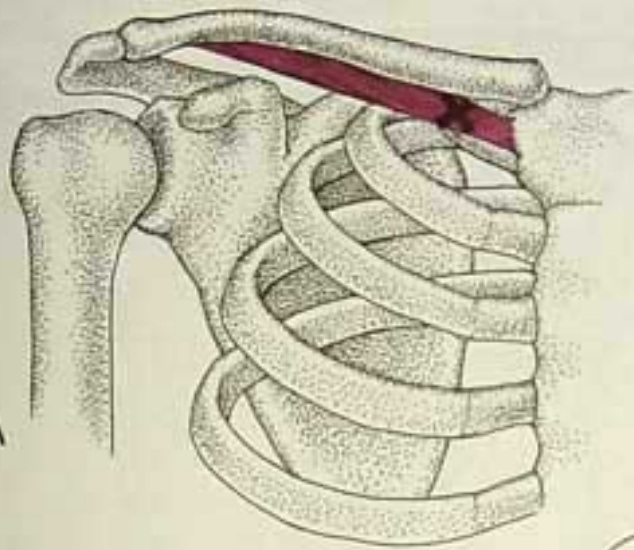




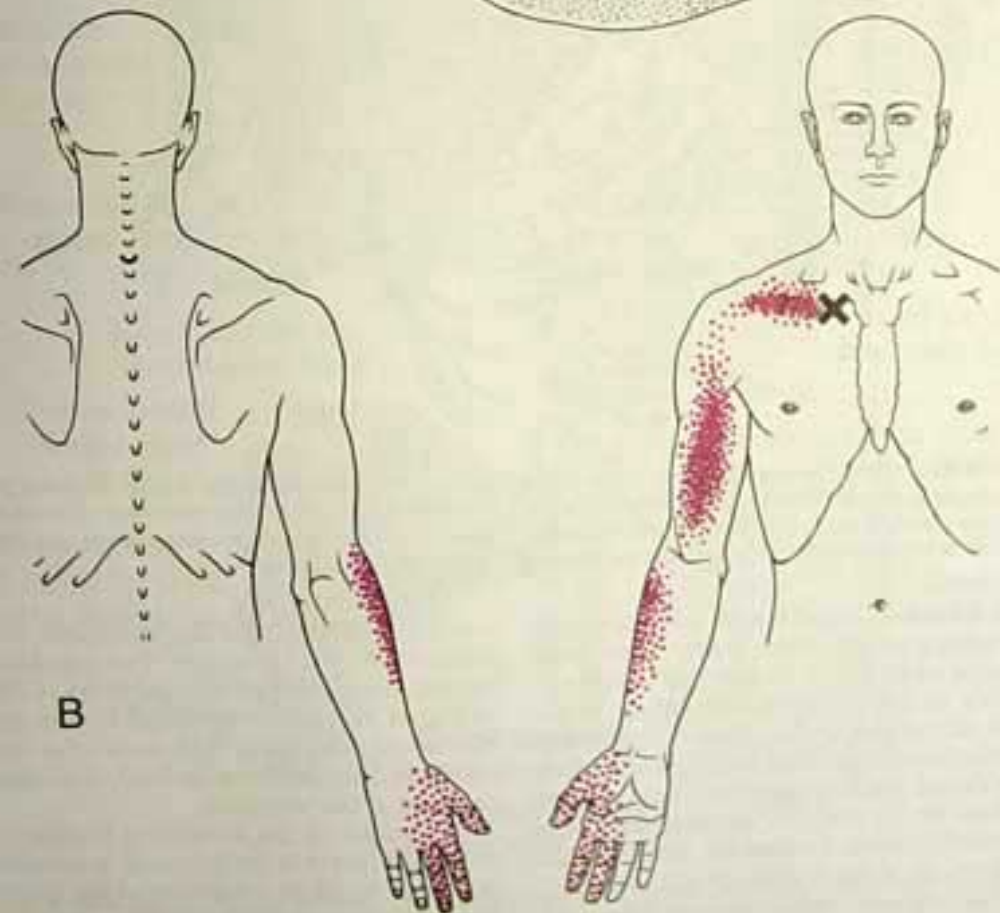


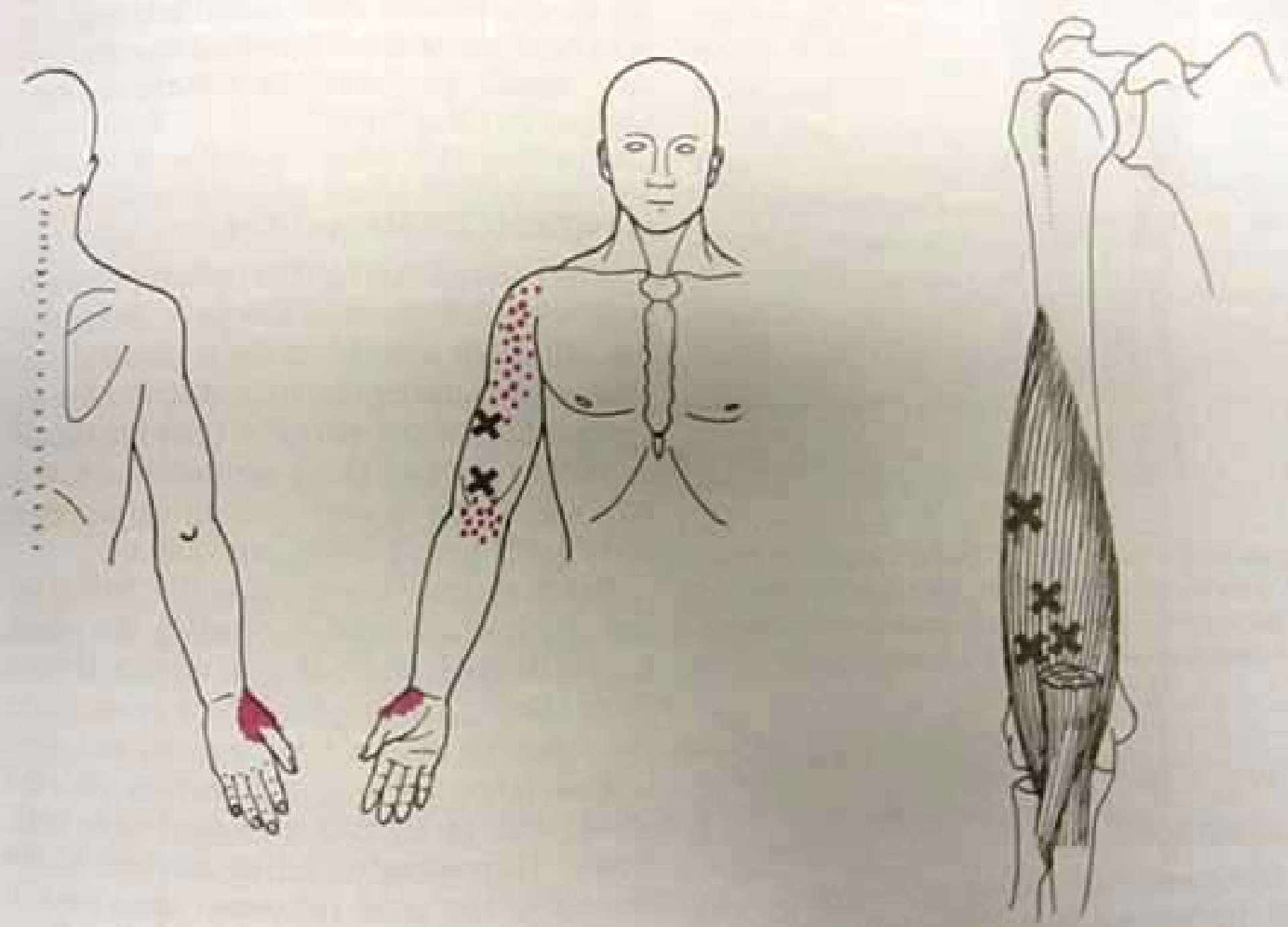
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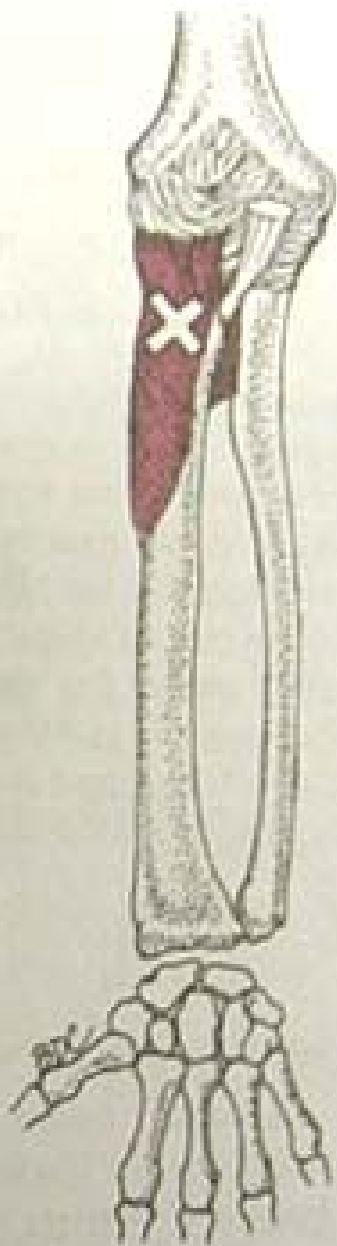
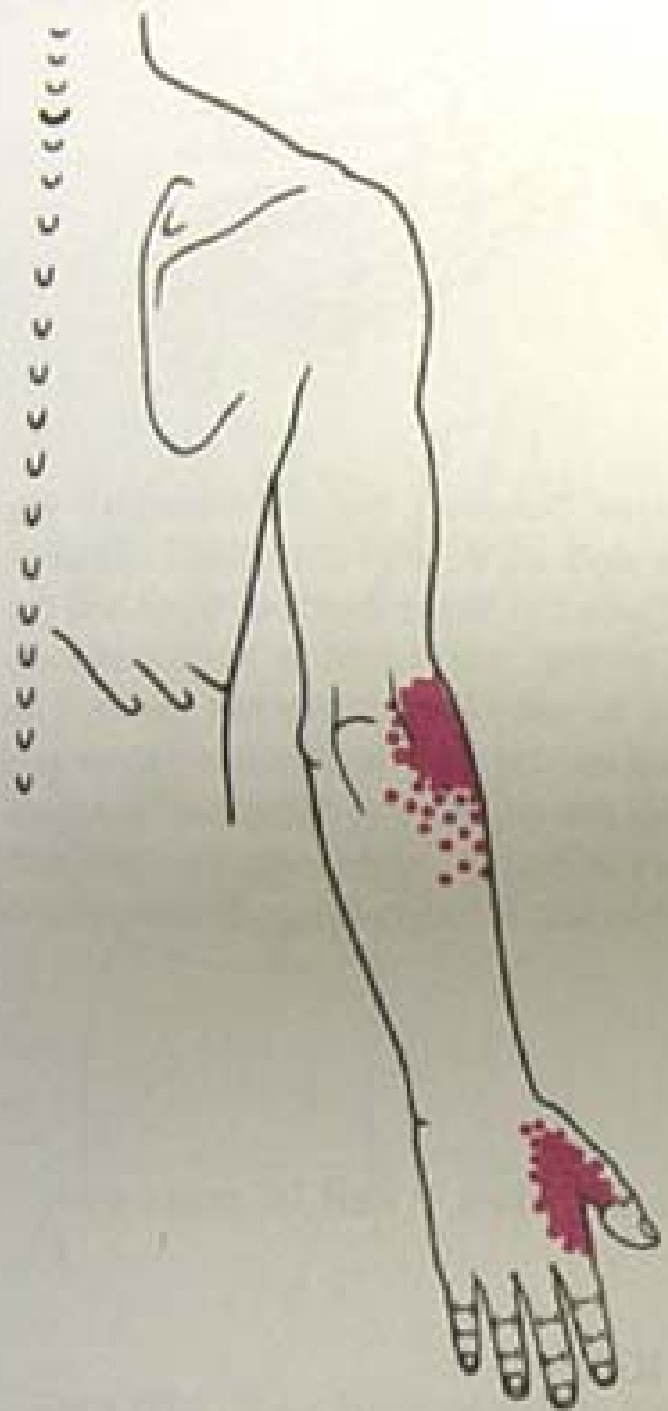
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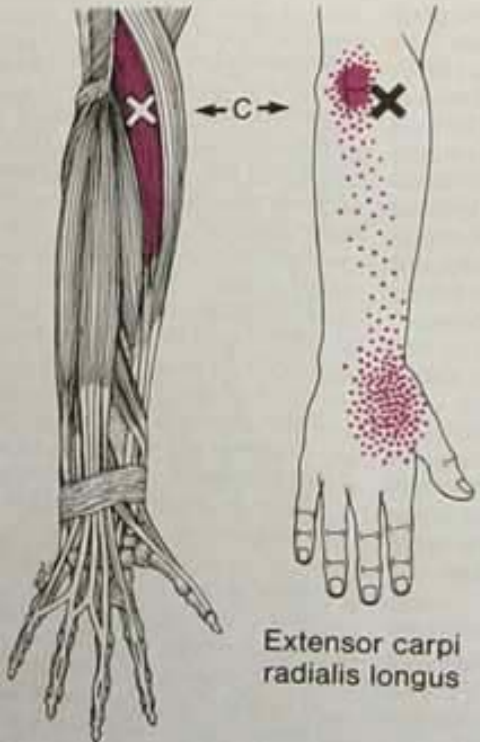
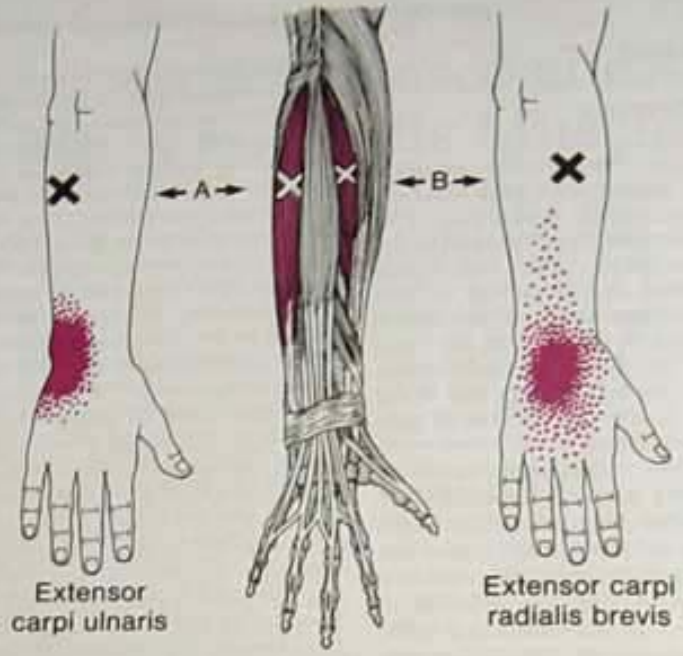


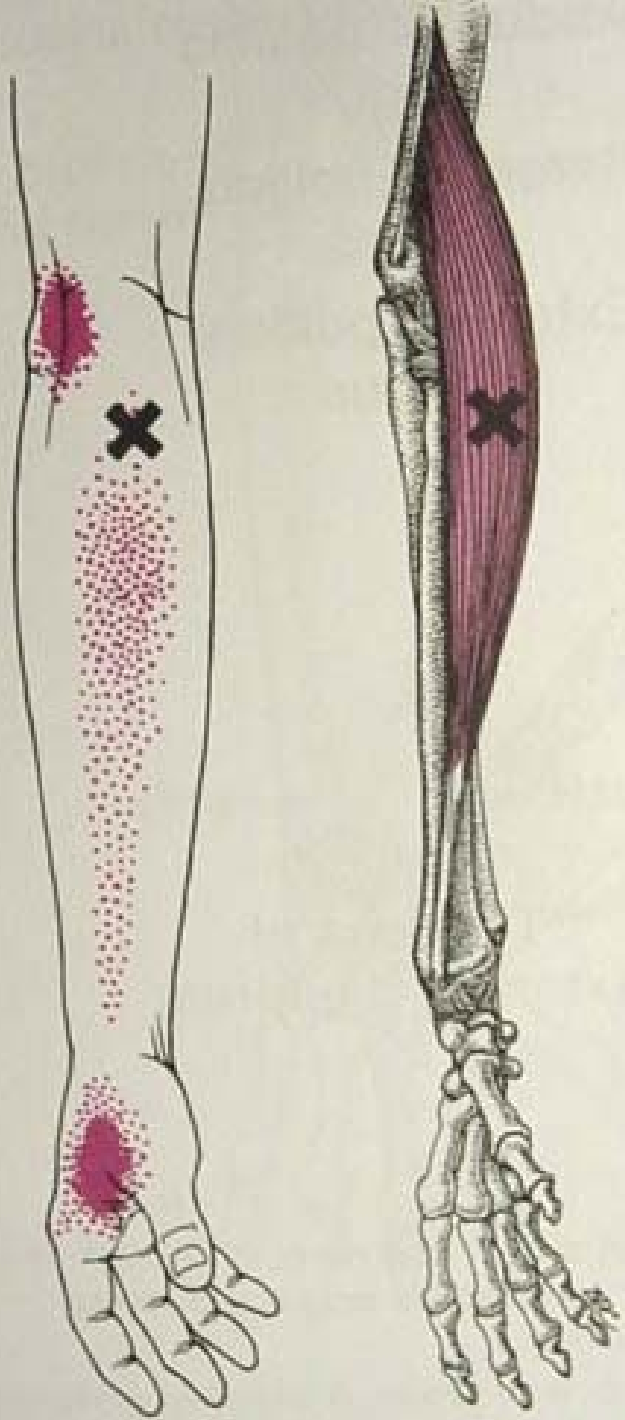
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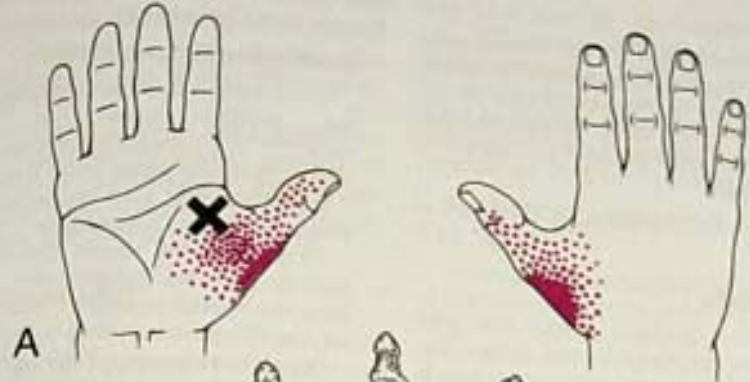




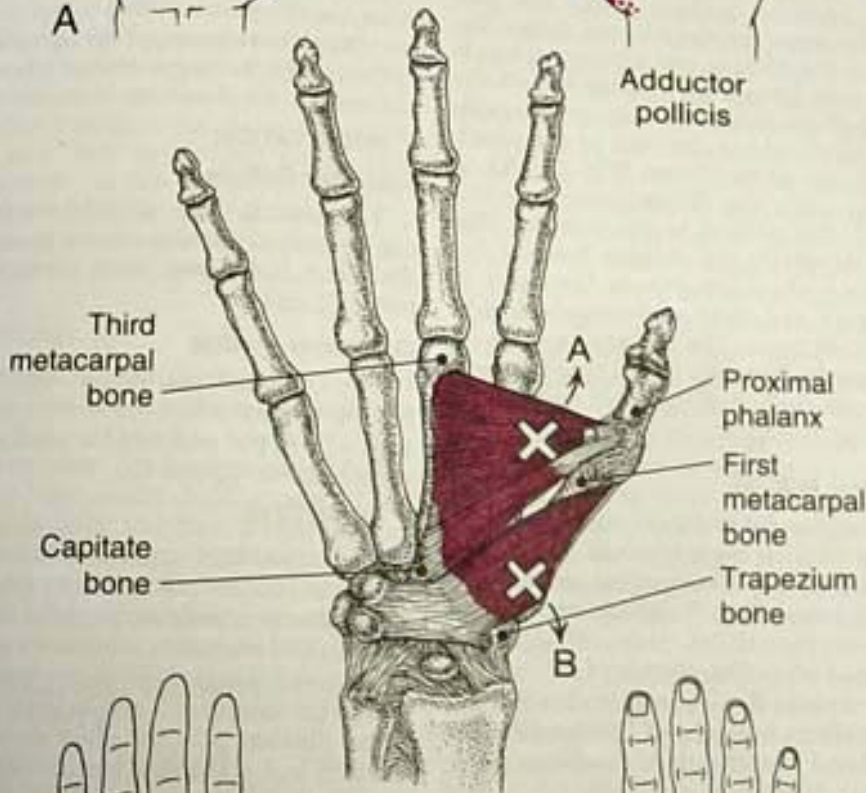




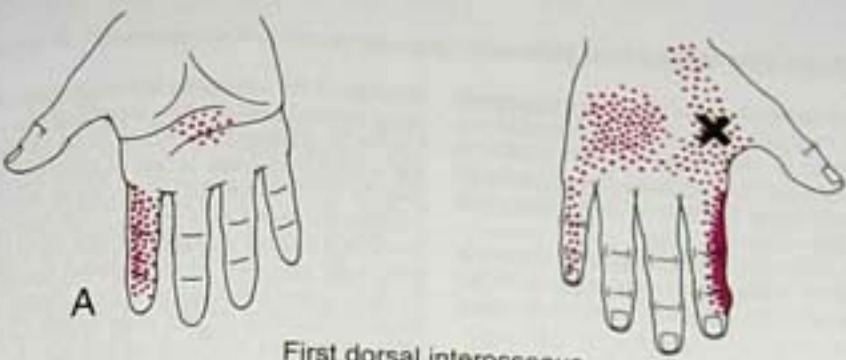




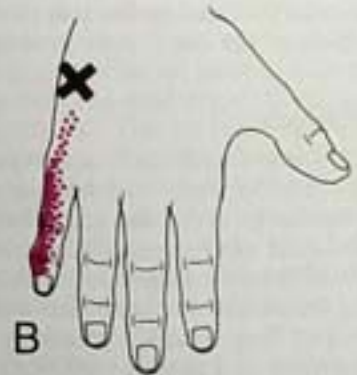
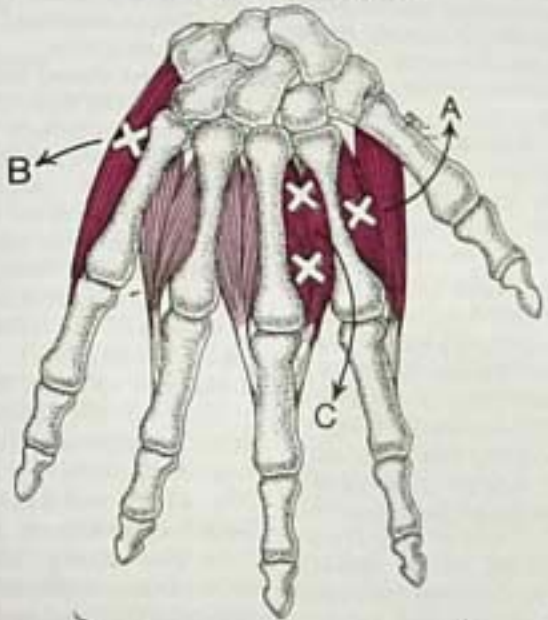
Adductor pollicis



