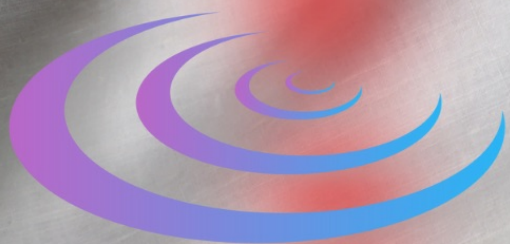


Trigger Chart



Sonic Relief

Est. 2003

Common Trigger Point Locations

Anterior View

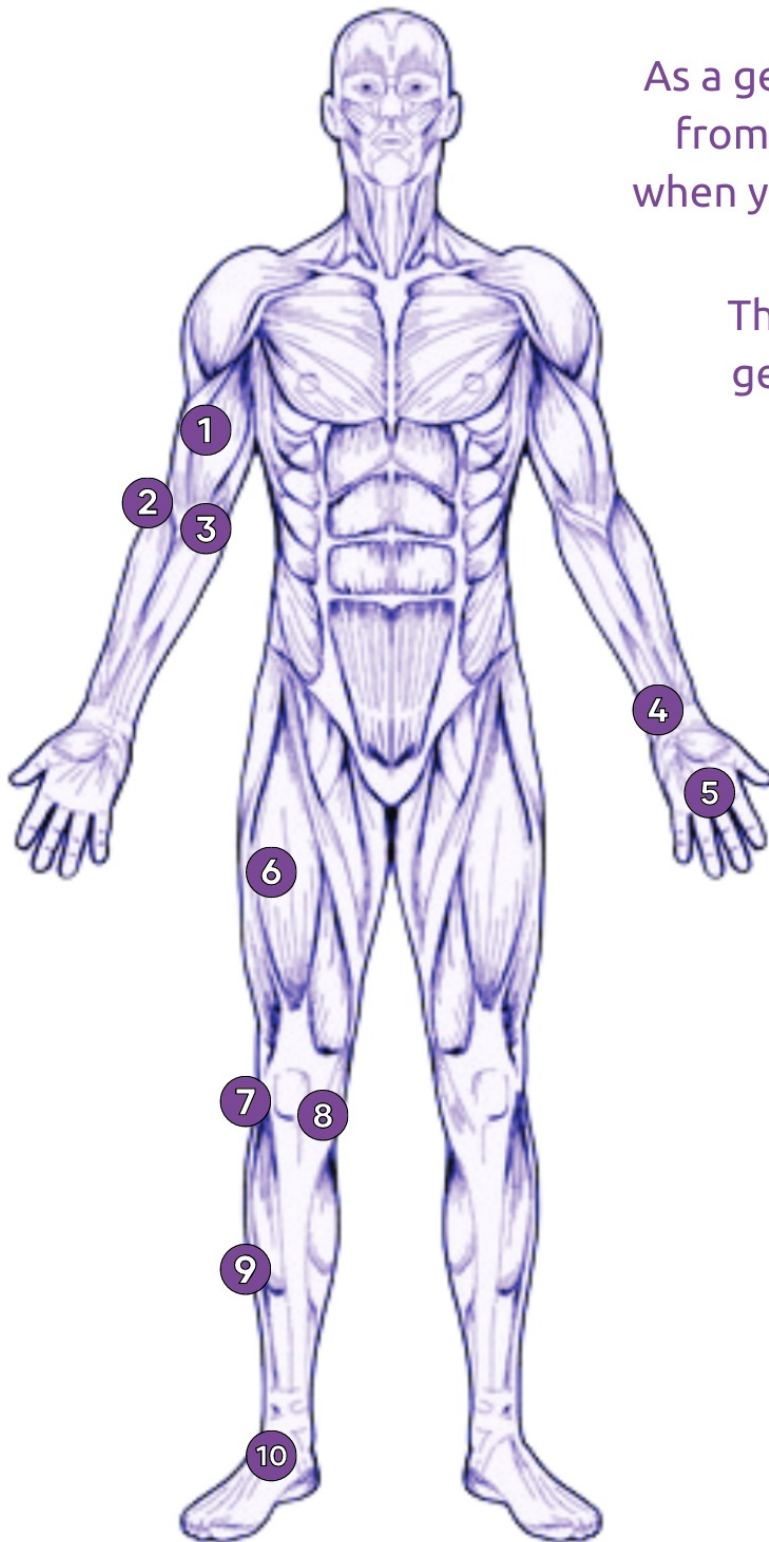
Instructions

As a general rule, you will have the most relief from pain, inflammation, and muscle spasm when you apply Sonic Relief to the trigger point areas on the body.

