

Upper Body Protocols

Sequence Of Muscles To Be Treated For Bilateral Neck Pain:

1. Left Trapezius 2
2. Left Trapezius 1
3. Right Trapezius 2
4. Right Trapezius 1
5. Left Lower Trapezius 3
6. Right Lower Trapezius 3
7. Right Levator Scapula
8. Right Posterior Cervical
9. Left Levator Scapula
10. Left Posterior Cervical

Optional Muscles:

1. Left And Right Occipitalis
2. Left And Right Sternocleidomastoid

Sequence Of Muscles To Be Treated For Shoulder:

1. Trapezius 2
2. Supraspinatus
3. Infraspinatus
4. Teres Minor And Major
5. Lower Trapezius
6. Levator Scapula
7. Deltoid
8. Subscapularis
9. Pectoris Major

Sequence Of Muscles To Be Treated For Elbow:

1. Brachioradialis
2. Extensor Carpi Radialis Longus
3. Supinator
4. Triceps

Sequence Of Muscles To Be Treated For Jaw/TMJ:

1. Masseter,
2. Sternocleidomastoid
3. Temporalis

Sequence Of Muscles To Be Treated For Hand:

1. Adductor Pollicis
2. Opponens Pollicis
3. Brachioradialis