Opponens pollicis

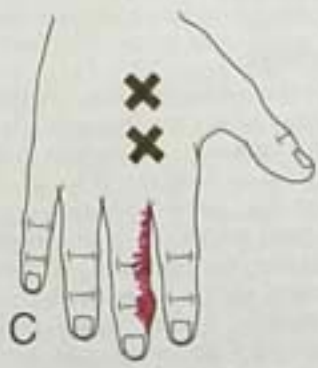


First dorsal interosseous

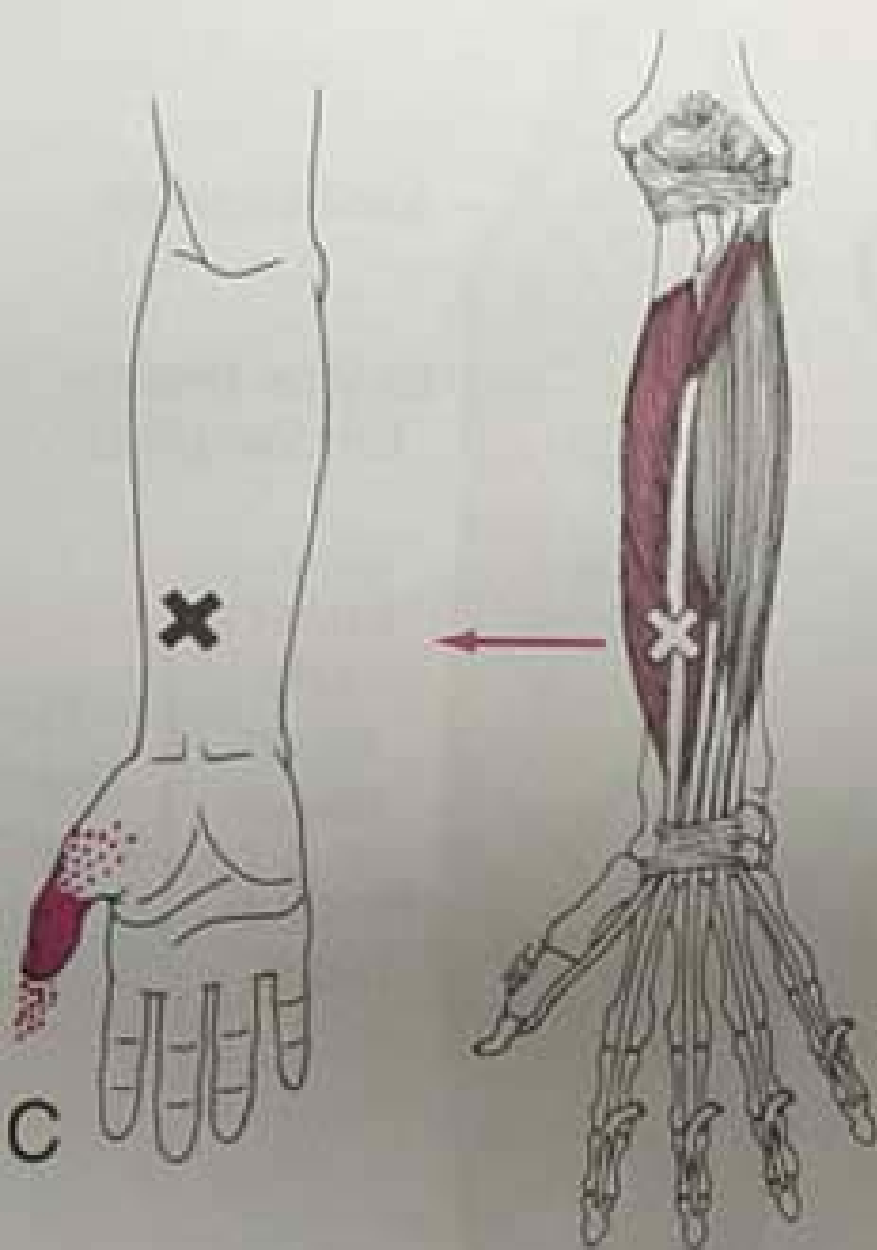


Abductor digiti minimi

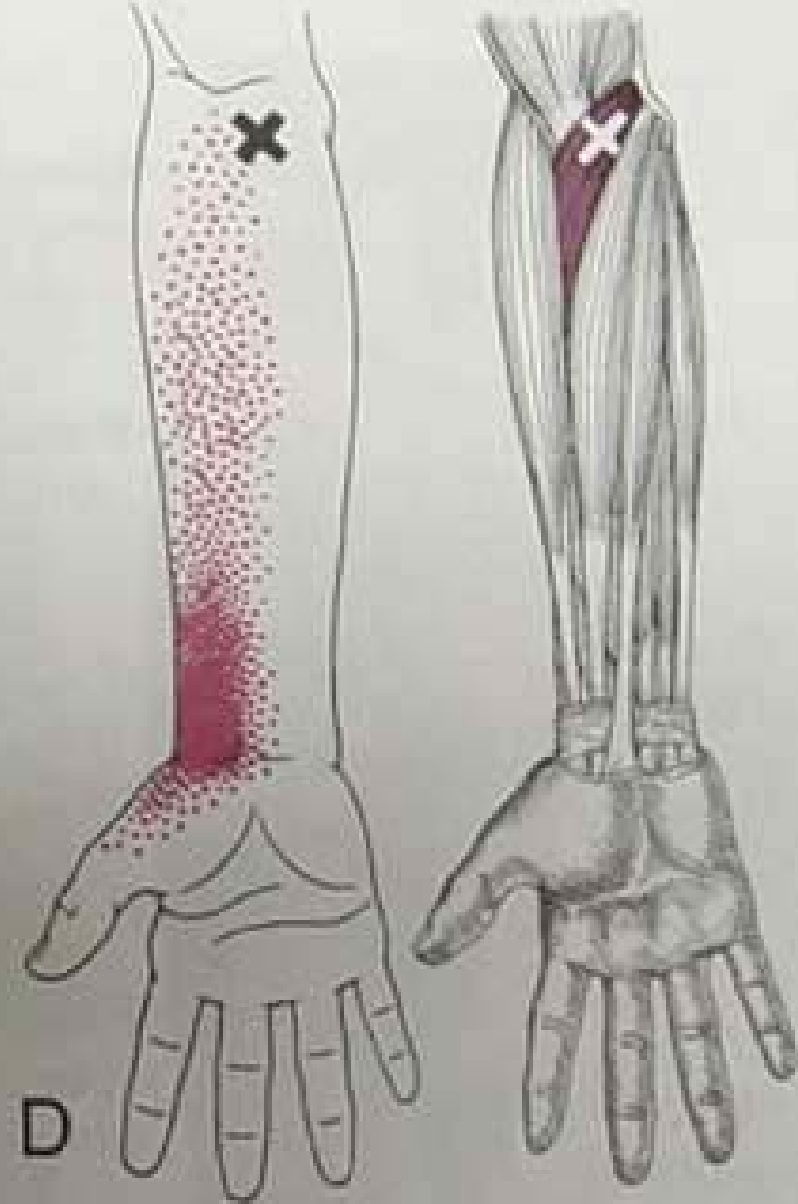
Heberden's nodes



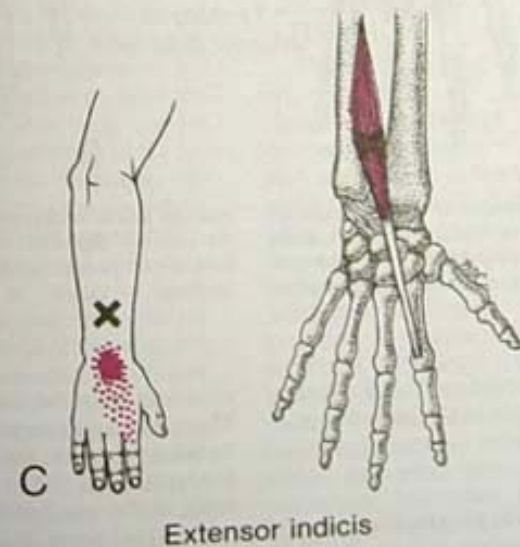
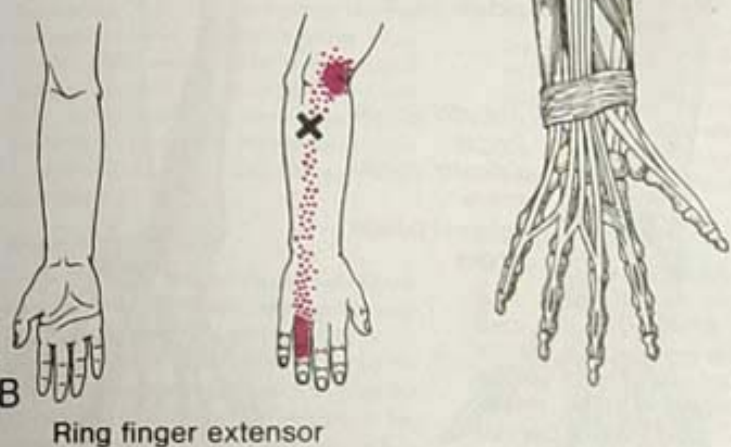
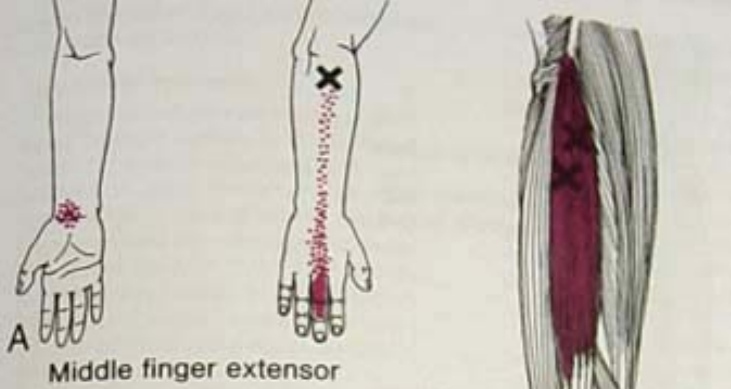
Second dorsal interosseous

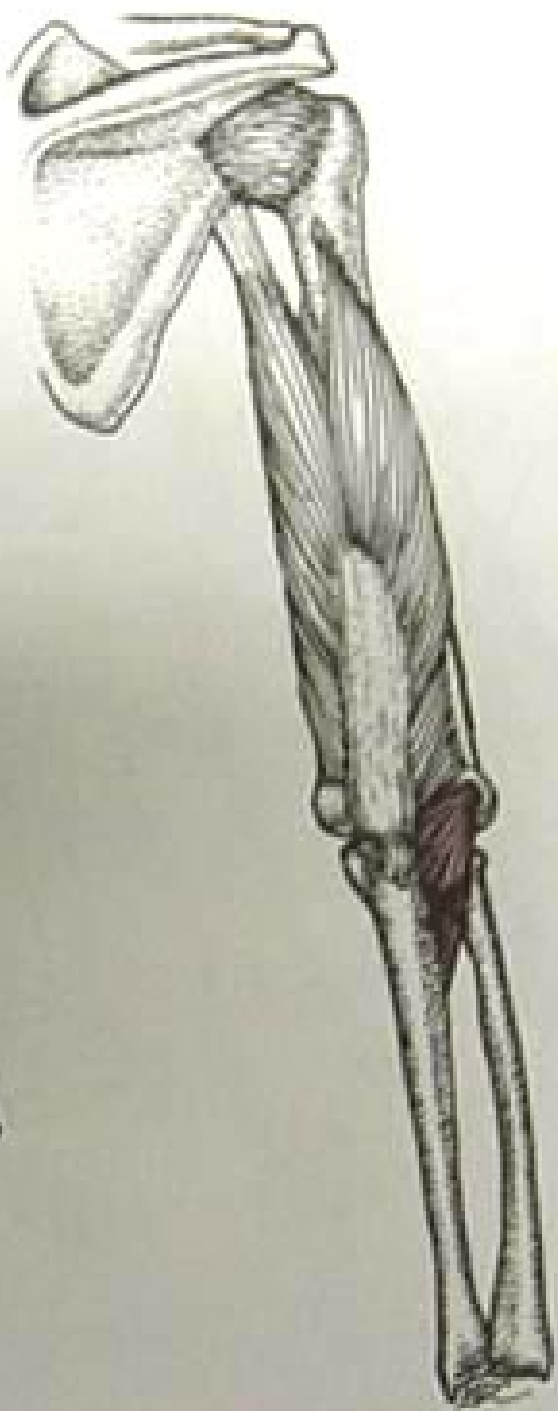
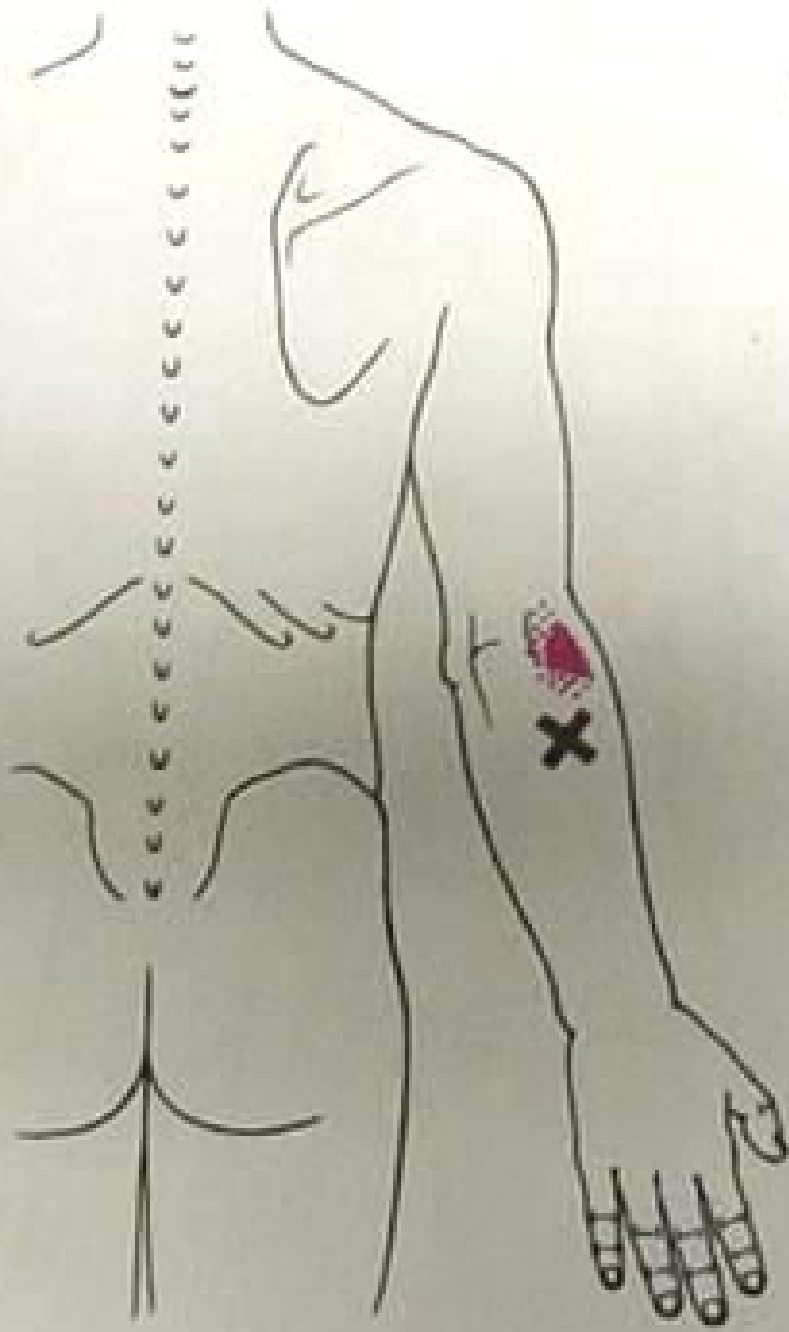


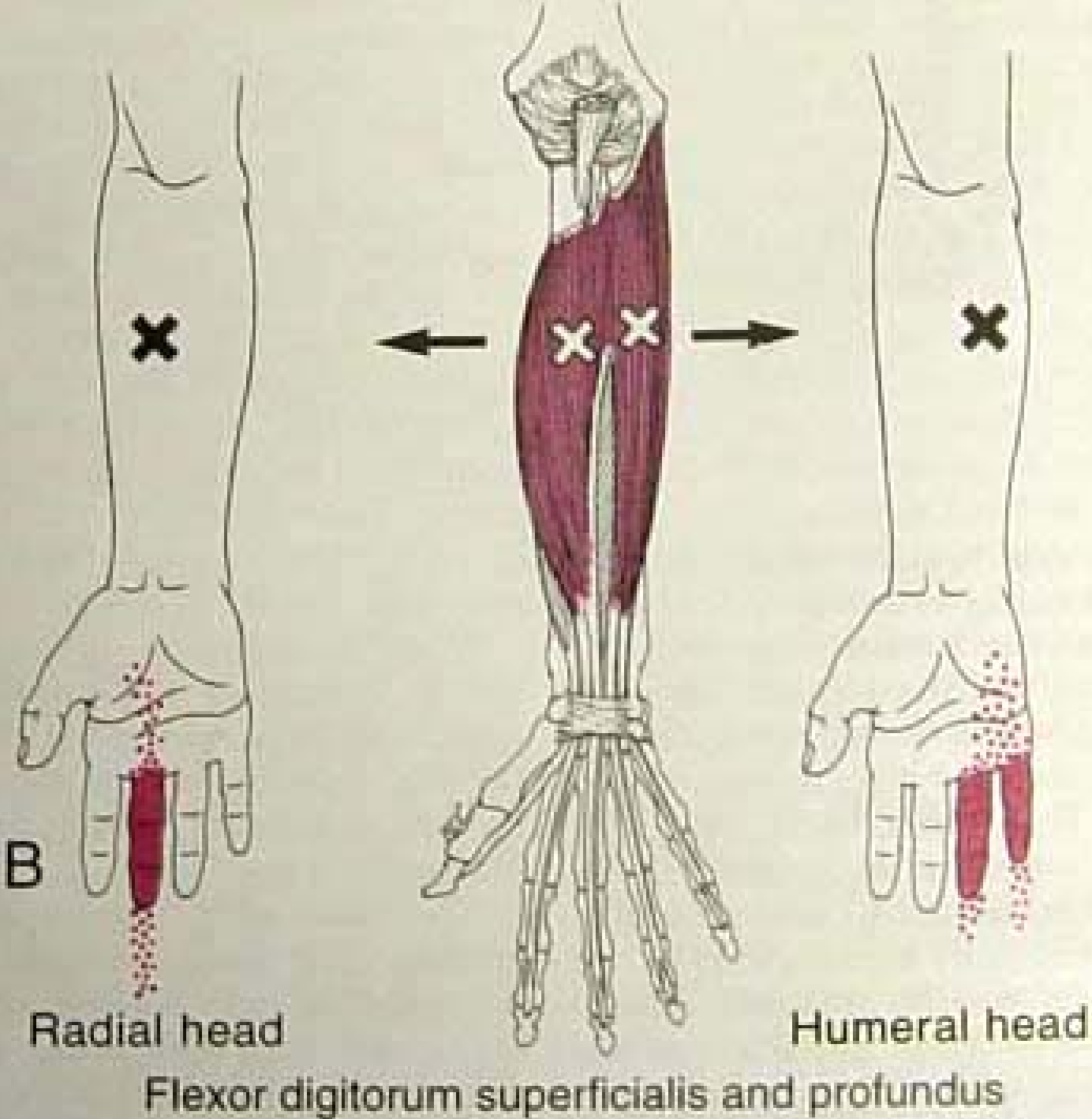
Flexor pollicis longus

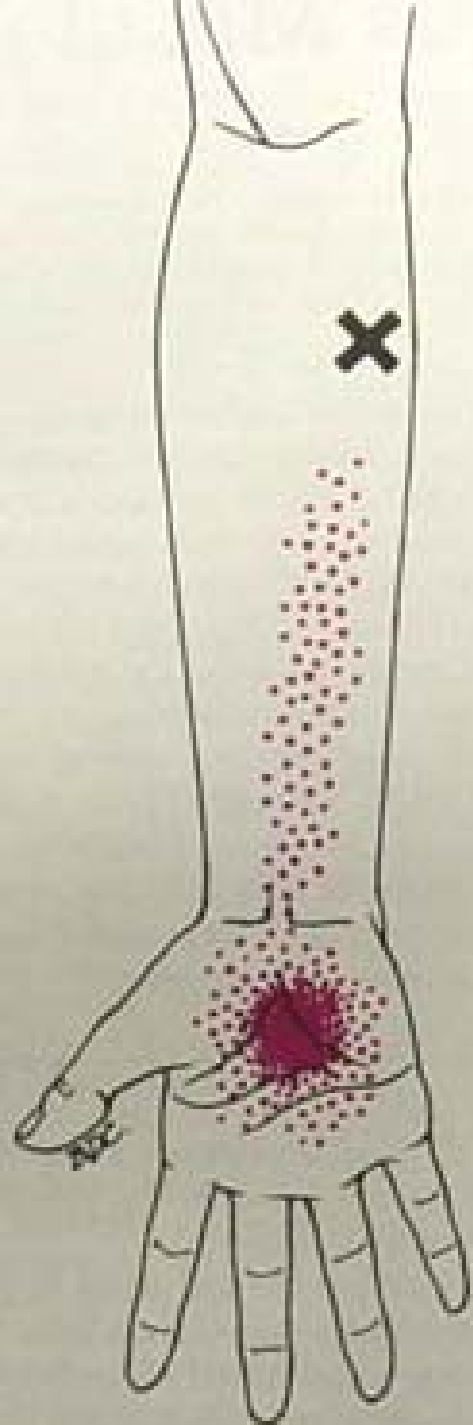


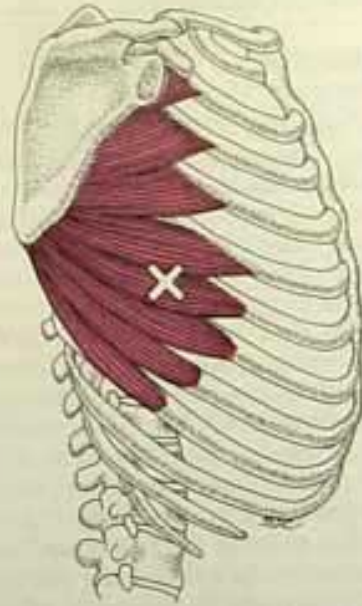
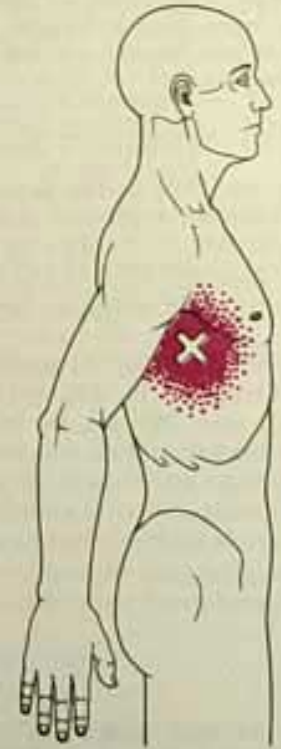
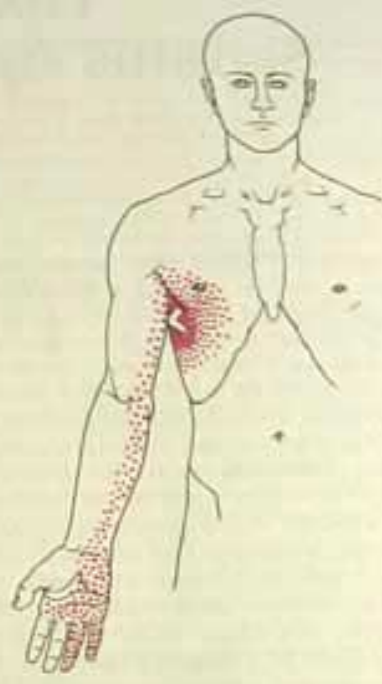
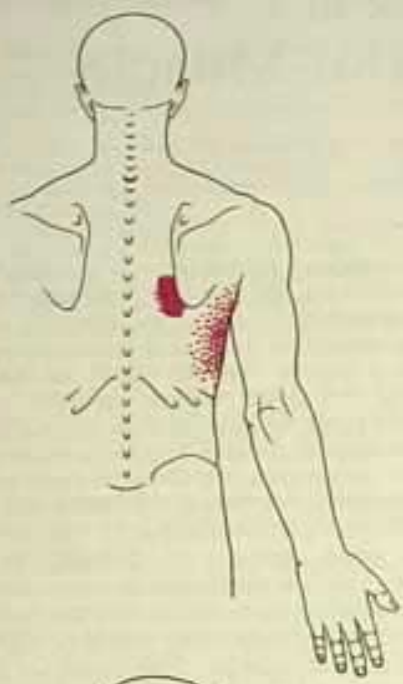
Pronator teres

