



WEST SUBURBAN PAIN RELIEF

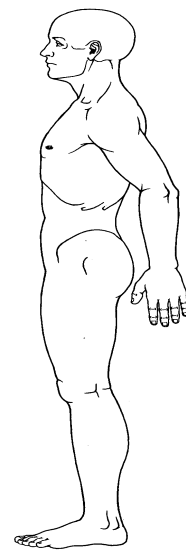
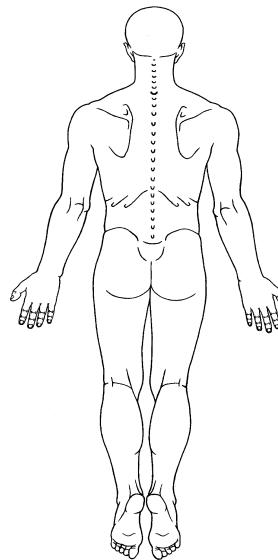
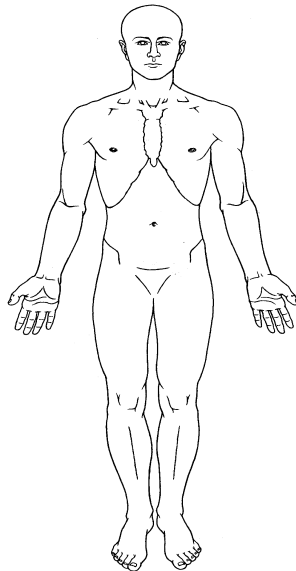
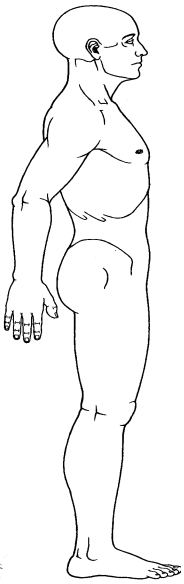
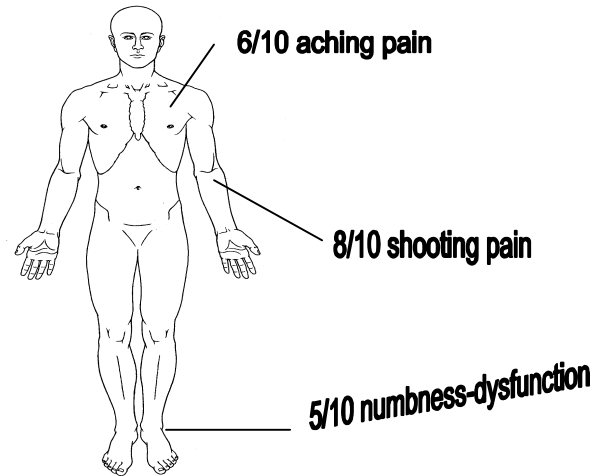
The Trigger Point Experts

Example

Name: _____

Date: ____ / ____ / ____

- ❖ Shade in the area(s) where you are experiencing pain **today**.
- ❖ Draw lines to indicate specific regions, and try to specify what you are feeling in that region.
- ❖ Rate your pain and/or dysfunction between a scale of 0-10; ten being excruciating pain/complete dysfunction.



Right Side

R L

L R

Left Side

Rate the general intensity of your **overall** pain in the table below.

0	1	2	3	4	5	6	7	8	9	10
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Subjective Comments: _____

Objective Findings: _____

Assessment: _____

Prescribed Self-Care: _____

Compressions

- Gluteus medius
- Gluteus minimus
- Psoas
- Hamstrings
- Brachioradialis
- Serratus anterior
- Quadratus Lumborum
- Soleus/Gastroc
- Rectus Femoris
- Piriformis

Strengthening

- Retract shoulder blades
- Chin tuck
- Hip “hike” on step
- Alternate arm and leg extension
- Finger extension
- Inner thighs/Adductors
- Transversus abdominis
- Cobra

Stretches

- Passive anterior stretches
- One arm doorway stretch
- “Shower stretch” series for neck
- Finger flexors/extensors
- Hip drop on step
- External hip rotator stretch
- Tricep Stretch
- Press Ups
- Low lunge
- Calf stretch on stair
- Side stretch (IT band/QL)
- Passive Hamstring stretch
- Psoas stretch
- Rectus Femoris stretch