The numbered points illustrated are the general locations for some of the major trigger points.

To locate a trigger point, feel around (palpate) the area to find the precise location of pain.

Apply gel to the point, and use the Sonic Relief ultrasound as directed in the Treatment Manual



1. Biceps Tendonitis

2. Tennis Elbow

3. Golfer's Elbow

4. Carpal Tunnel Syndrome

5. Arthritis of the Hand

6. Quadriceps

7. Knee Joints and Arthritis

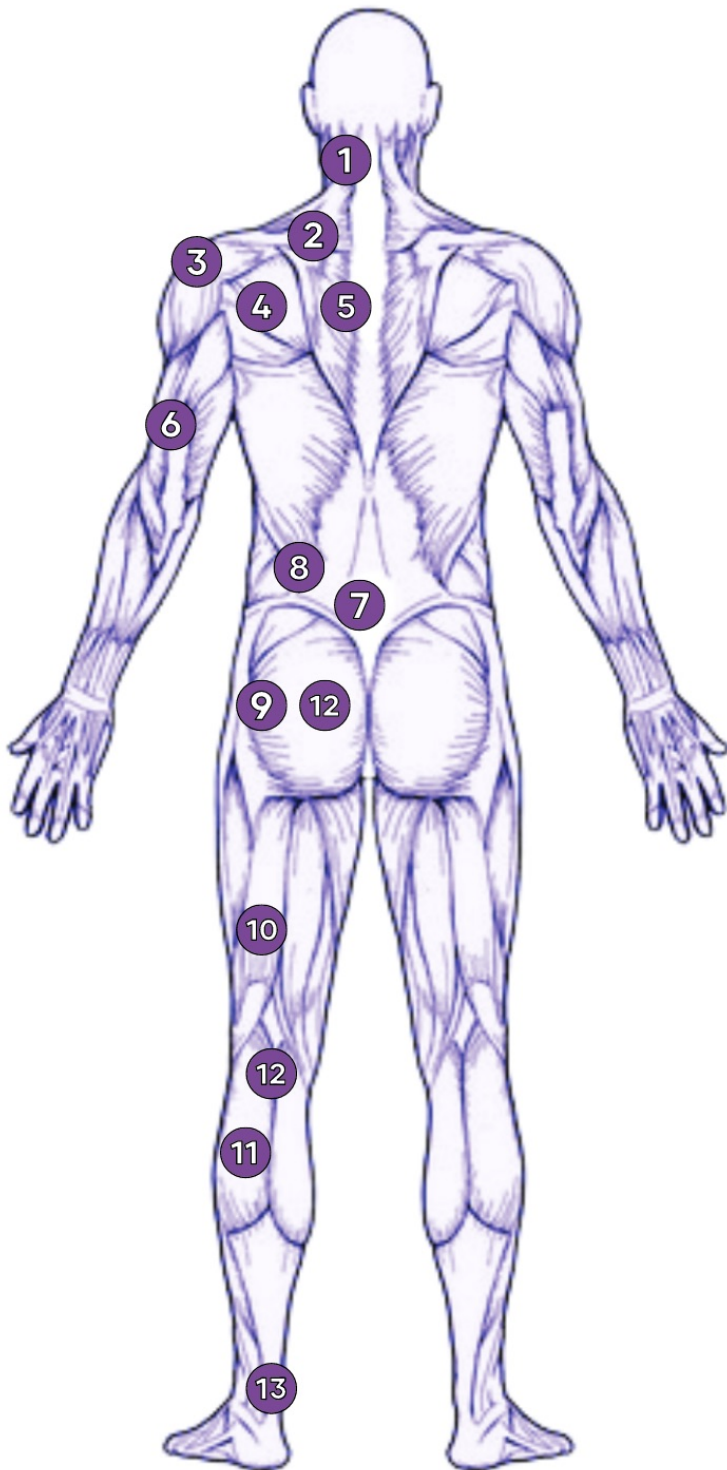
8. Knee Joint Cartilage

9. Shin Splints

10. Ankle Pain

Common Trigger Point Locations

Posterior View



1. **Headaches**
2. **Shoulder & Stress Tension**
3. **Shoulder Tendonitis**
4. **Rotator Cuff Tendonitis**
5. **Upper Back Pain**
6. **Triceps**
7. **Low Back Pain (erector spinae)**
8. **Low Back Pain (quadratus lumborum)**
9. **Hip and Gluteal Pain**
10. **Hamstring**
11. **Gastrocnemius (calf pain)**
12. **Sciatica**
 - (use any of the points labeled "12" which are closest to the pain along the sciatic nerve)
13. **Achilles Tendonitis**