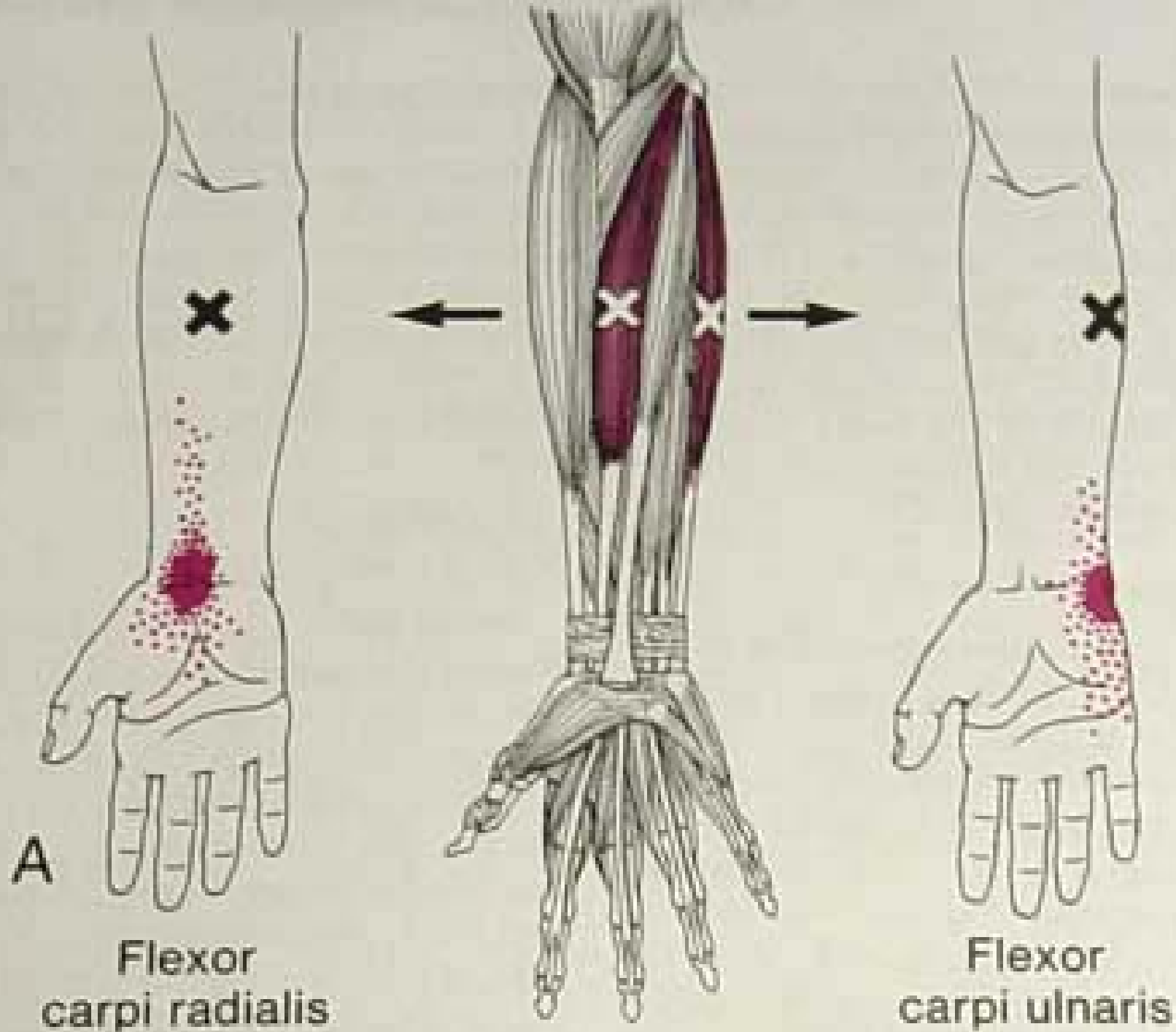


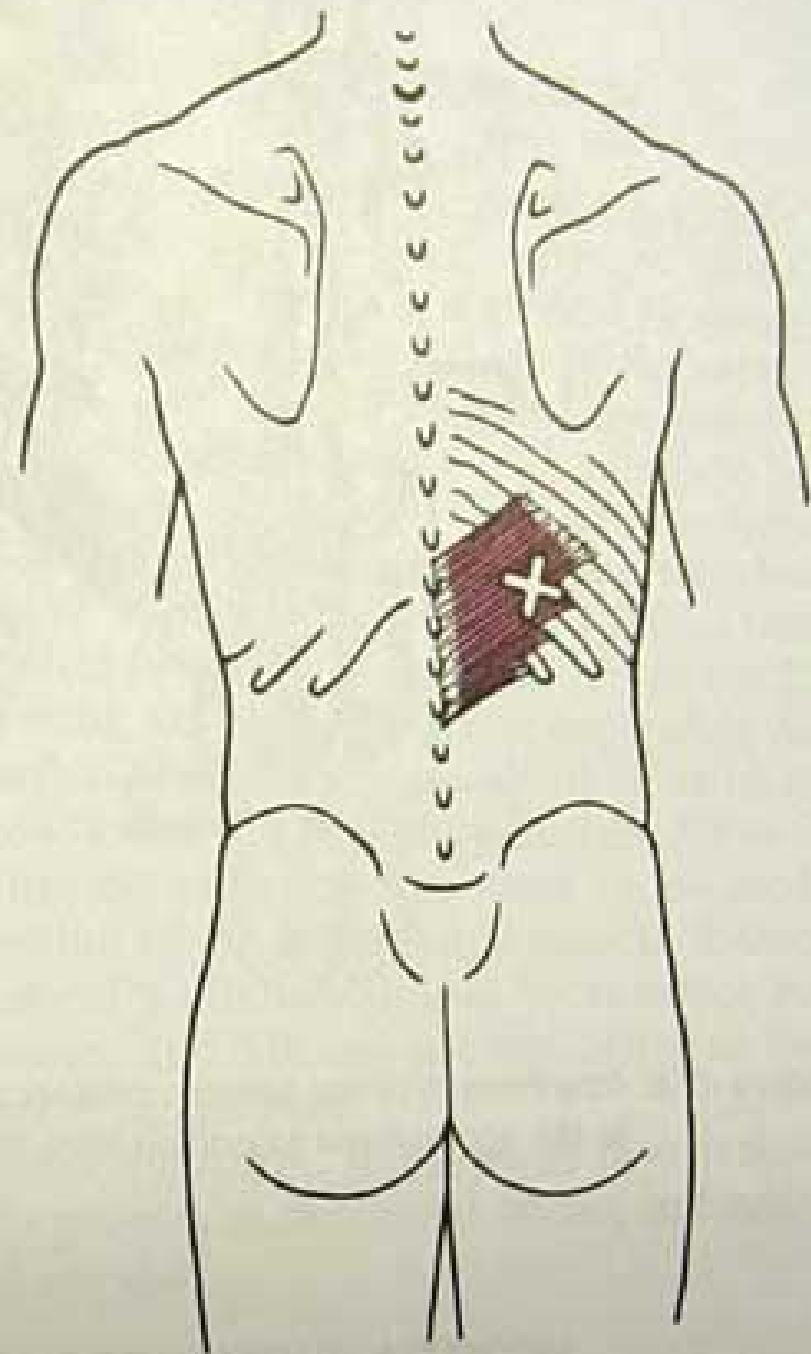
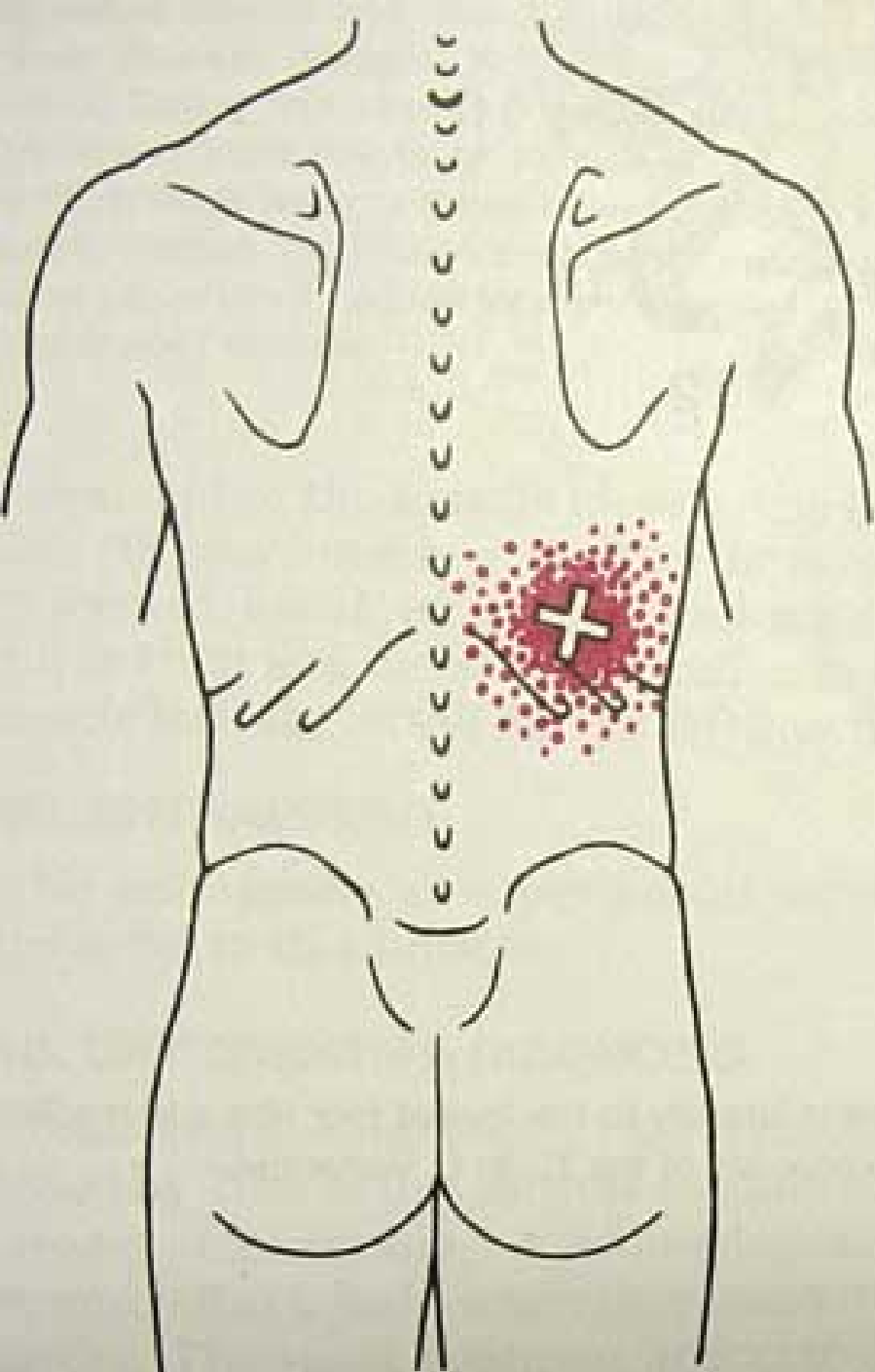


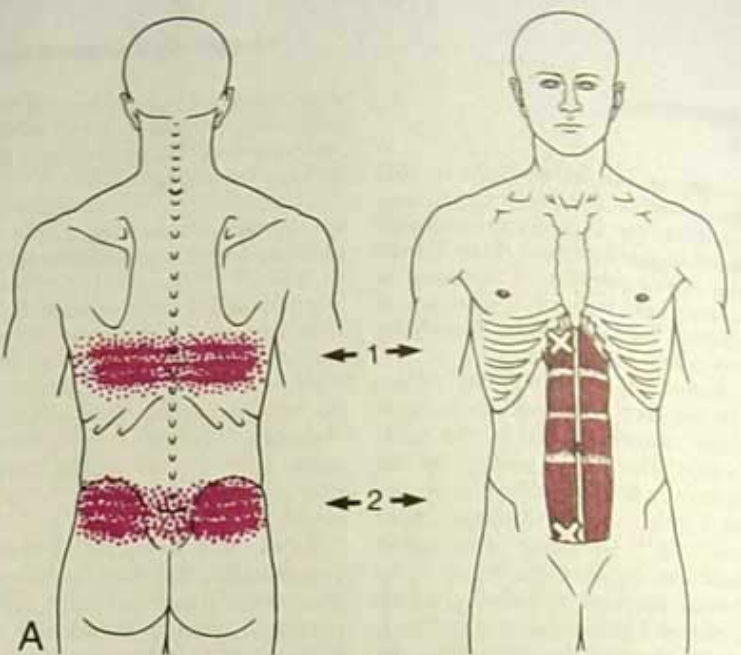




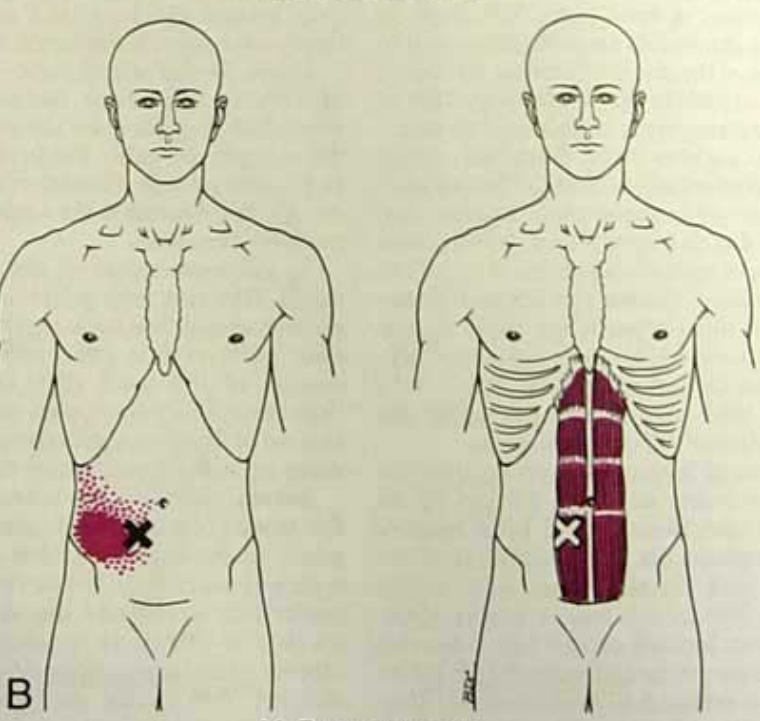




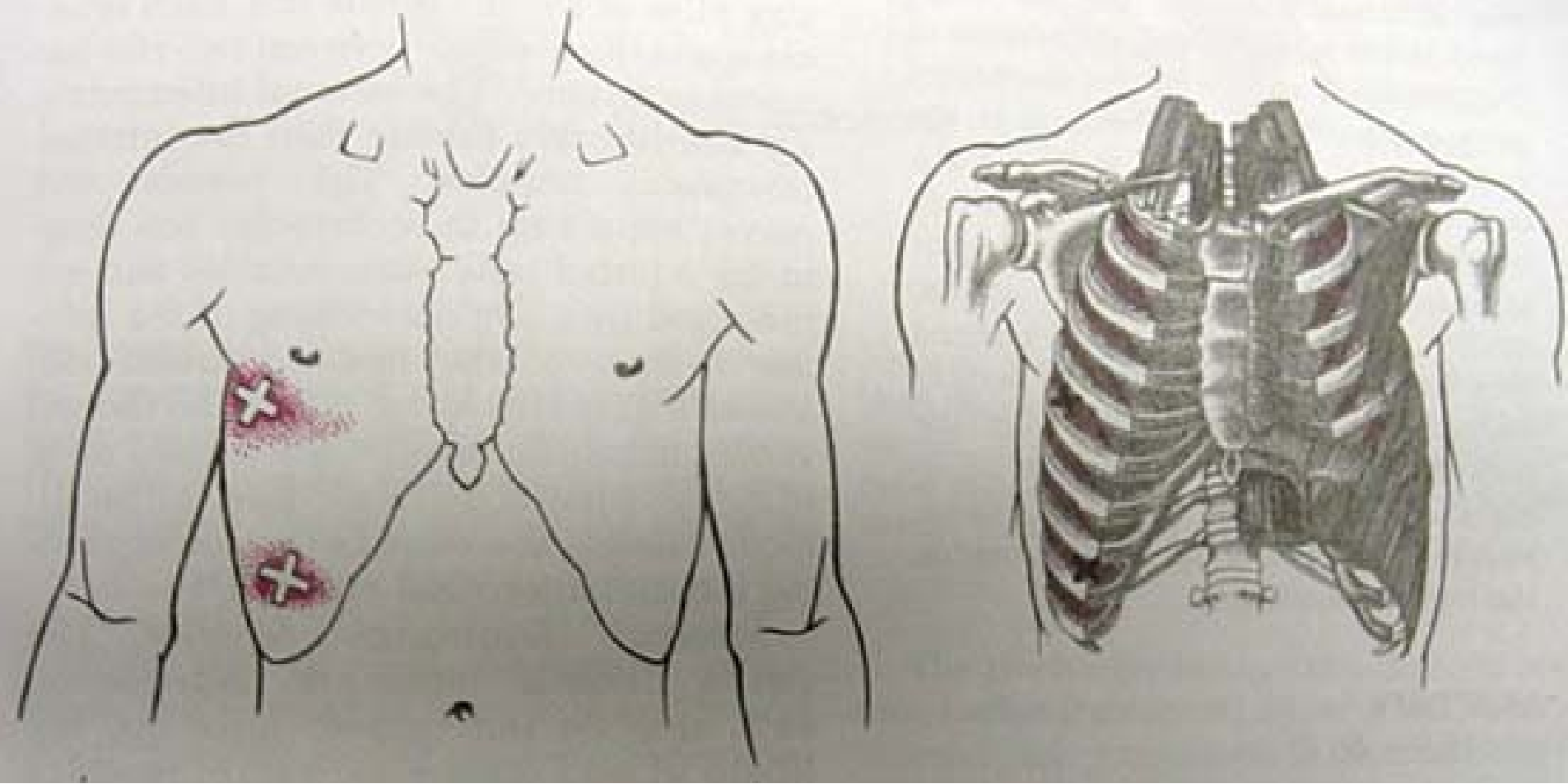




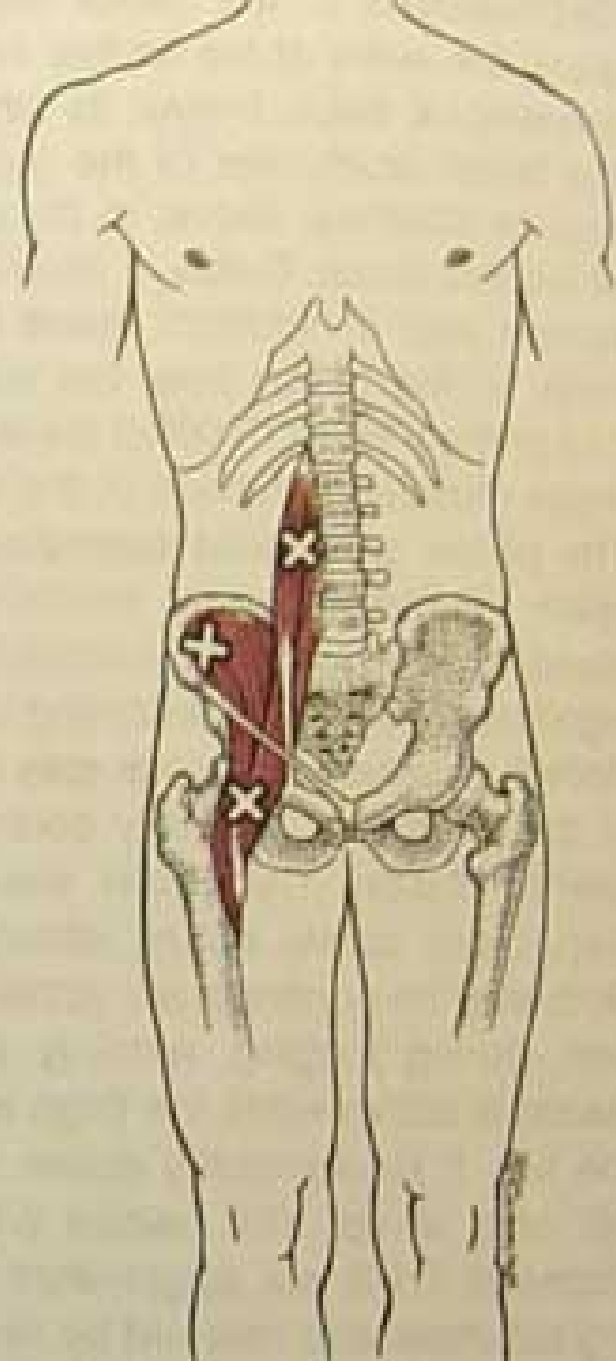
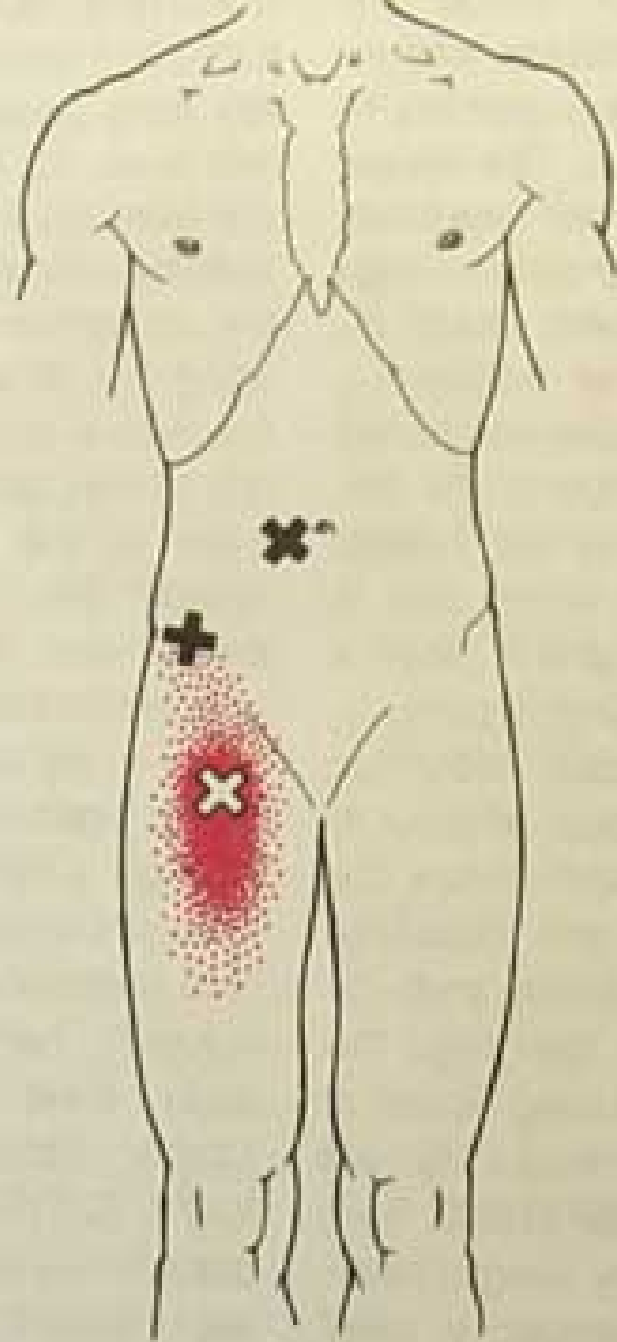
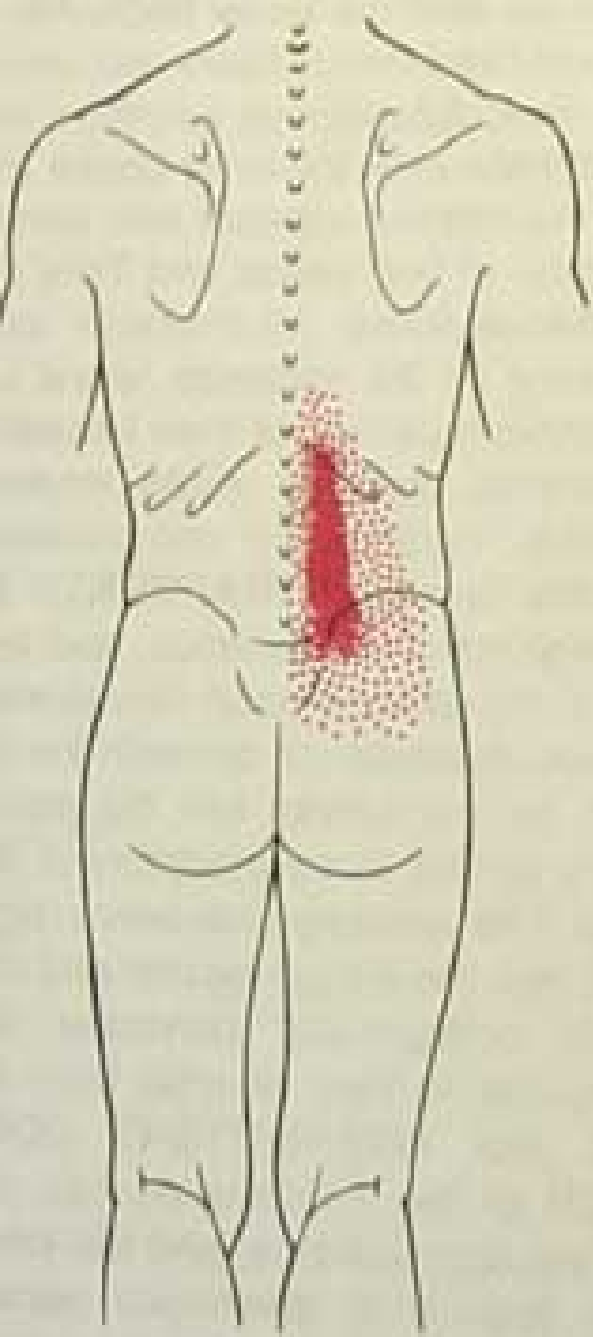
Rectus abdominis

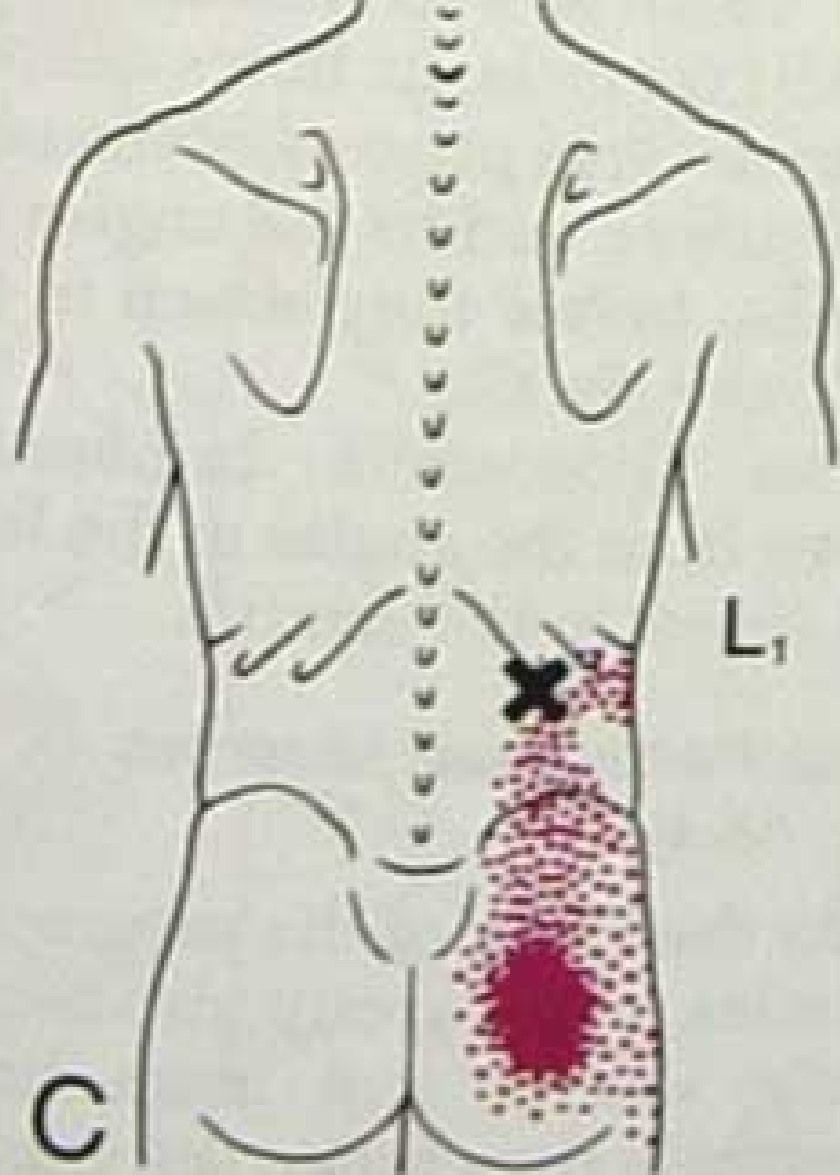


McBurney's point

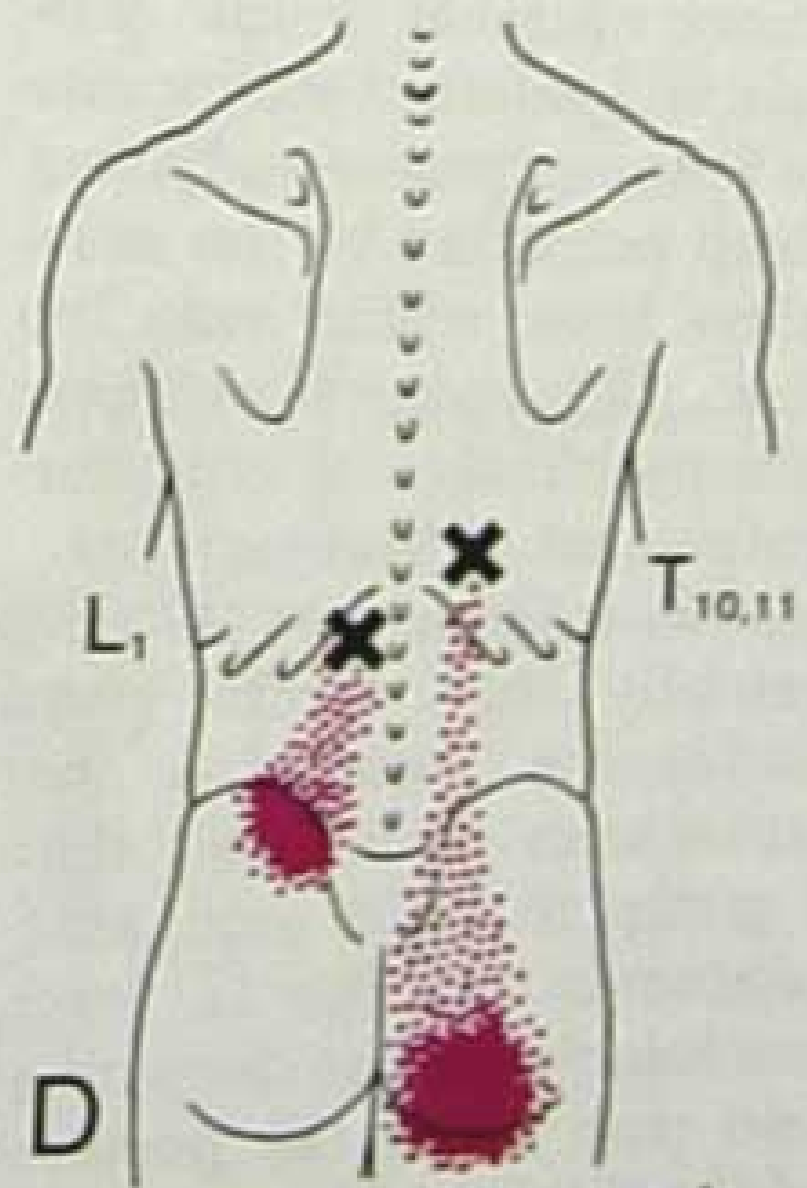


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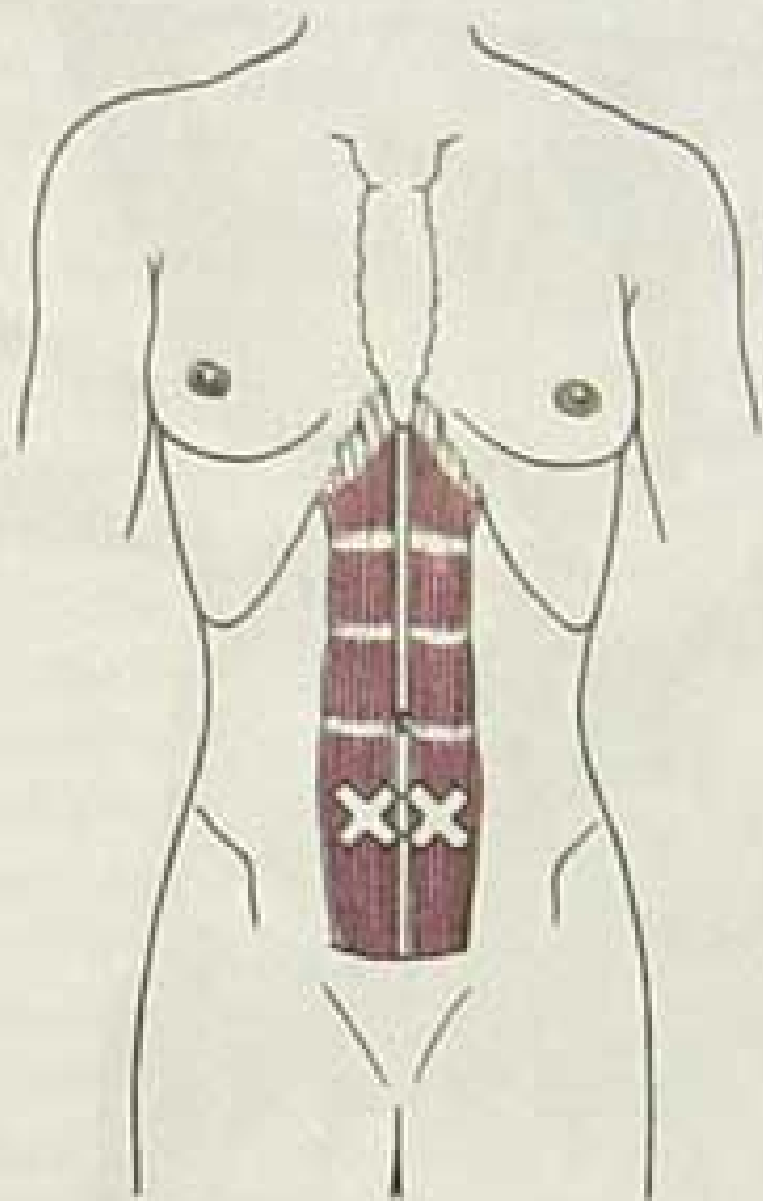
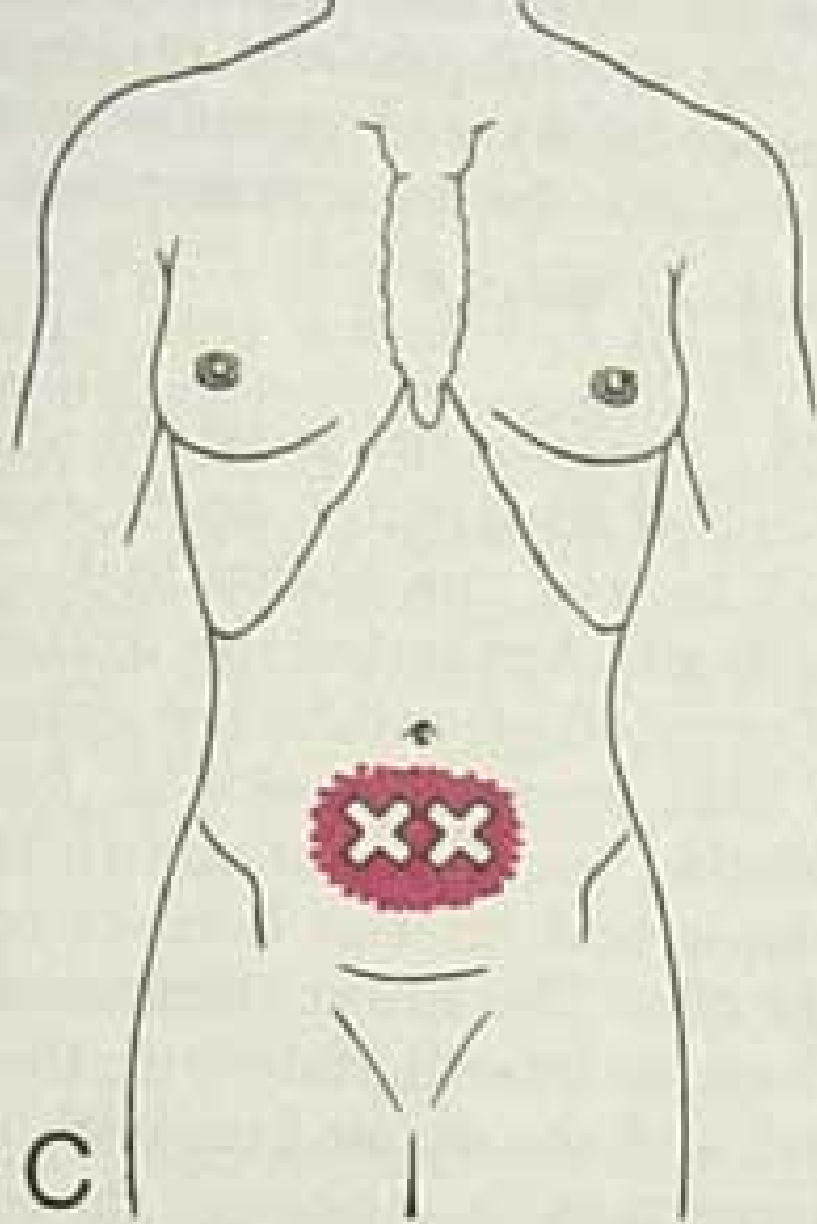




C
Iliocostalis lumborum

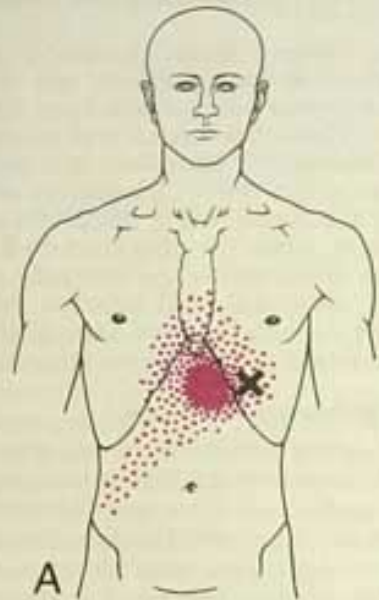


D
Longissimus thoracis

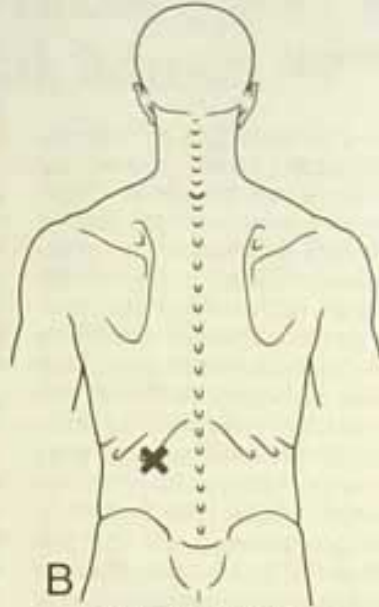


C

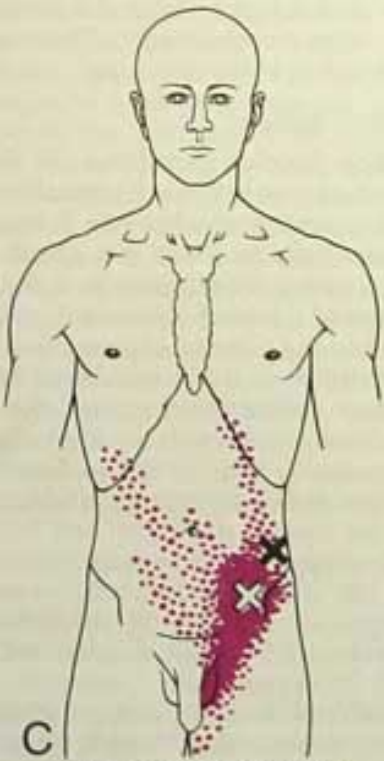
Dysmenorrhea



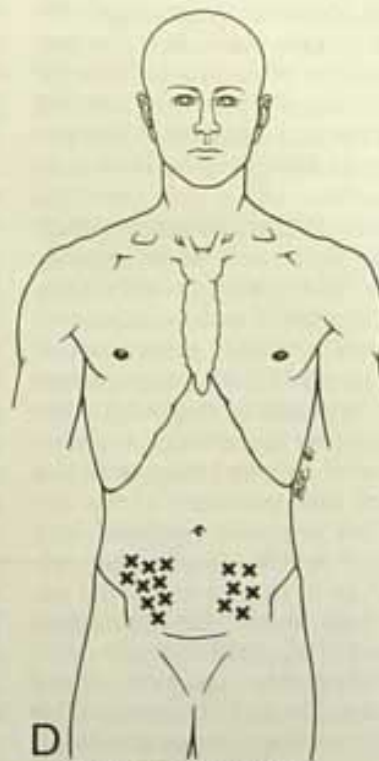
A
External oblique



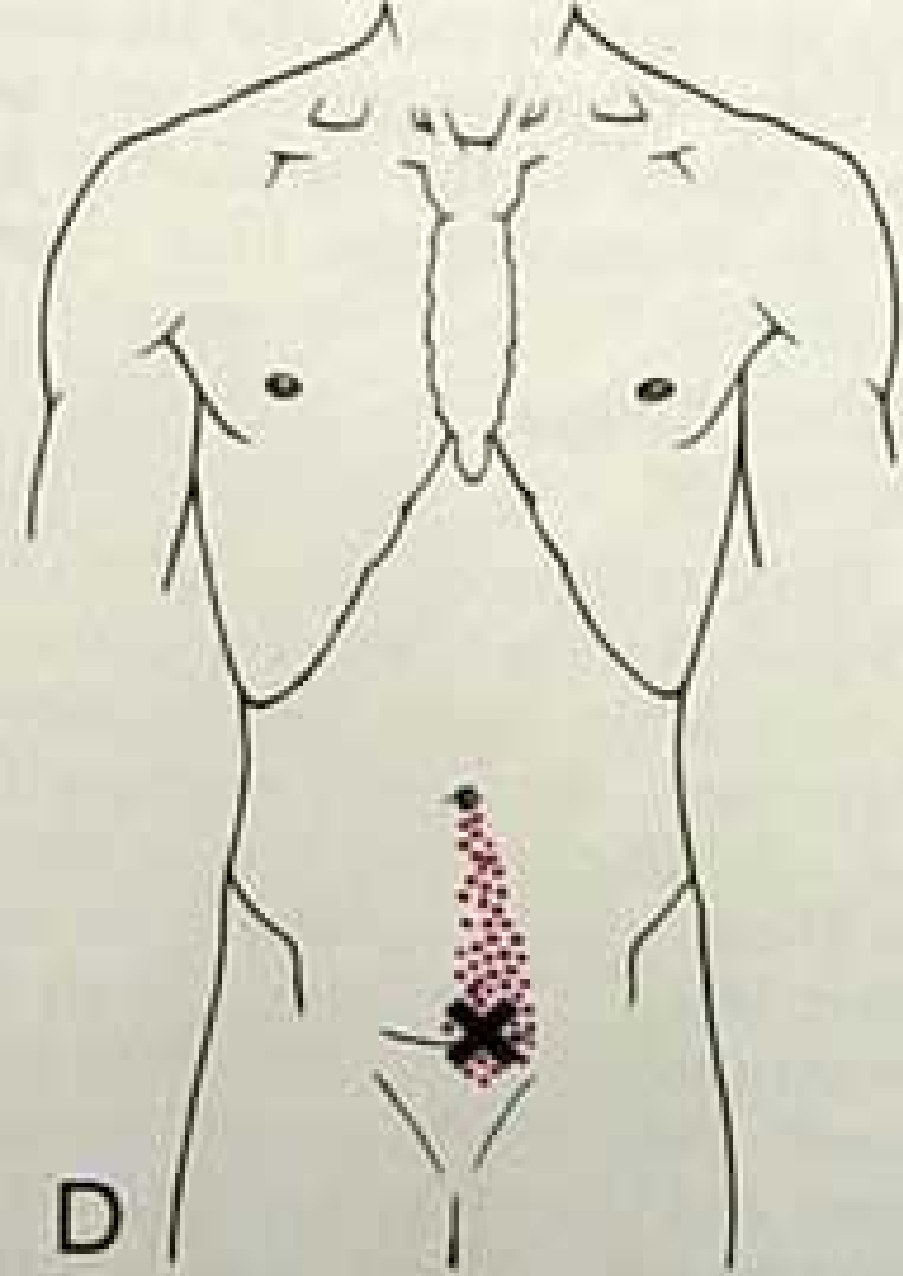
B
Belch button



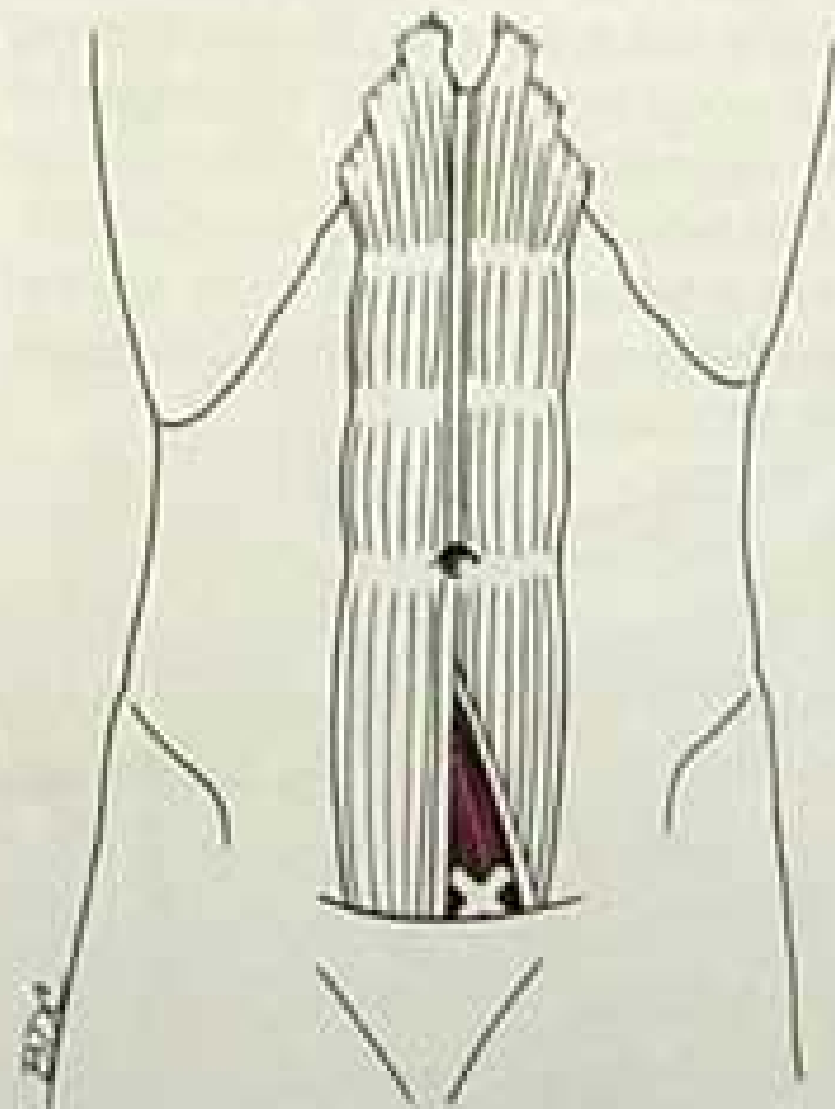
C
Lateral Abdominals



D
Causes diarrhea



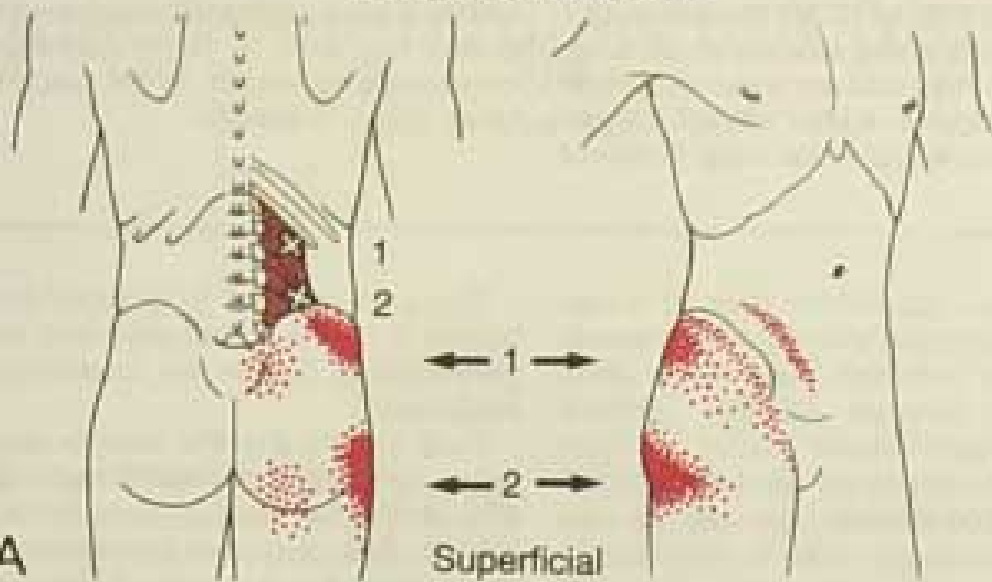
D



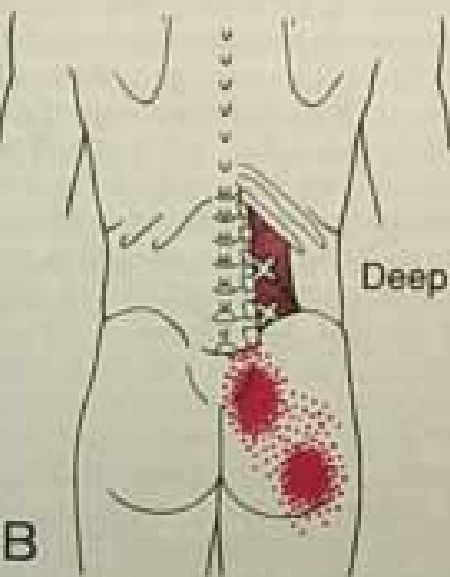
Pyramidalis

Quadratus lumborum

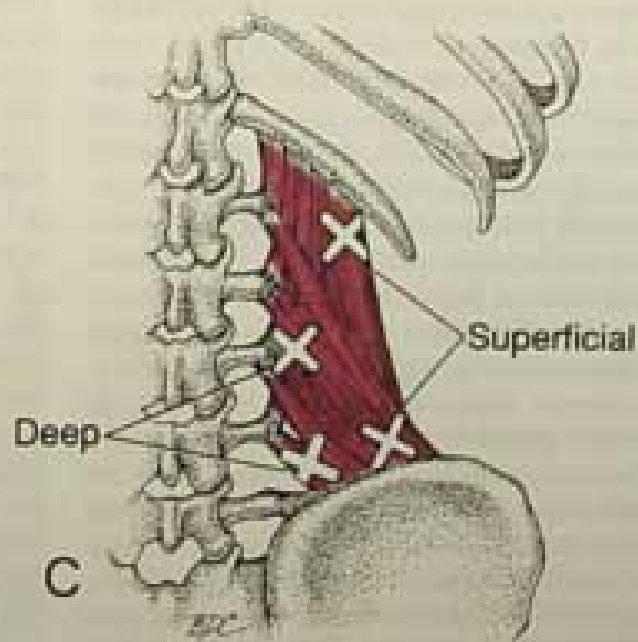
A

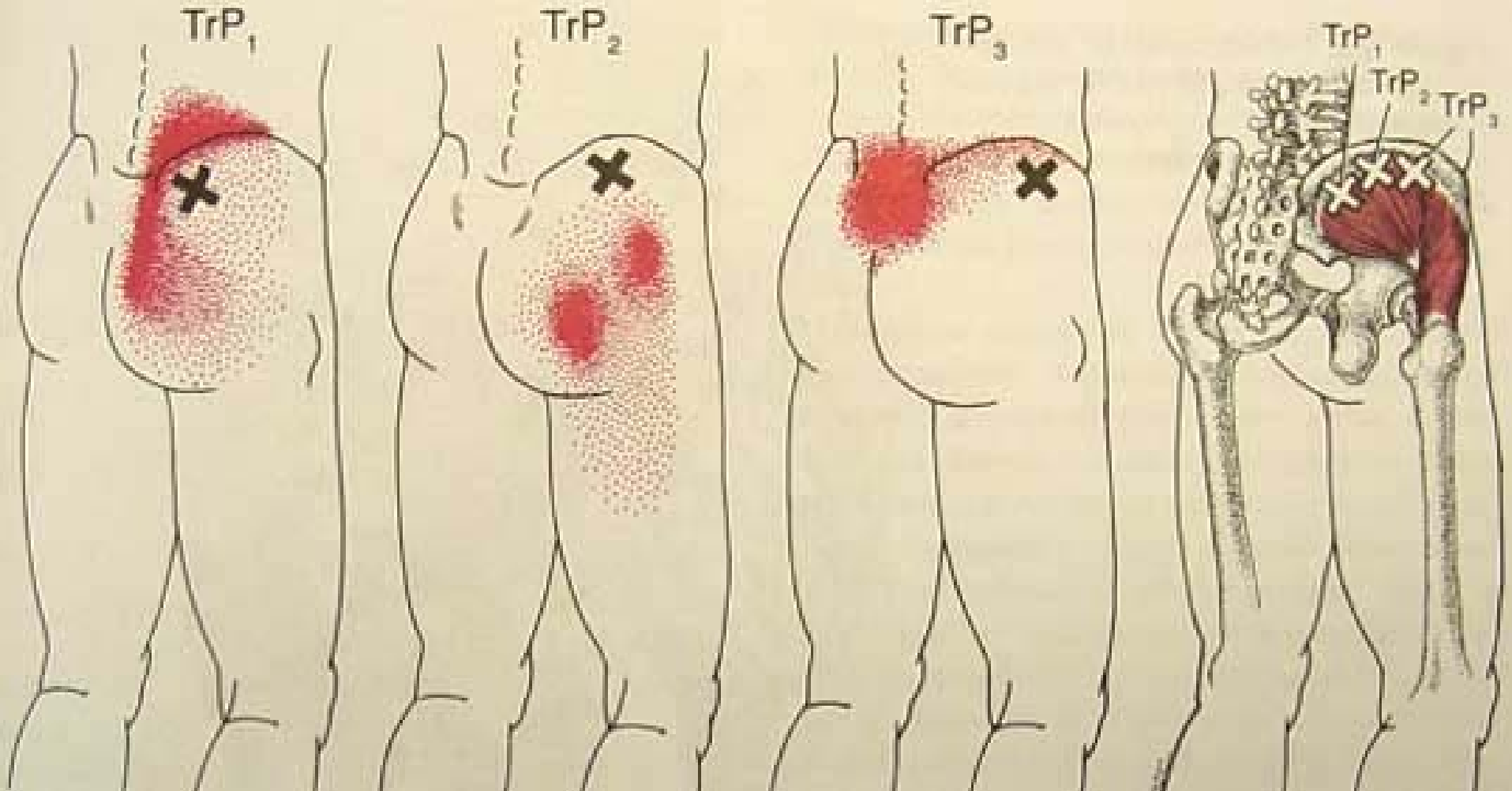


B

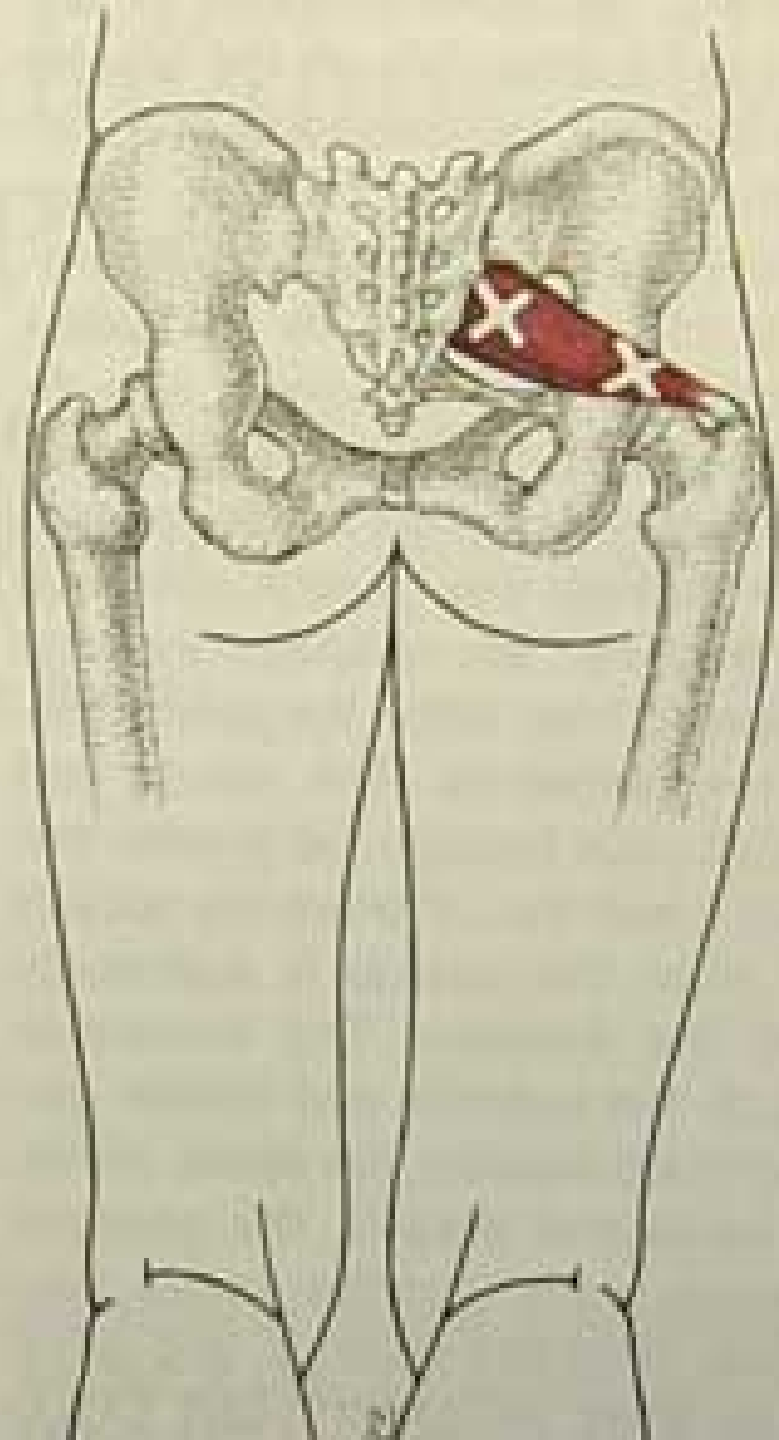
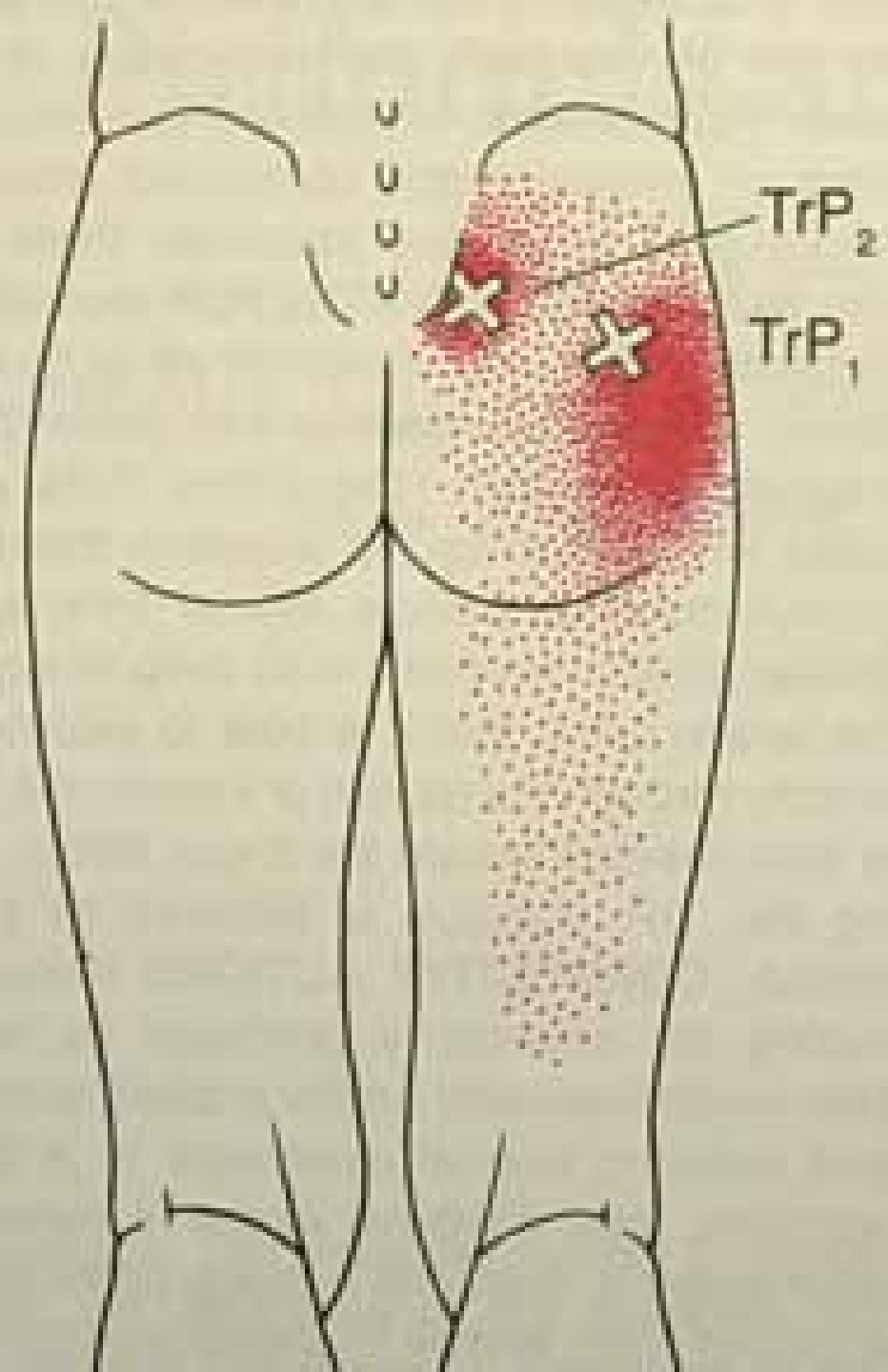


C

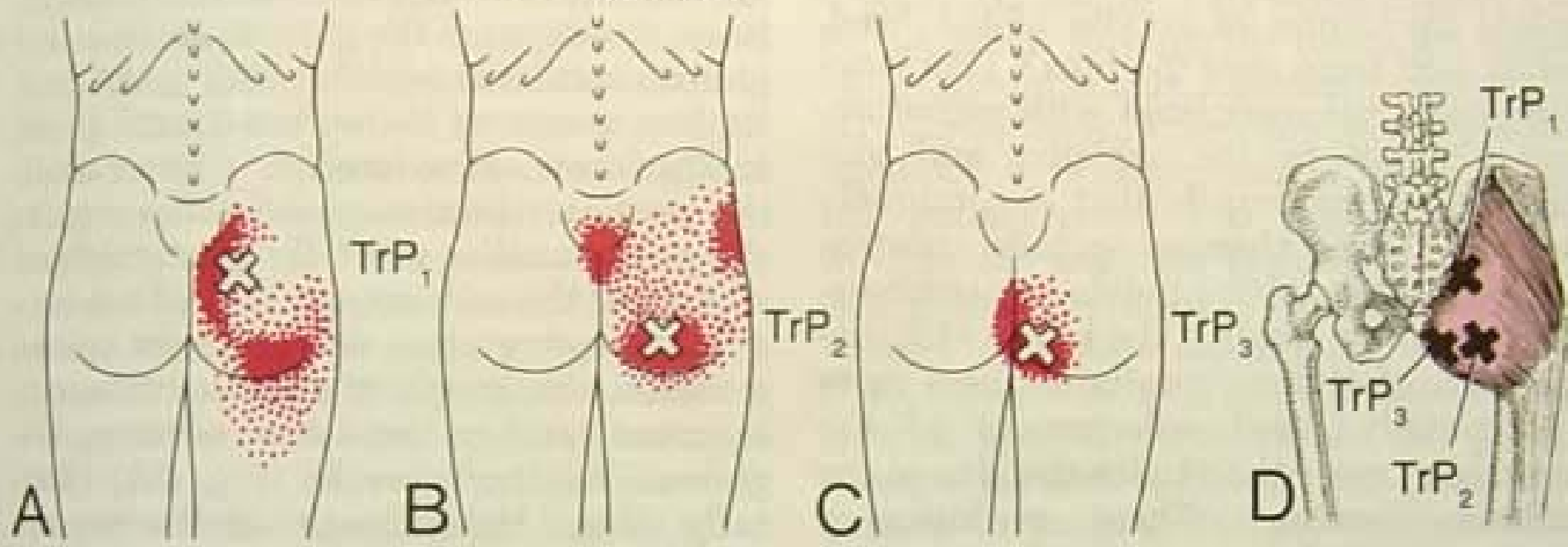




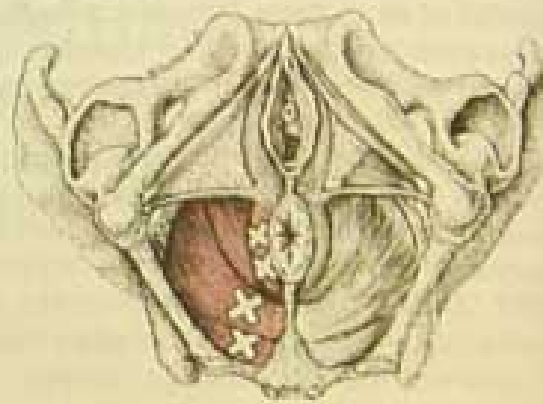
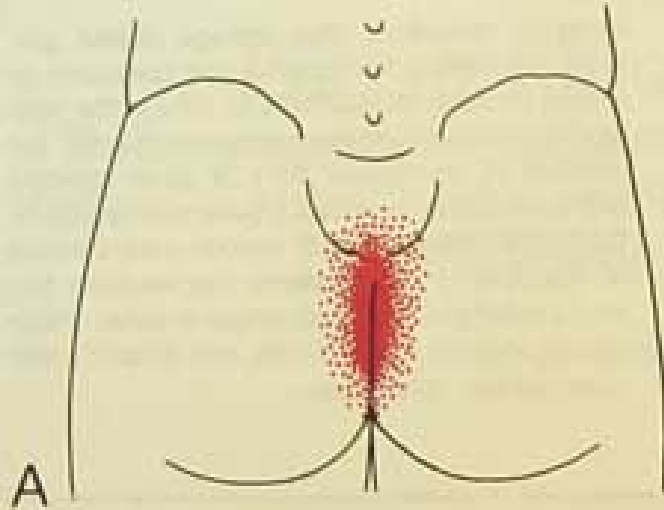
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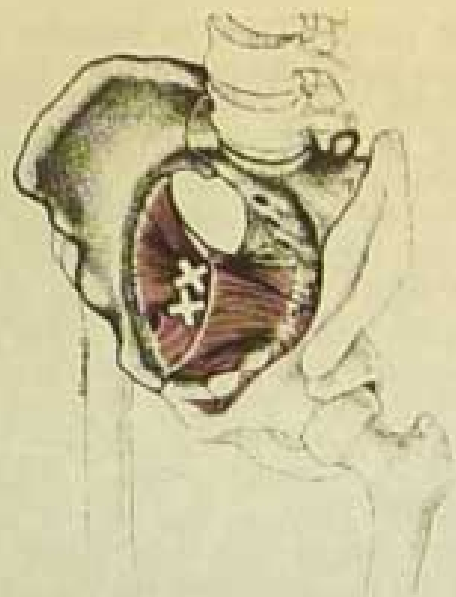
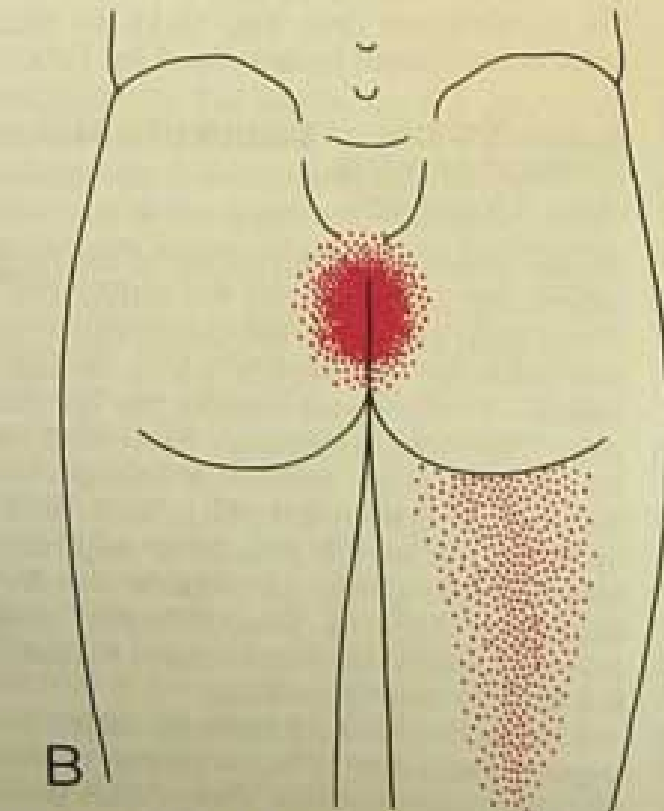
Gluteus maximus



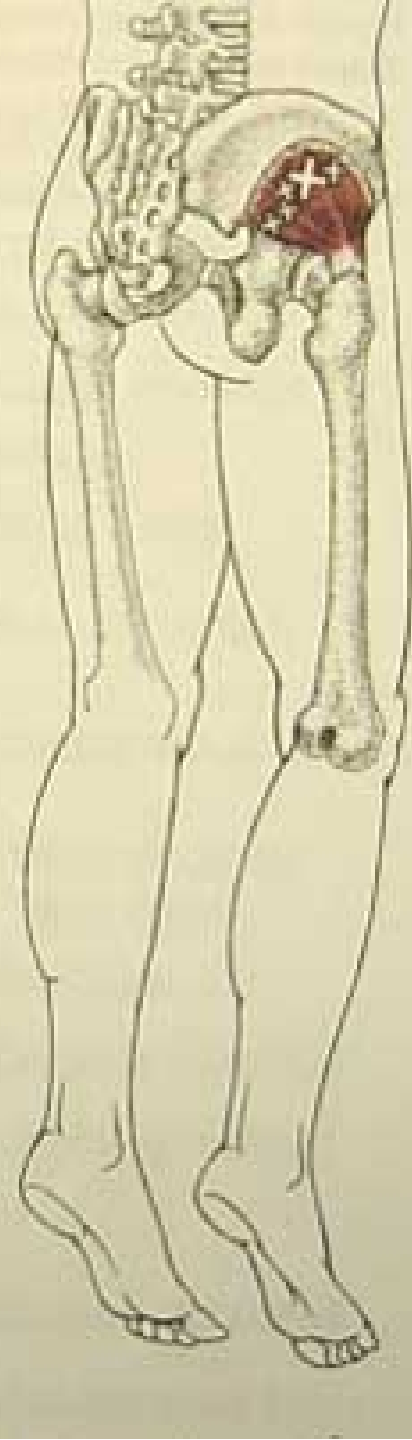
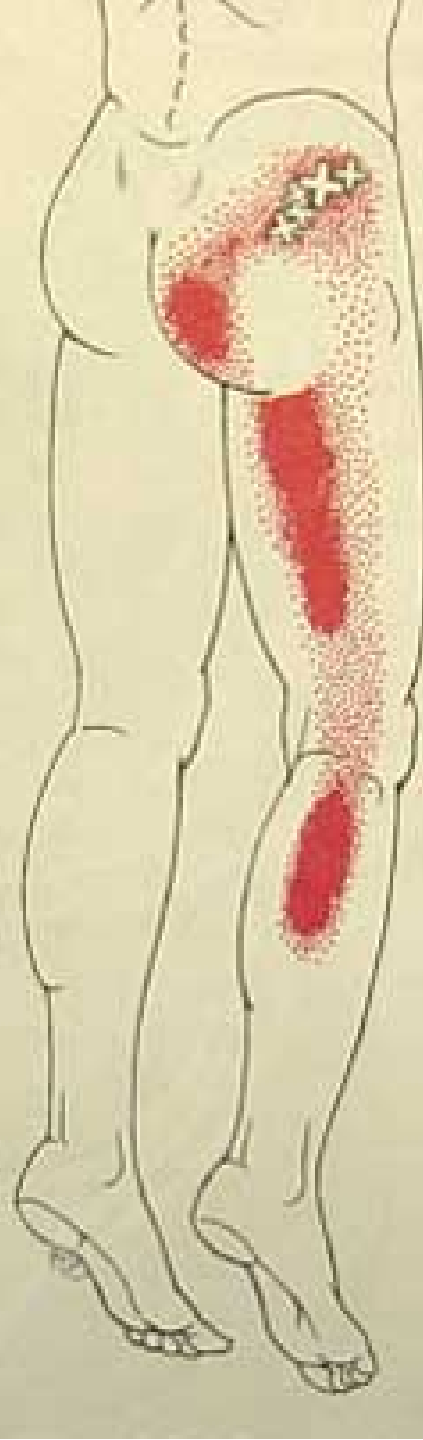
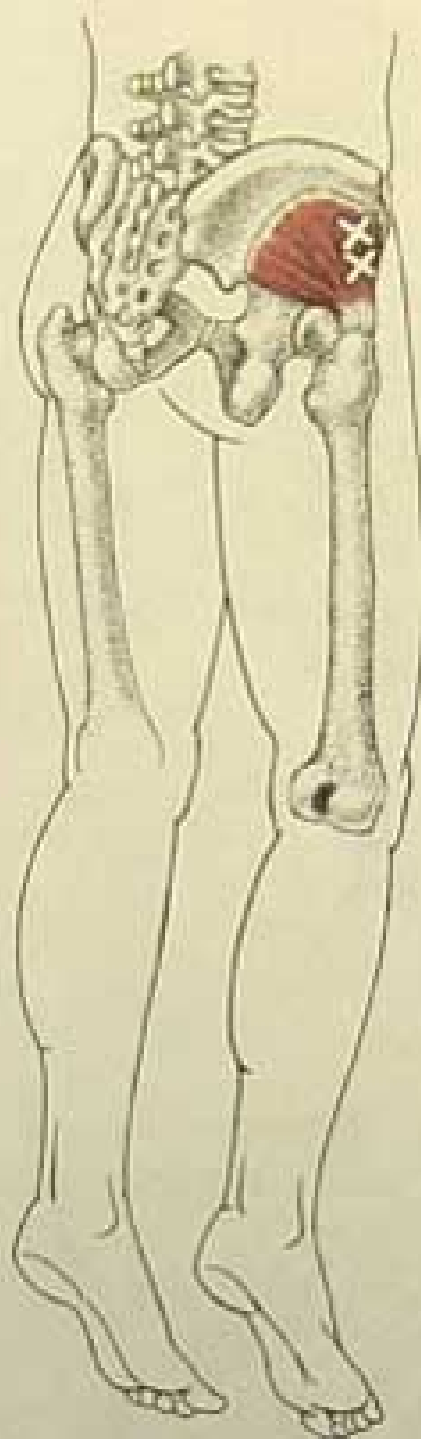
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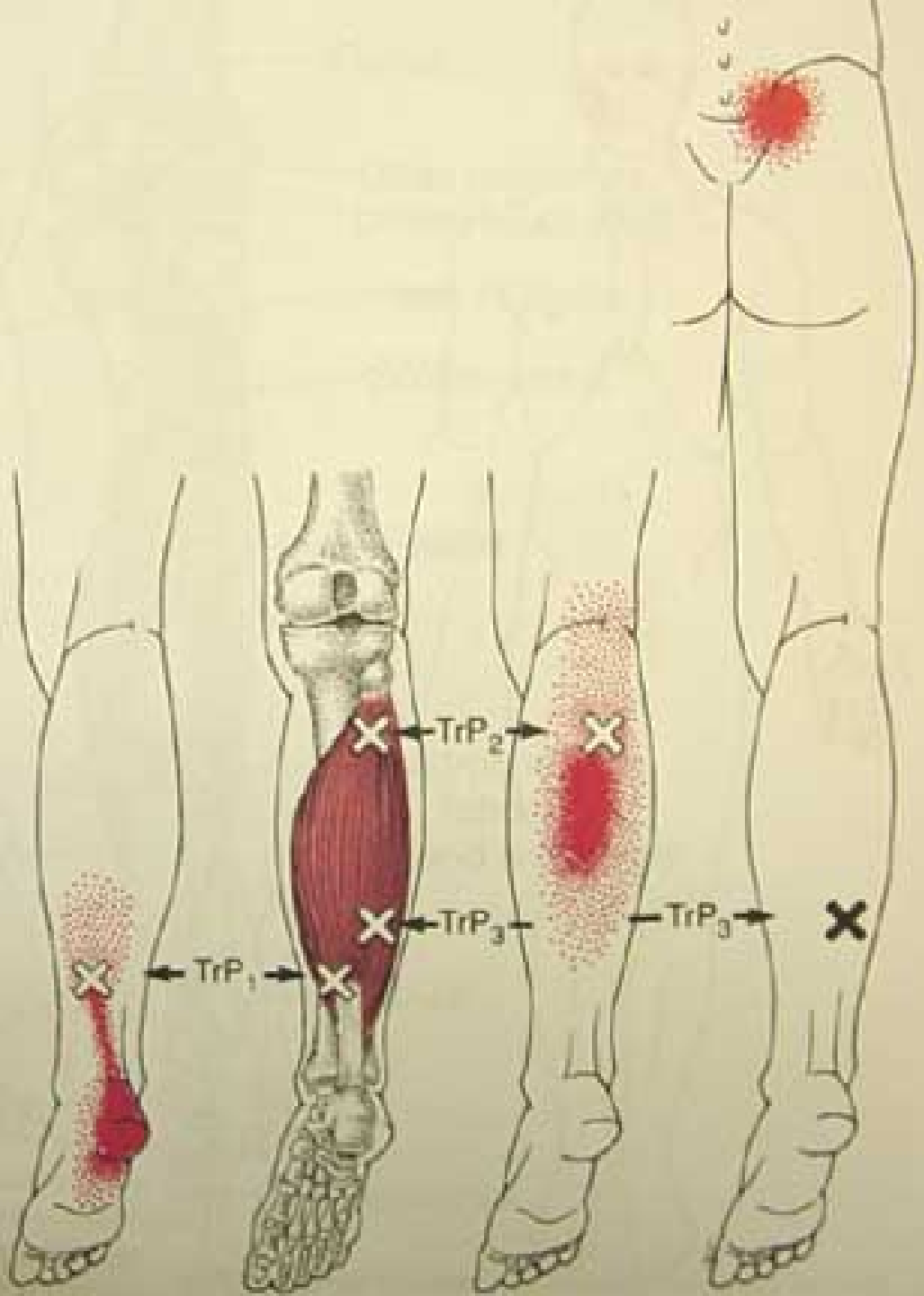


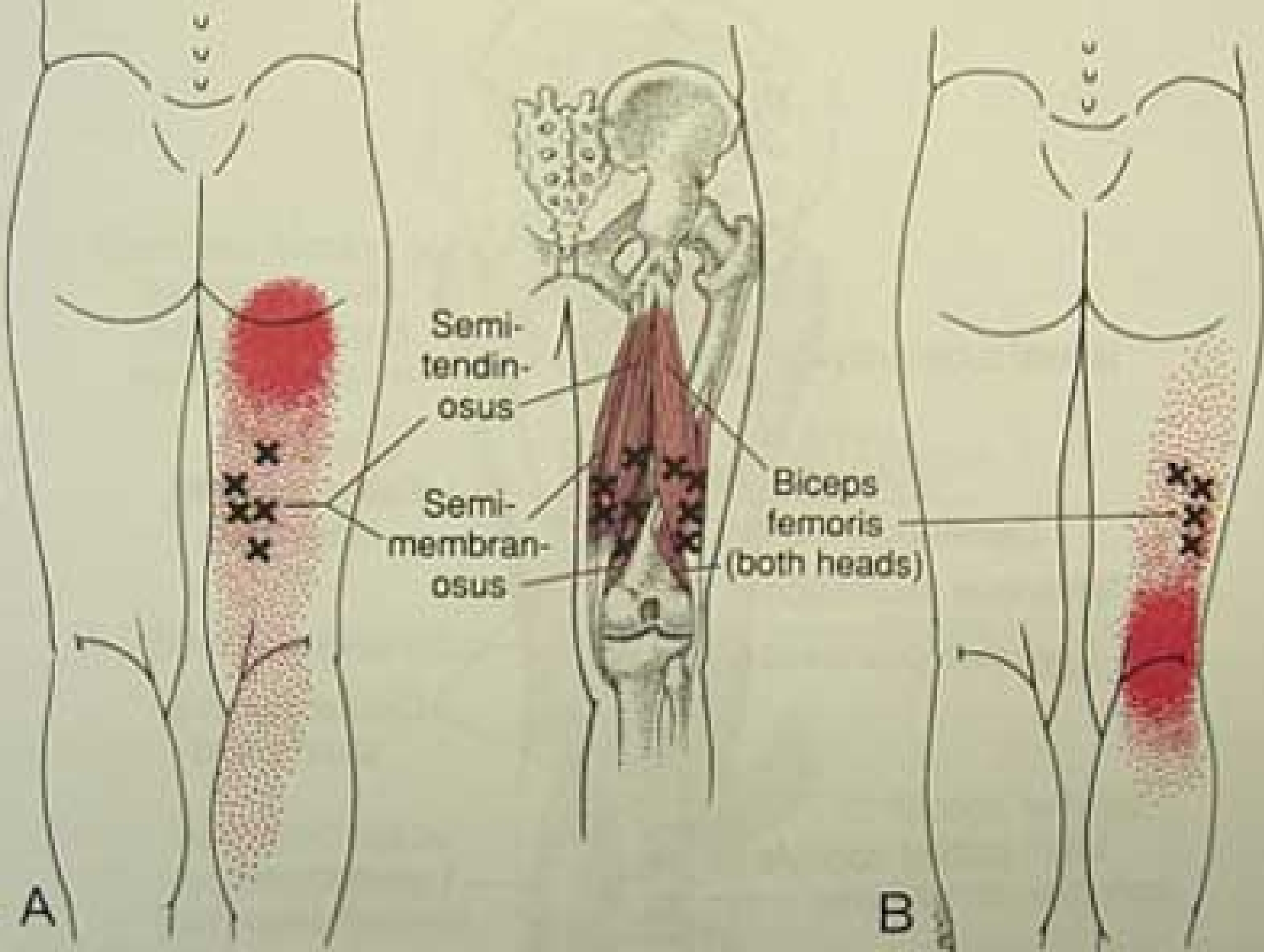
Sphincter ani, levator ani,
and coccygeus
(view from below)

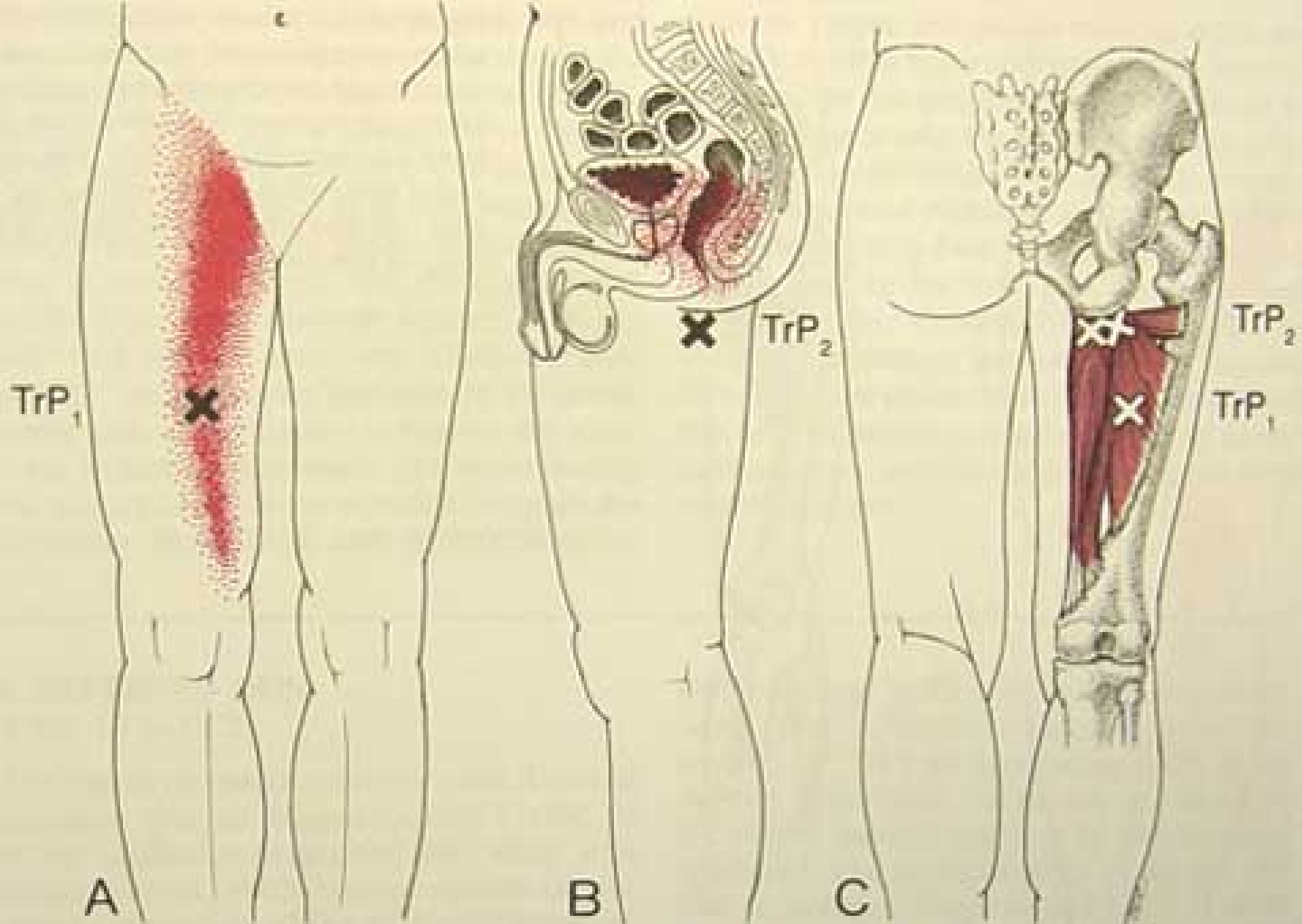


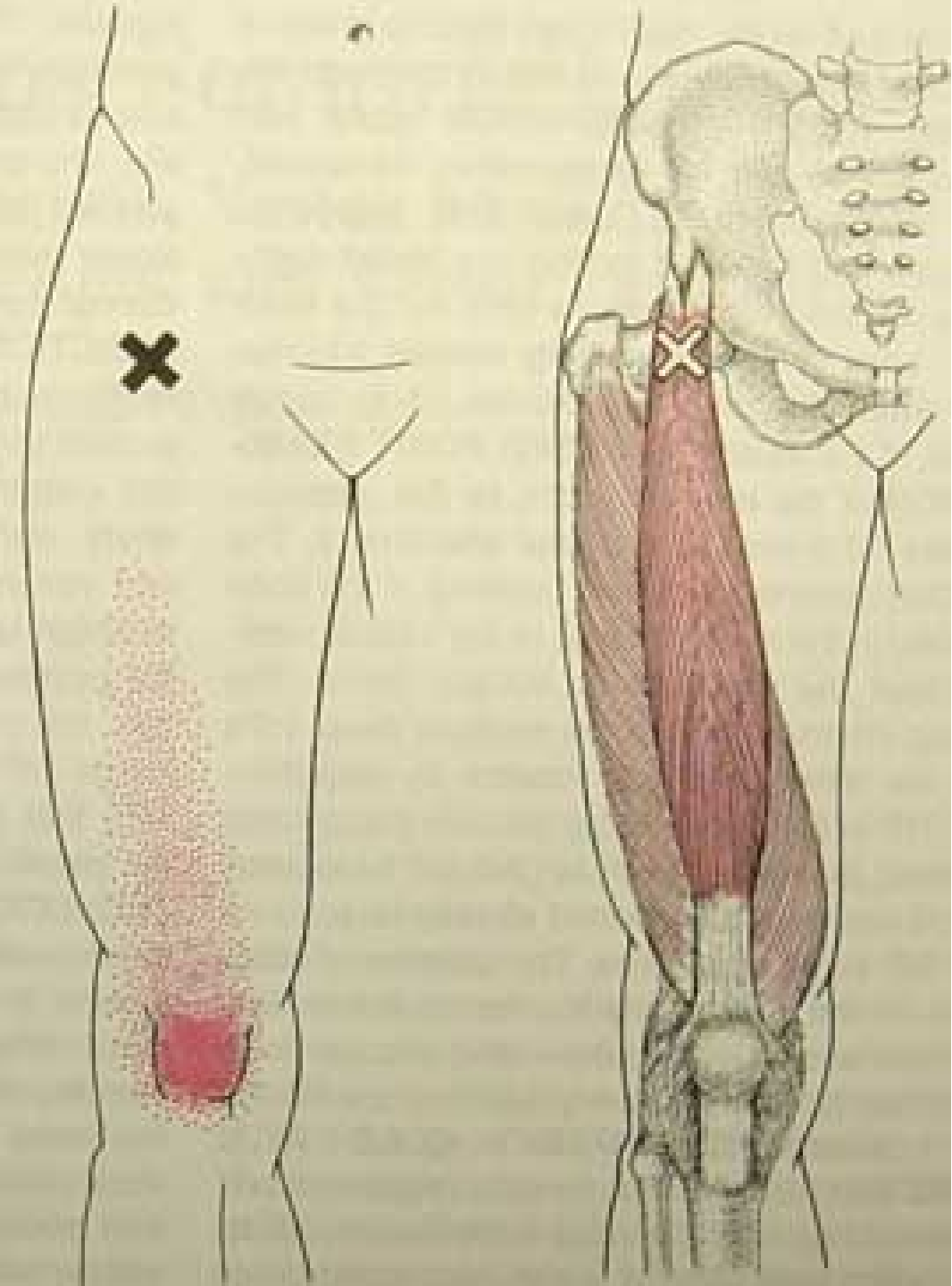
Obturator internus
(oblique front view)

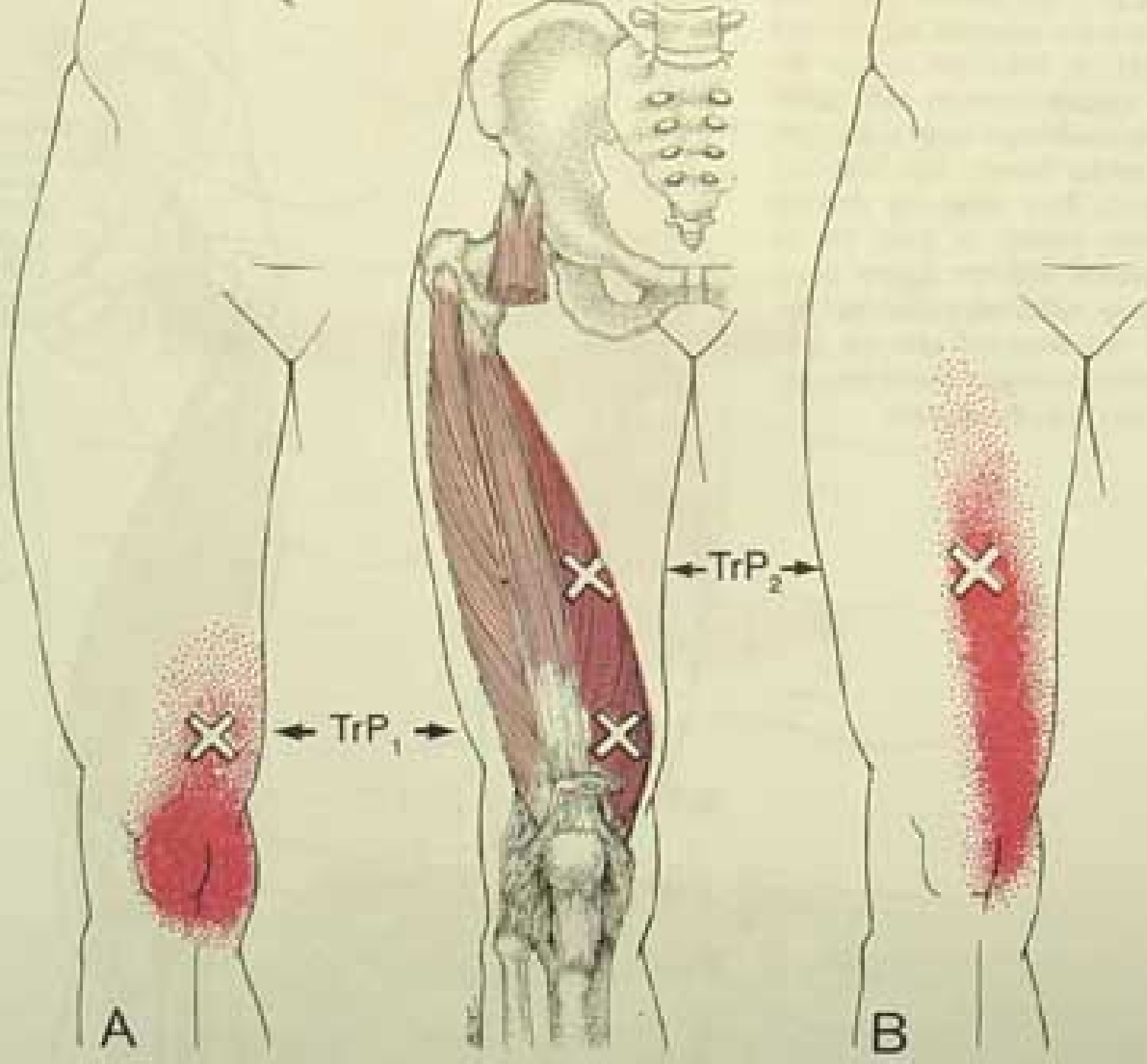


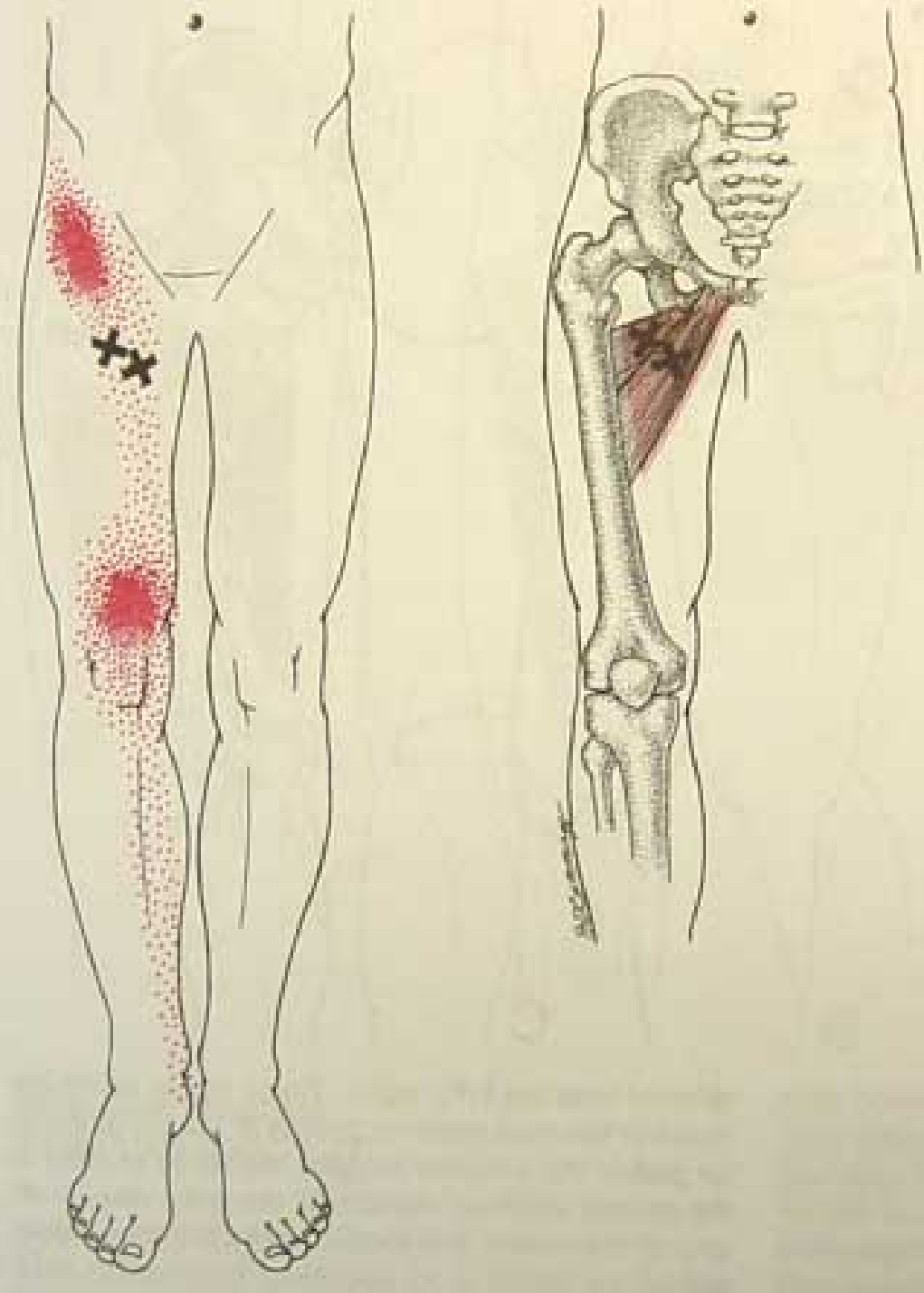


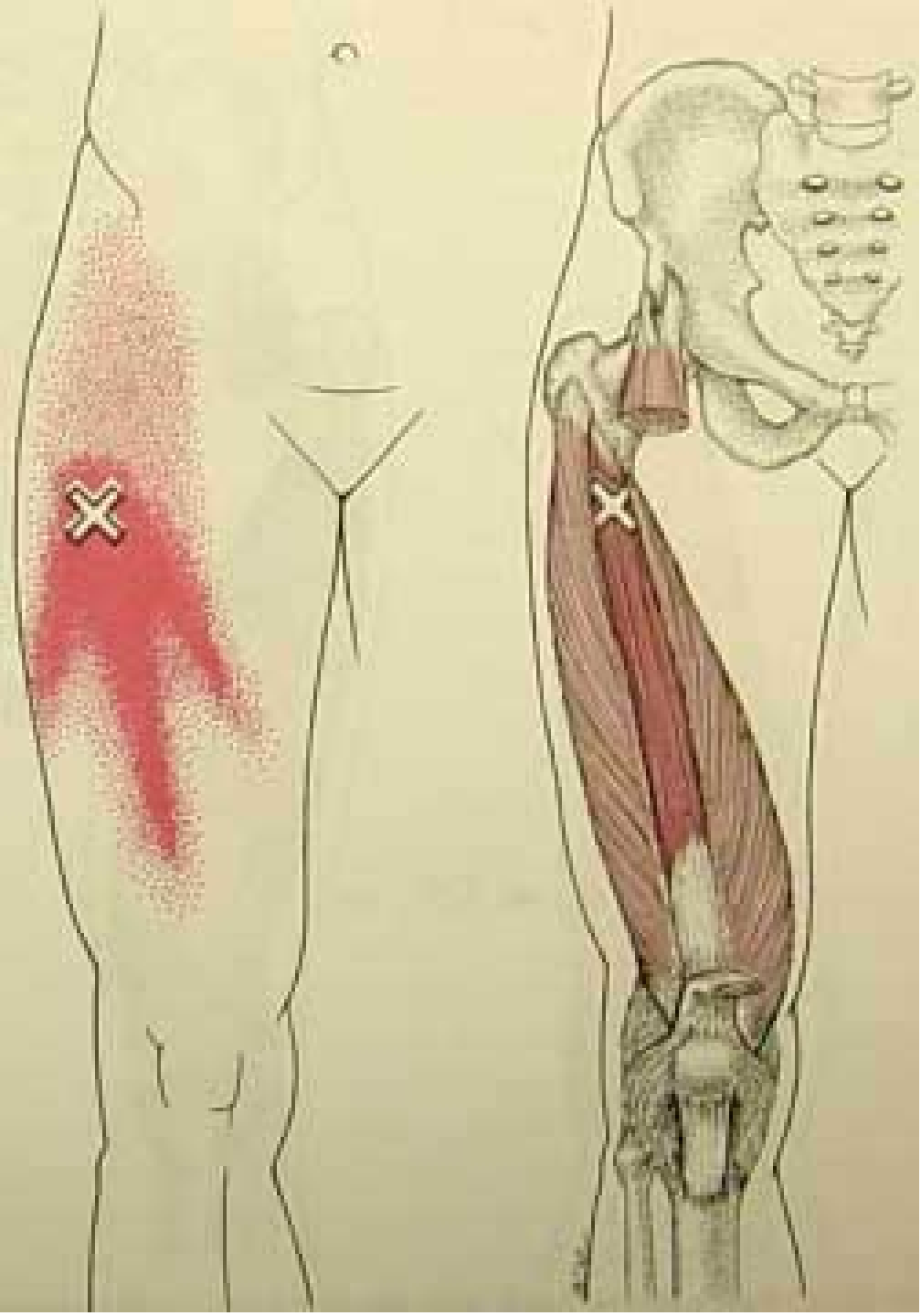


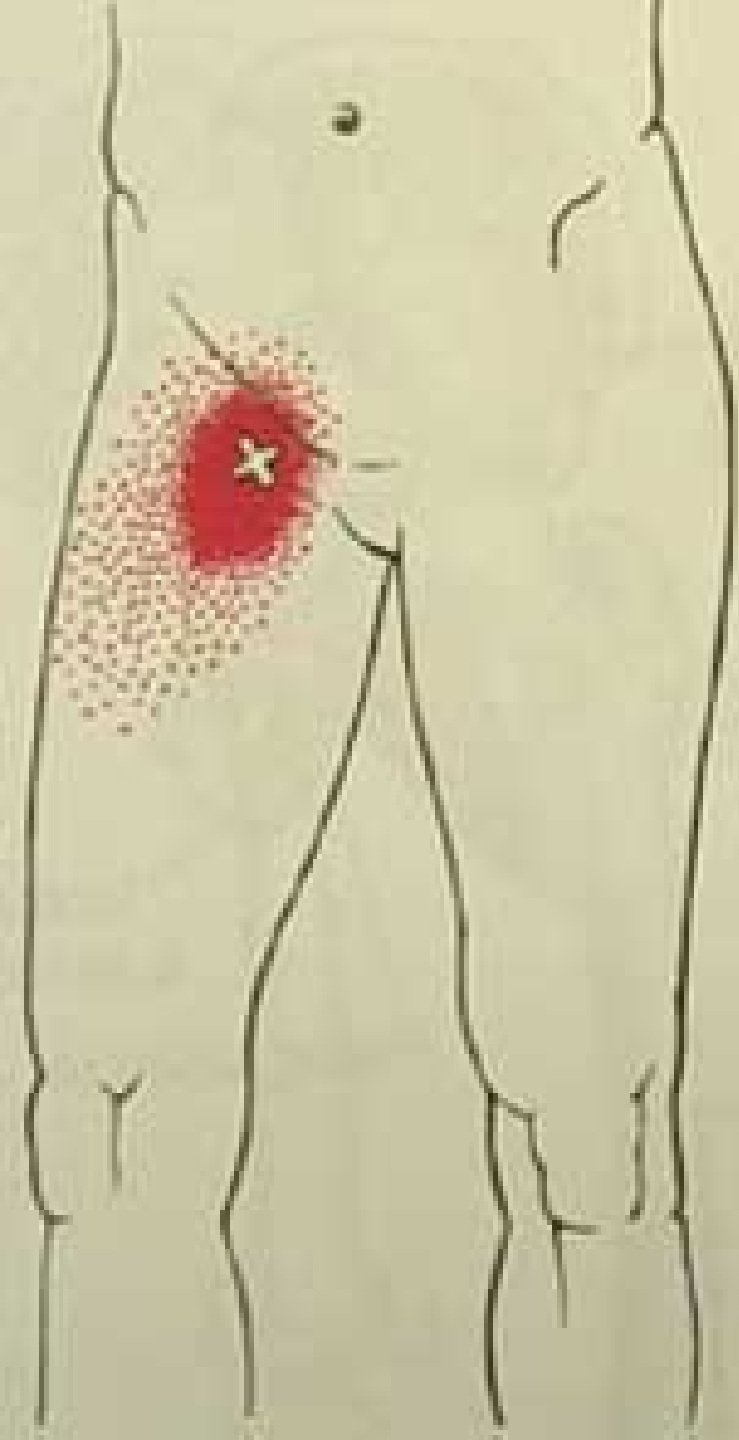


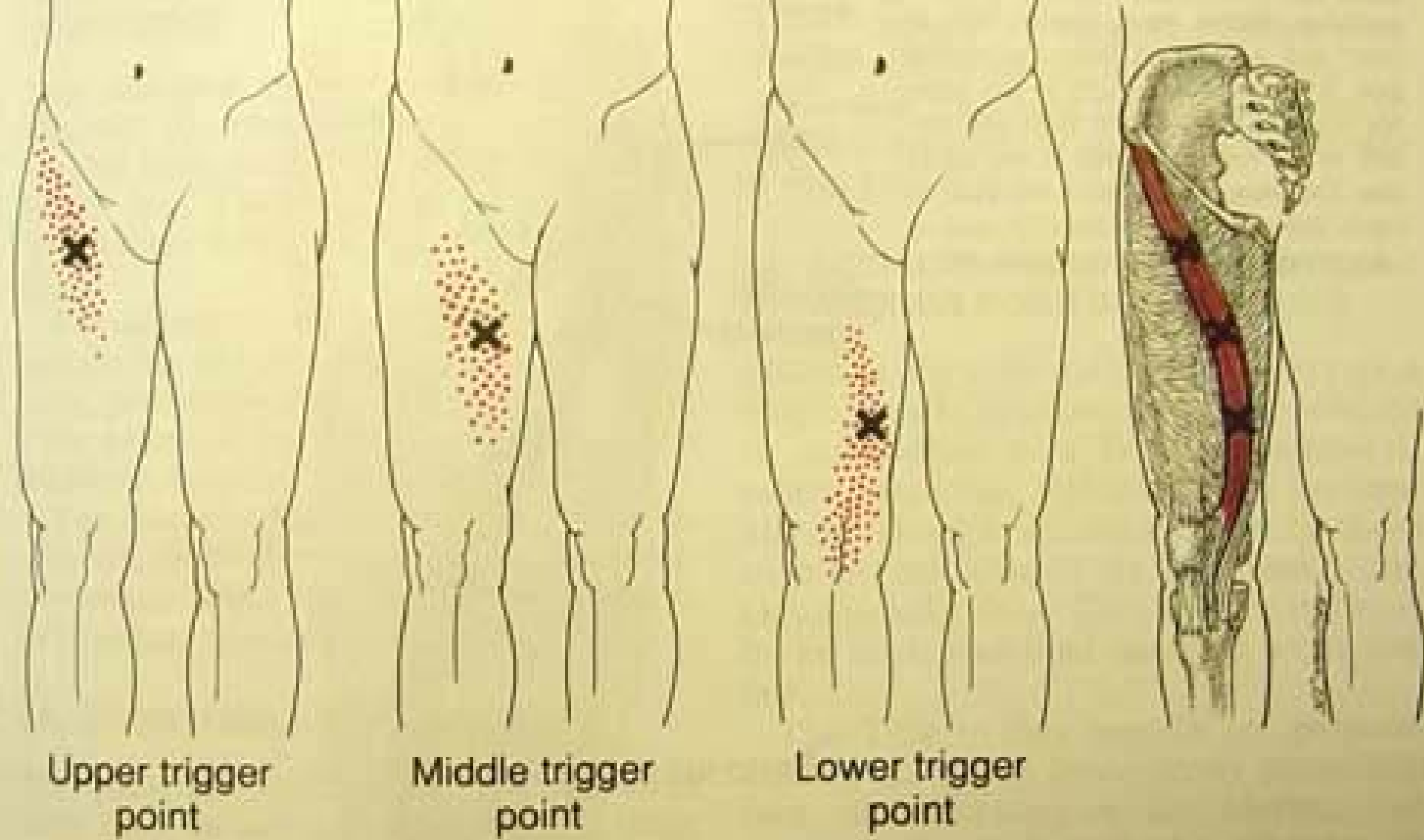




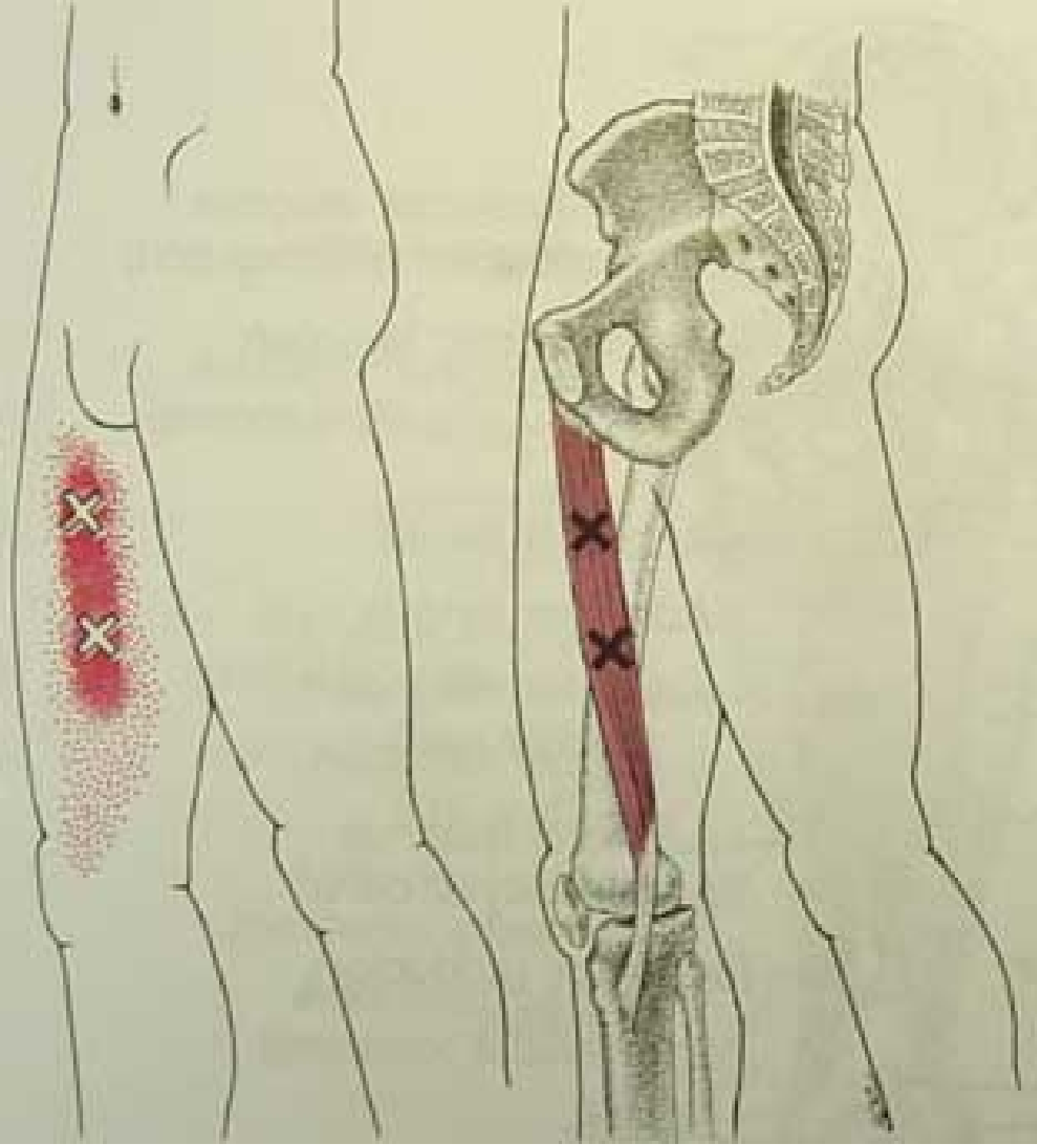


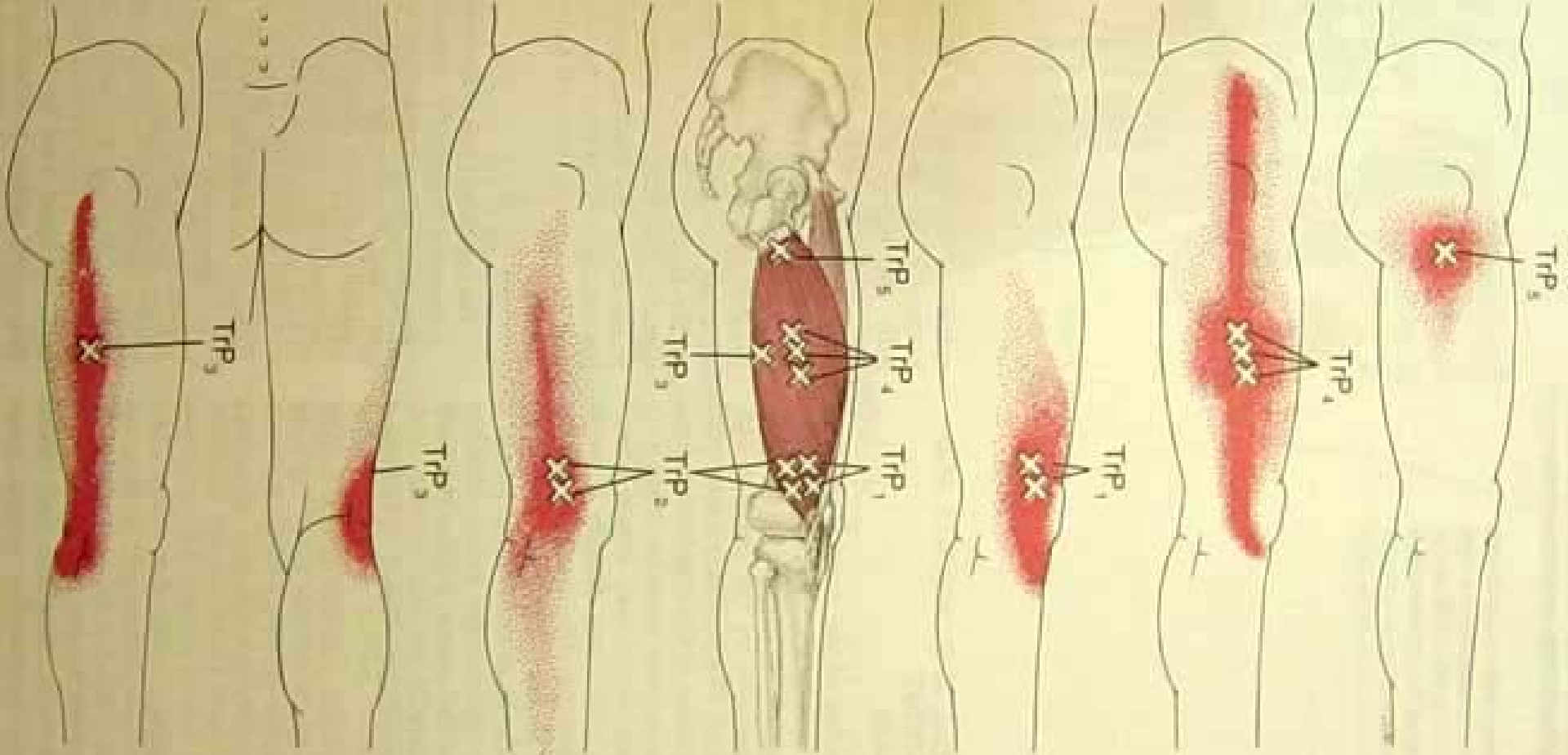




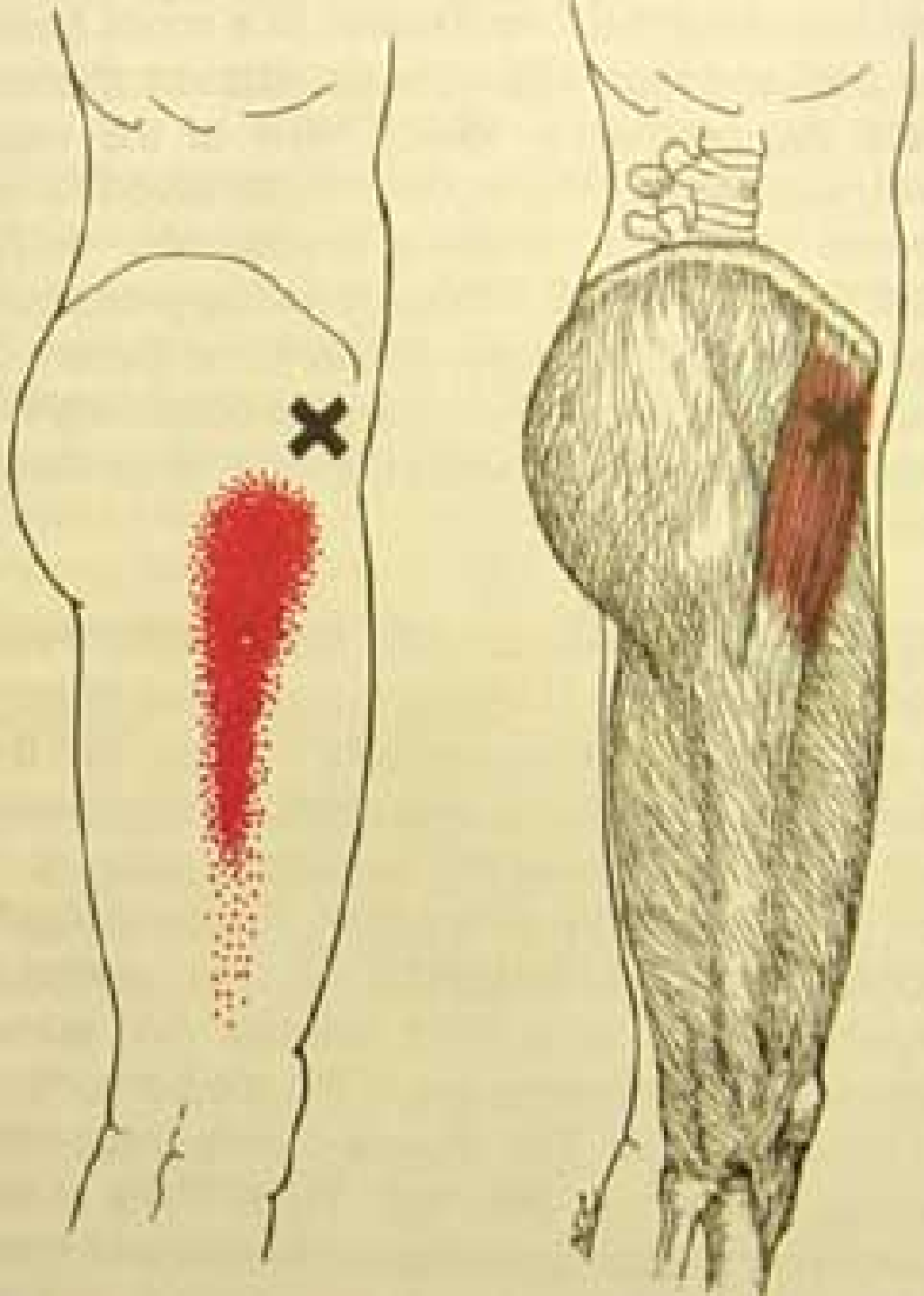


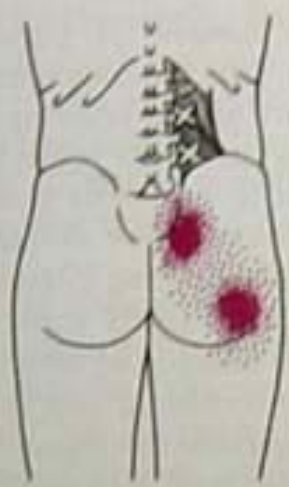
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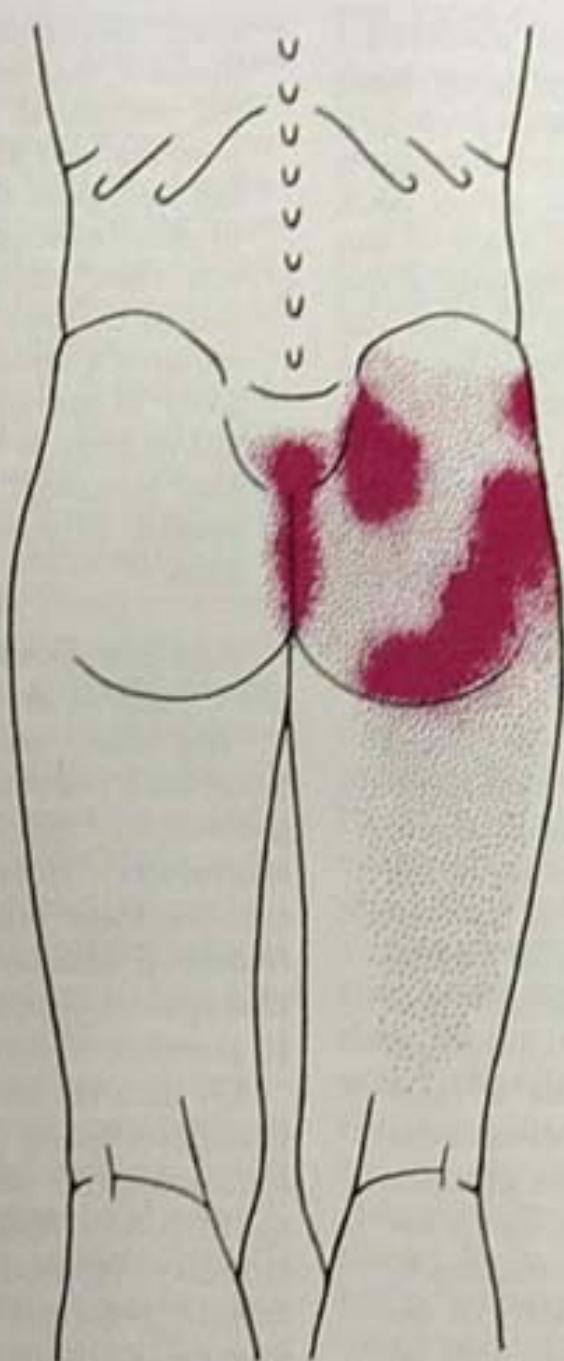


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Deep quadratus lumborum



Composite



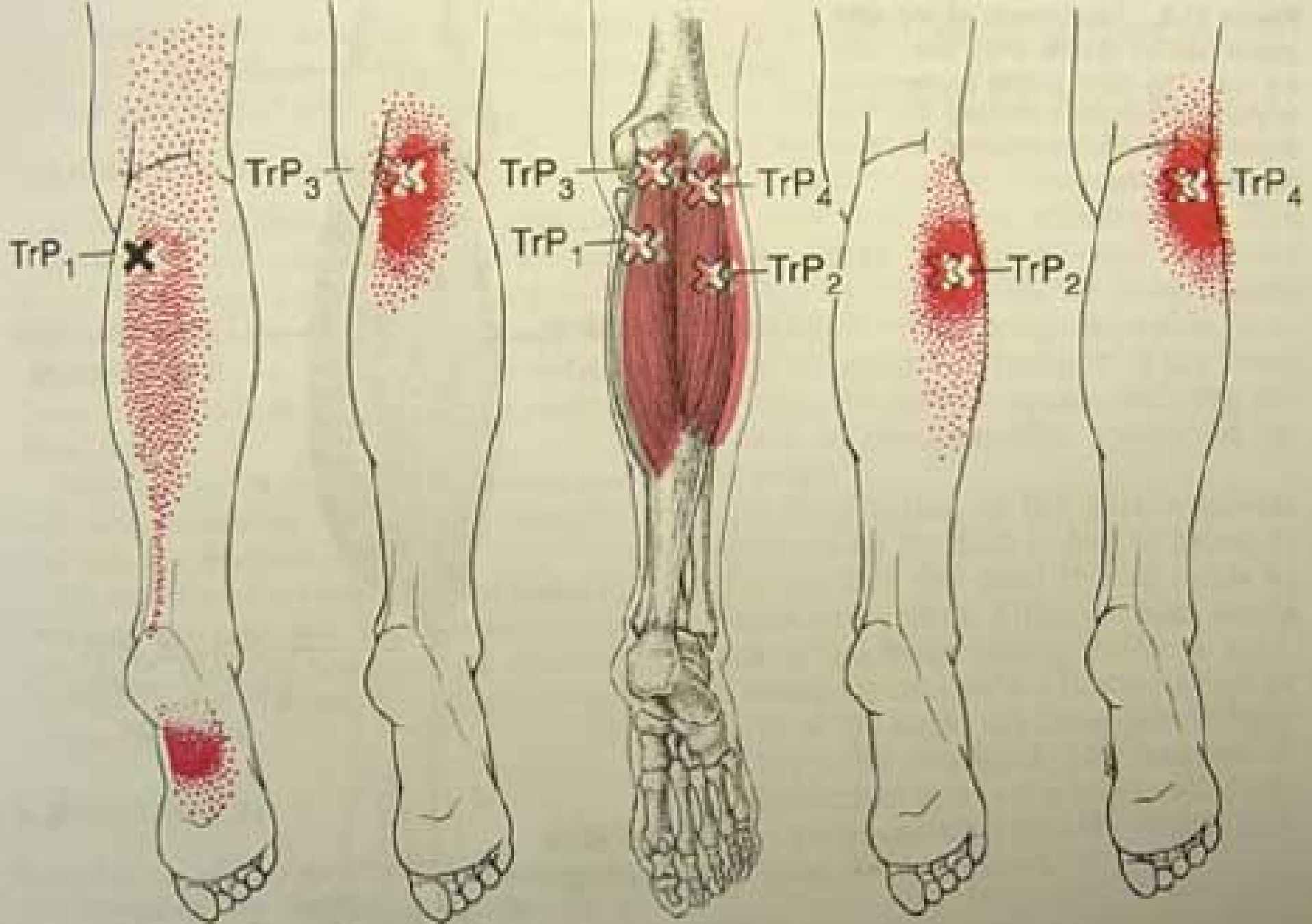
Gluteus maximus, TrP₂

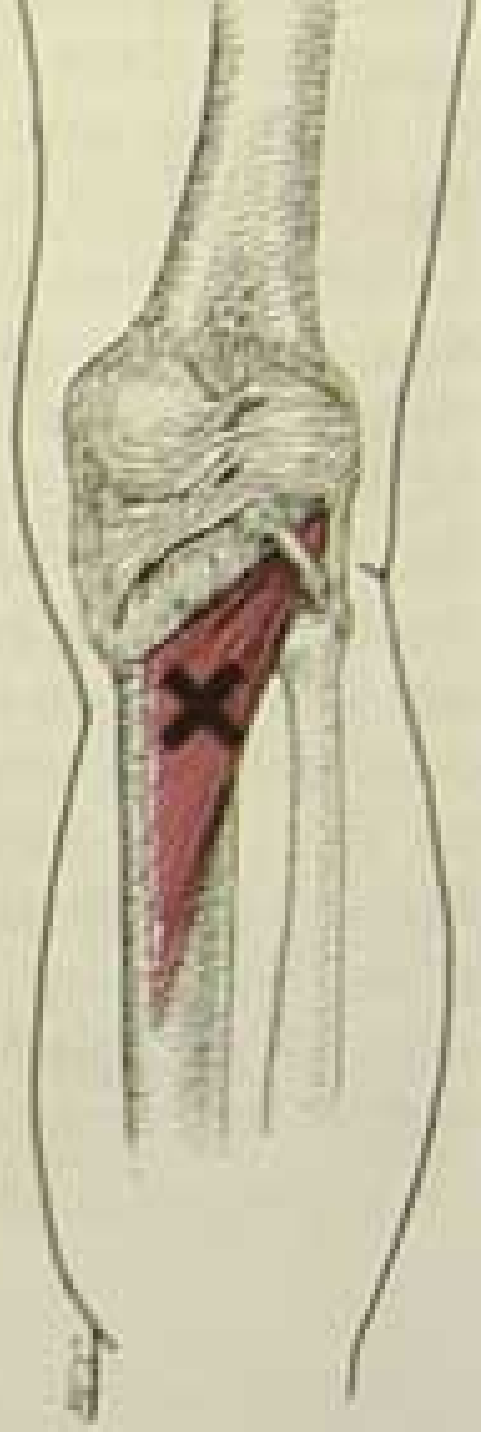


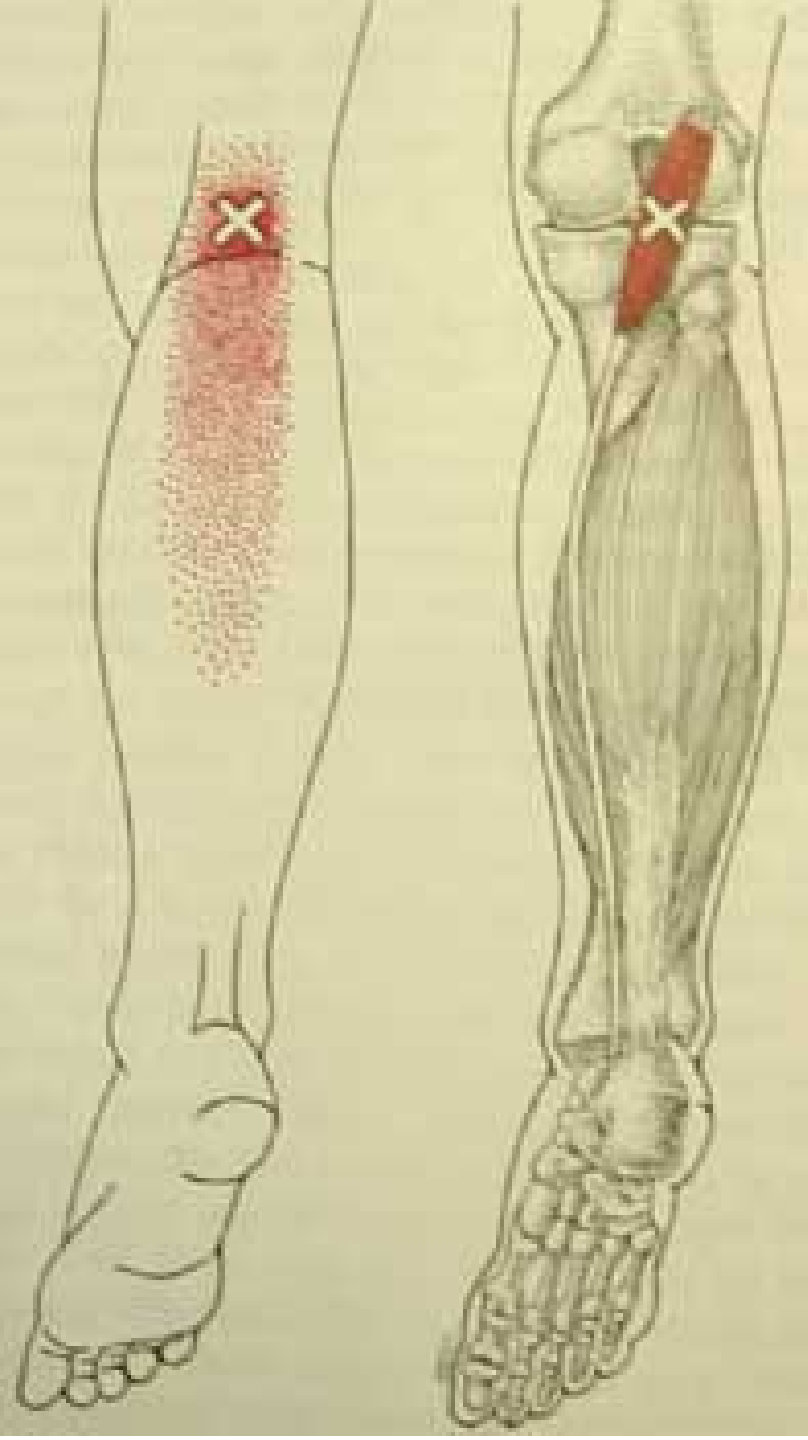
Levator ani

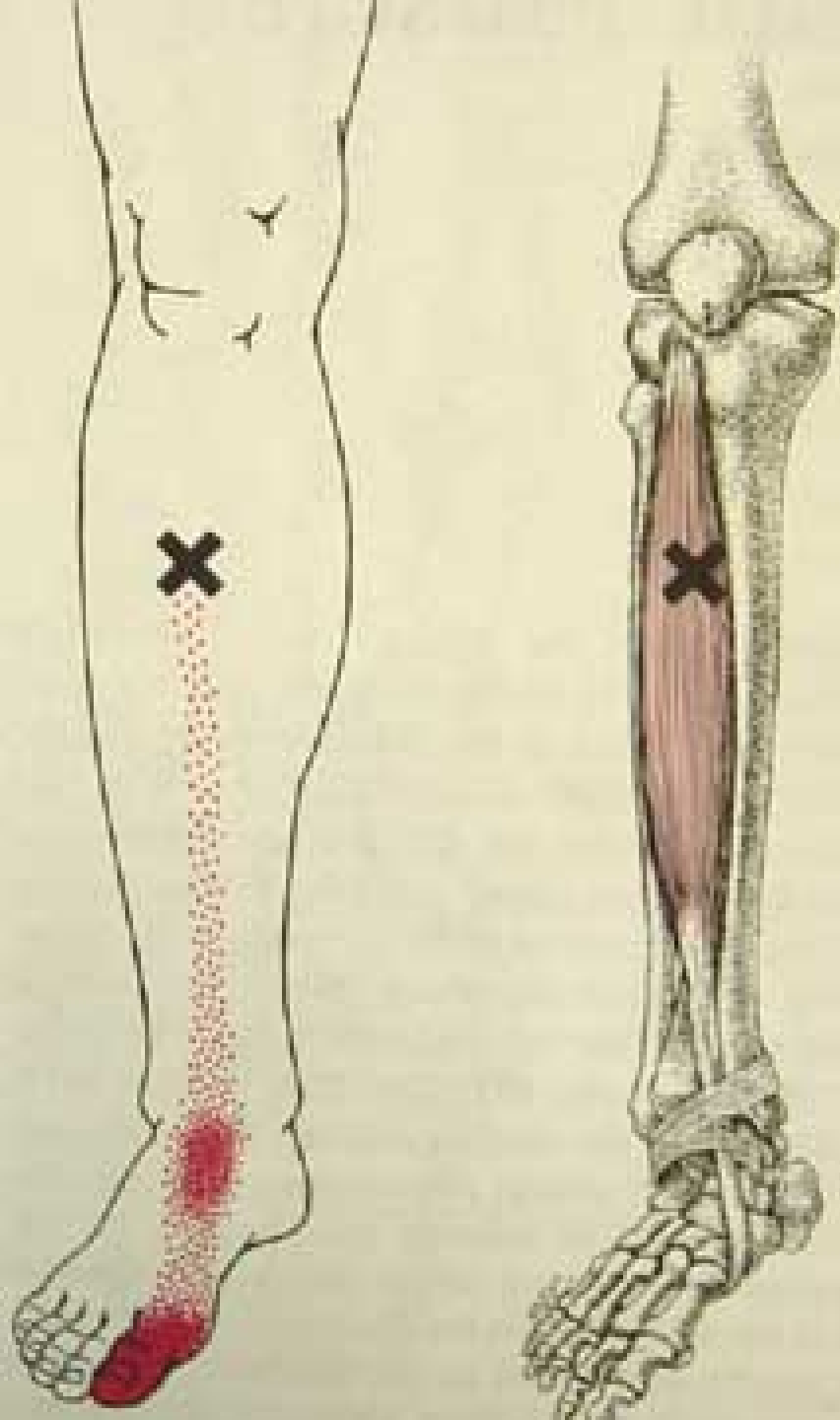


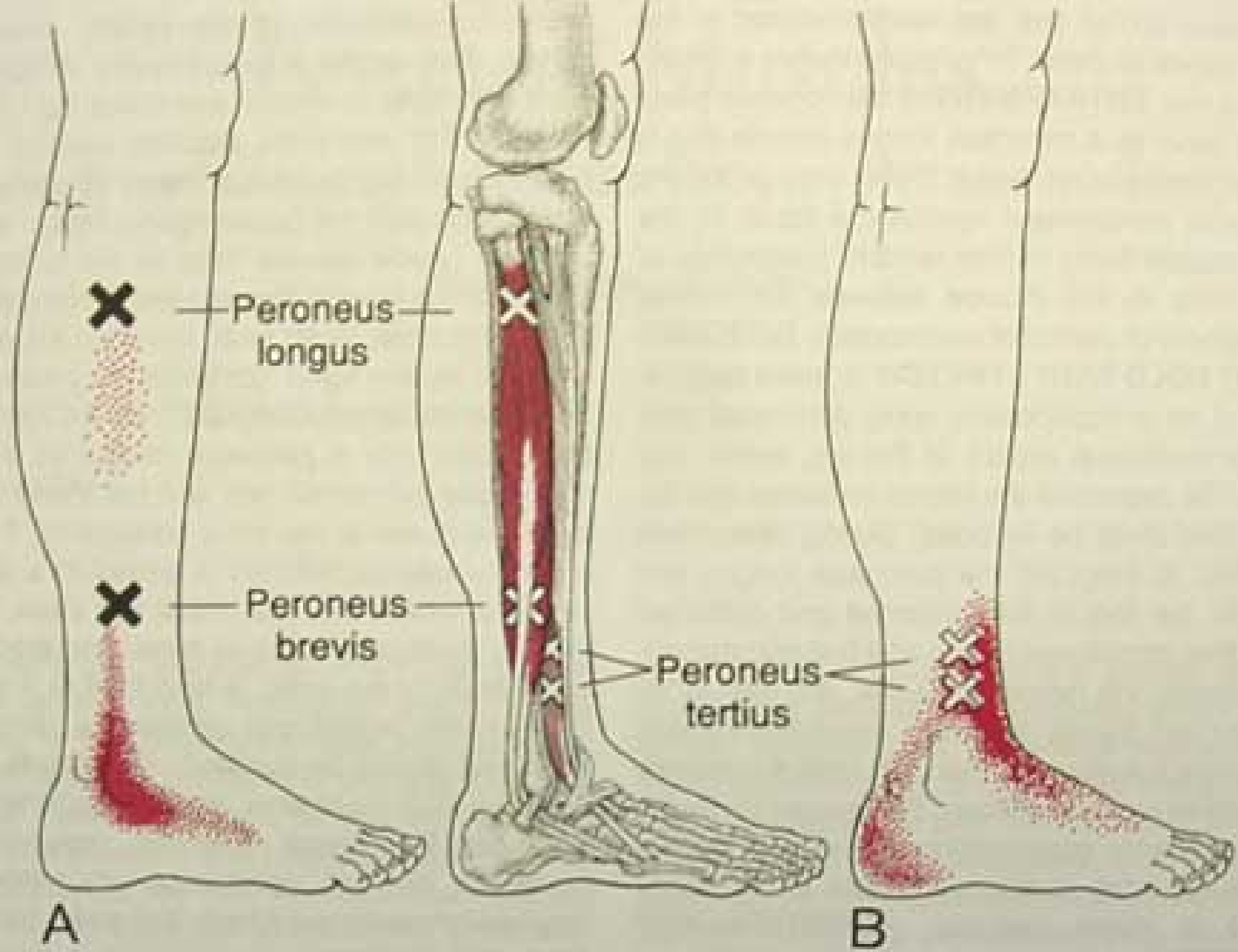
Piriformis











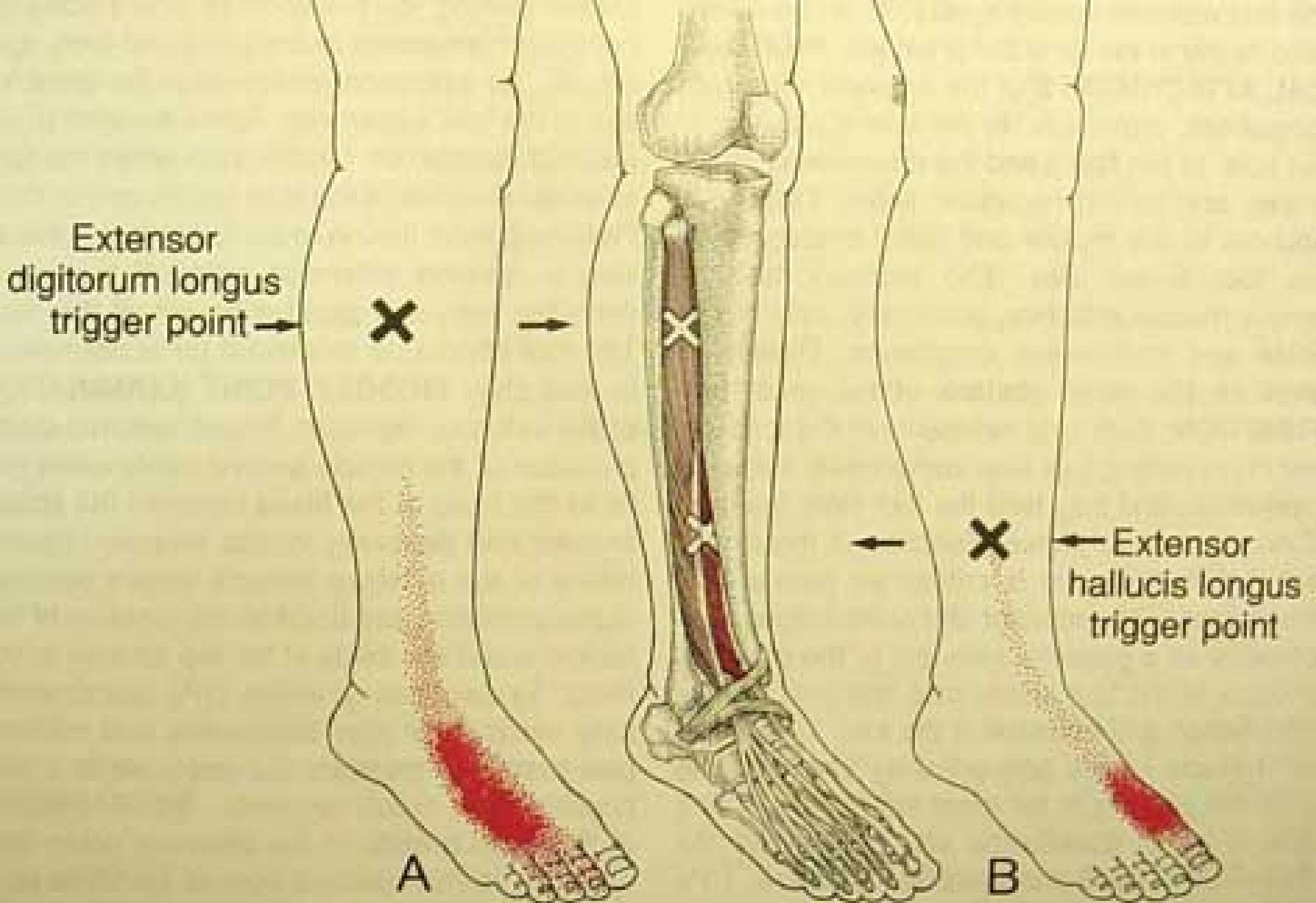
Extensor
digitorum longus
trigger point →

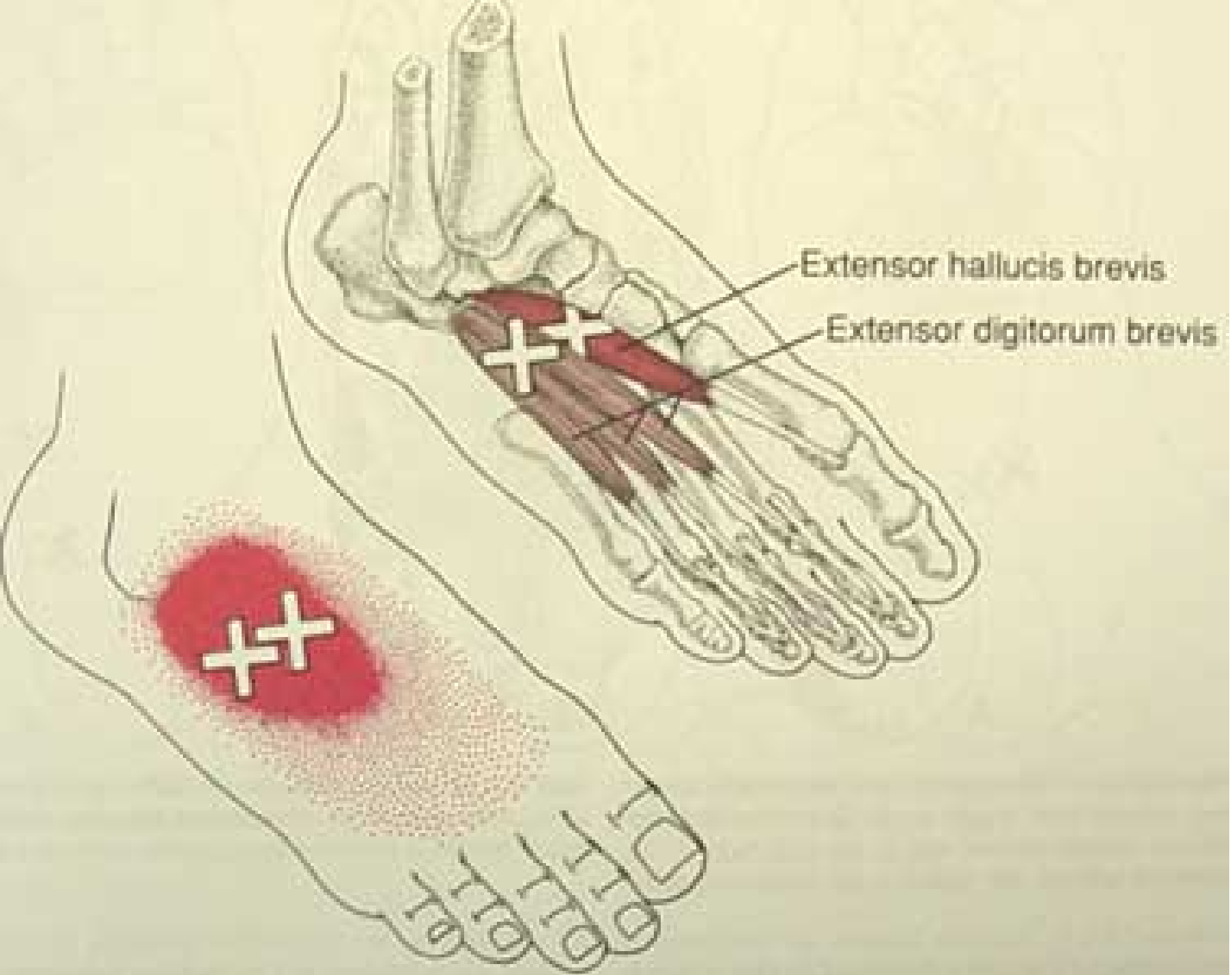


→ Extensor
hallucis longus
trigger point

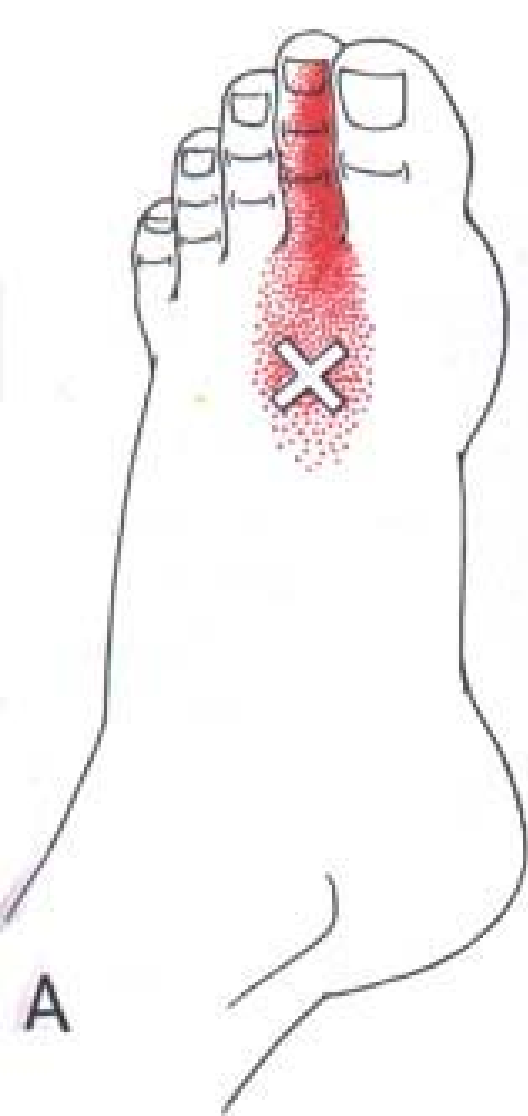
A

B





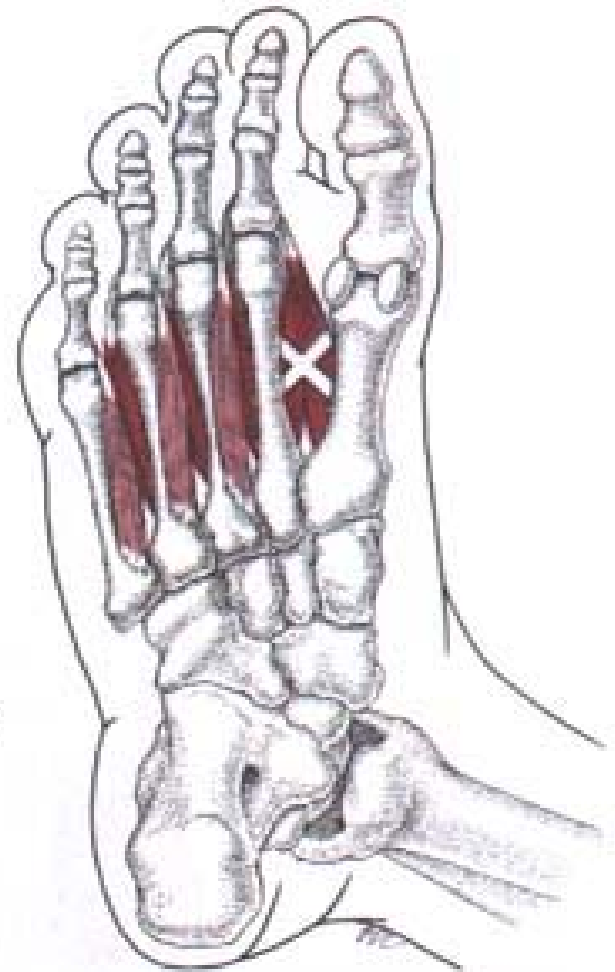




A

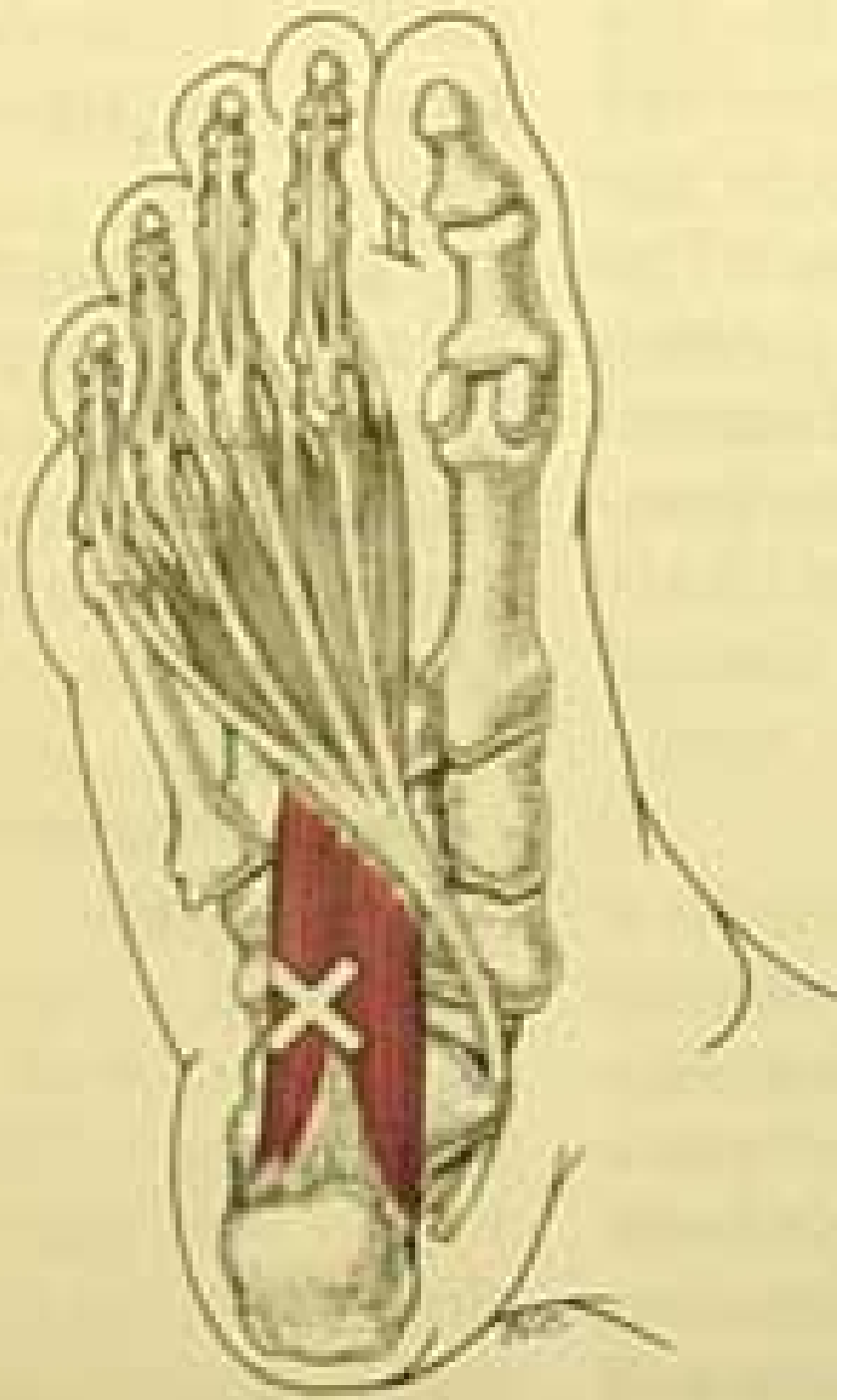


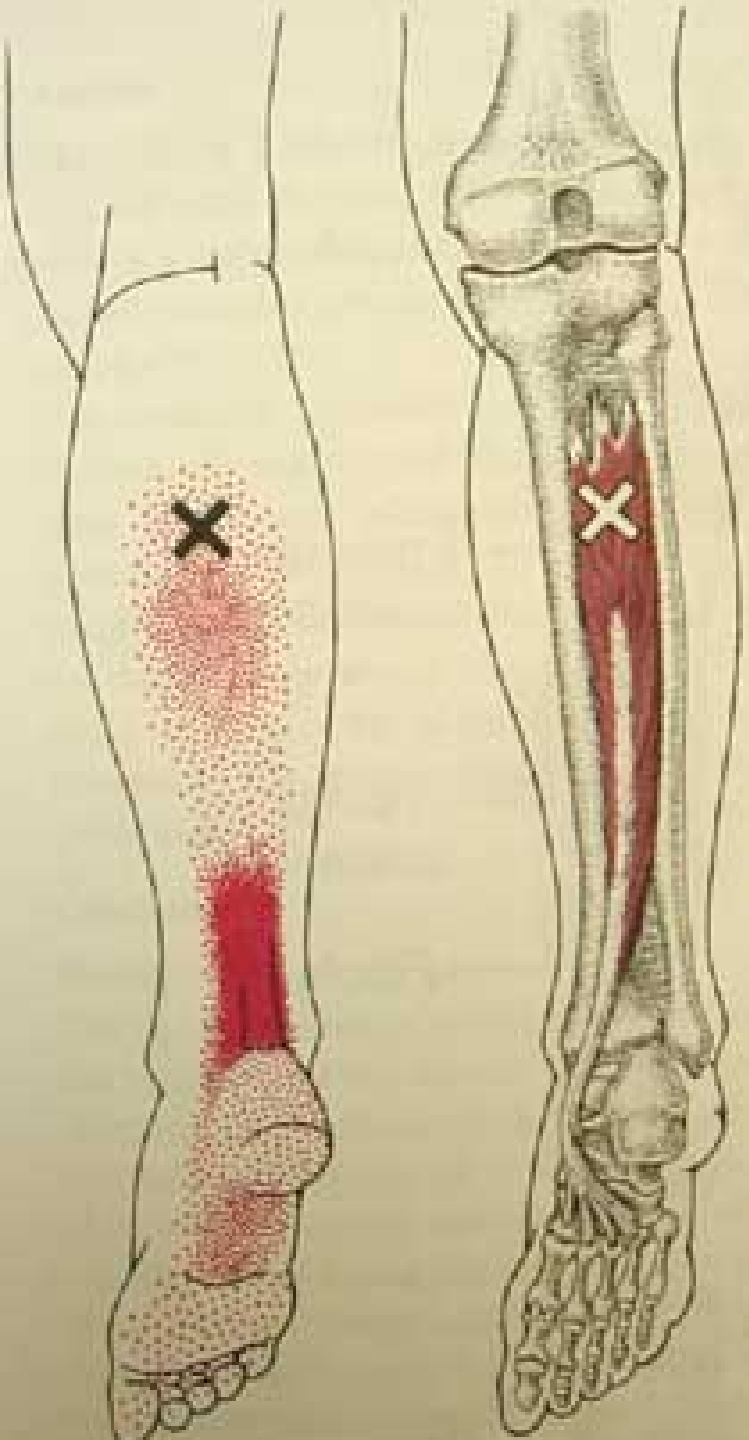
B



Dorsal and plantar
interossei,
plantar view

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Flexor digitorum
longus trigger
point →

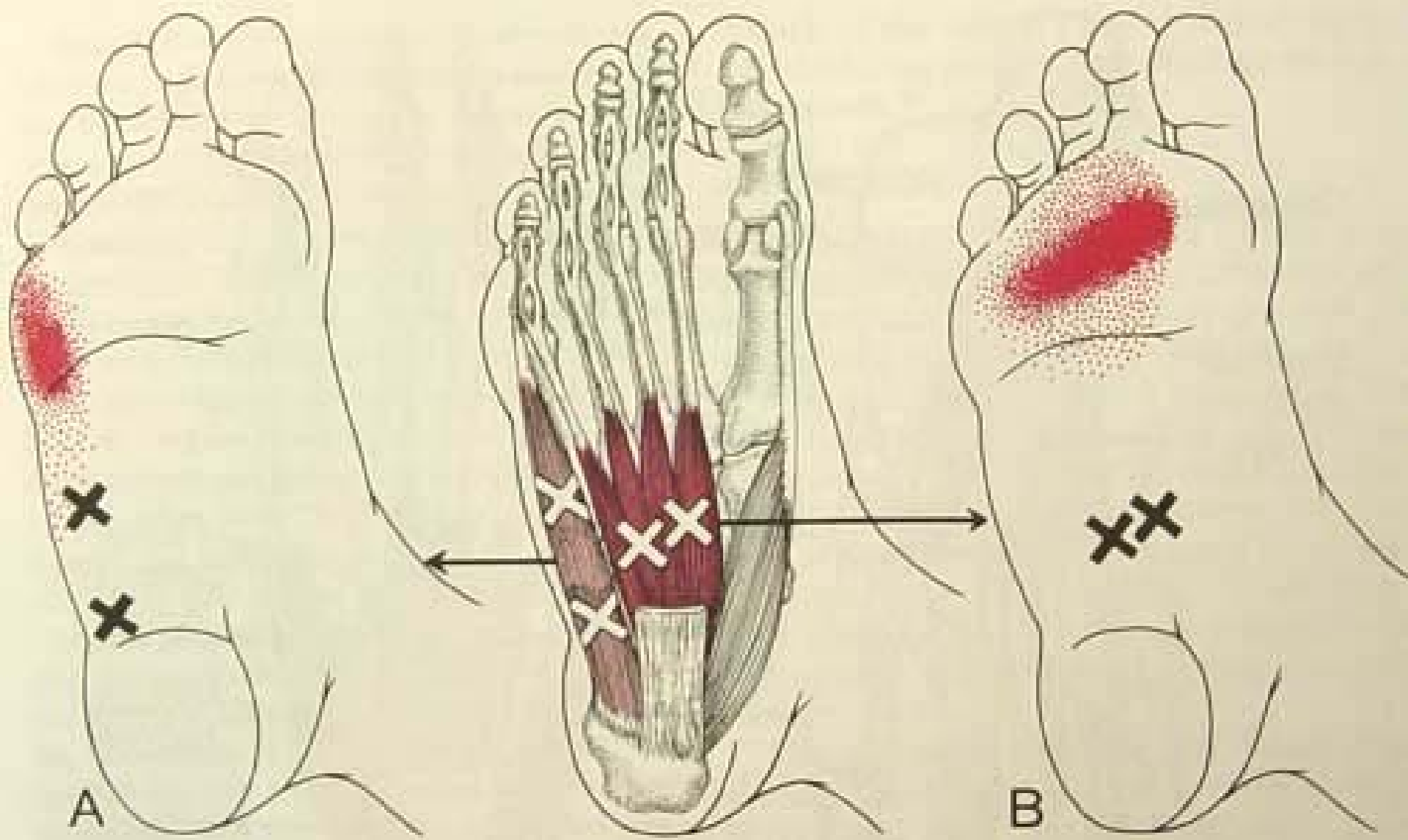
A



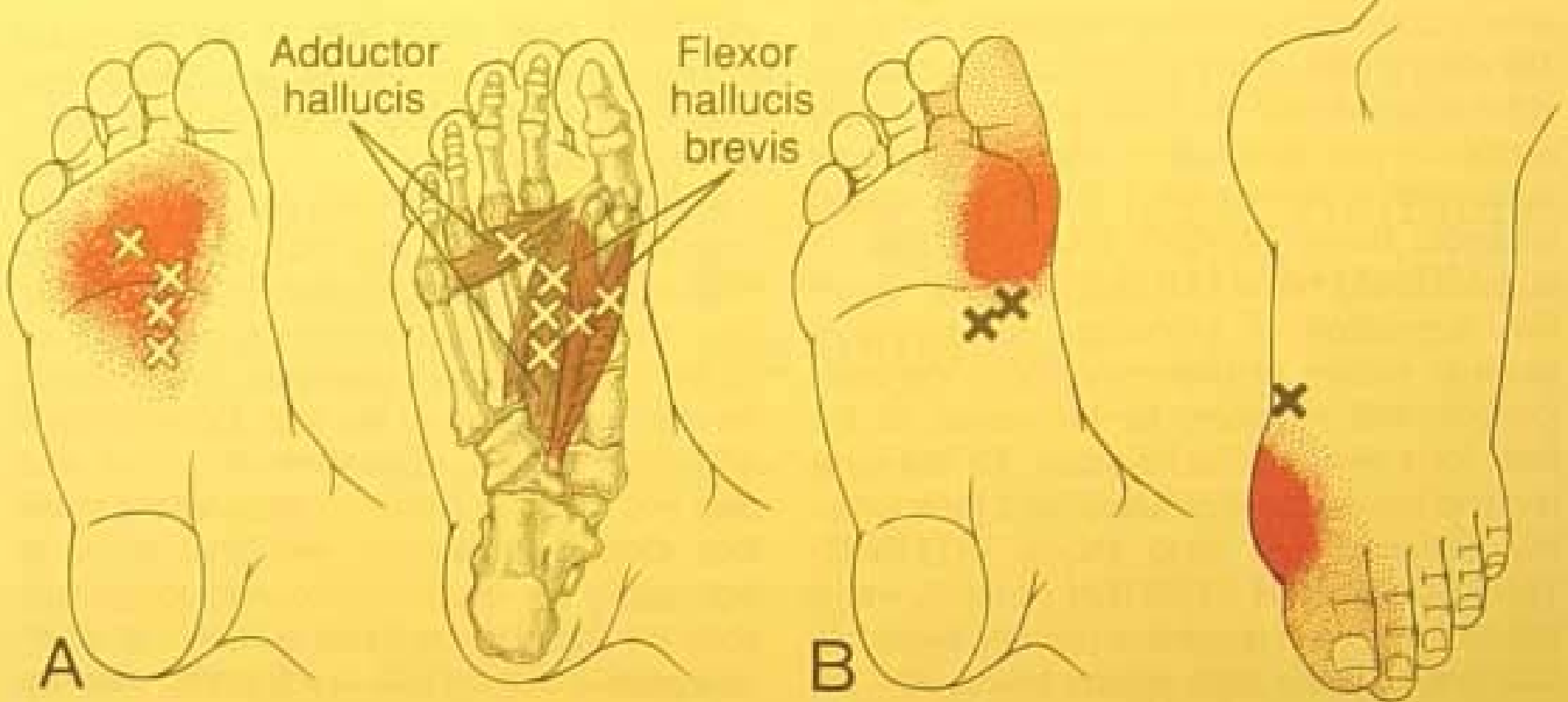
B



← Flexor hallucis
longus trigger
point



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