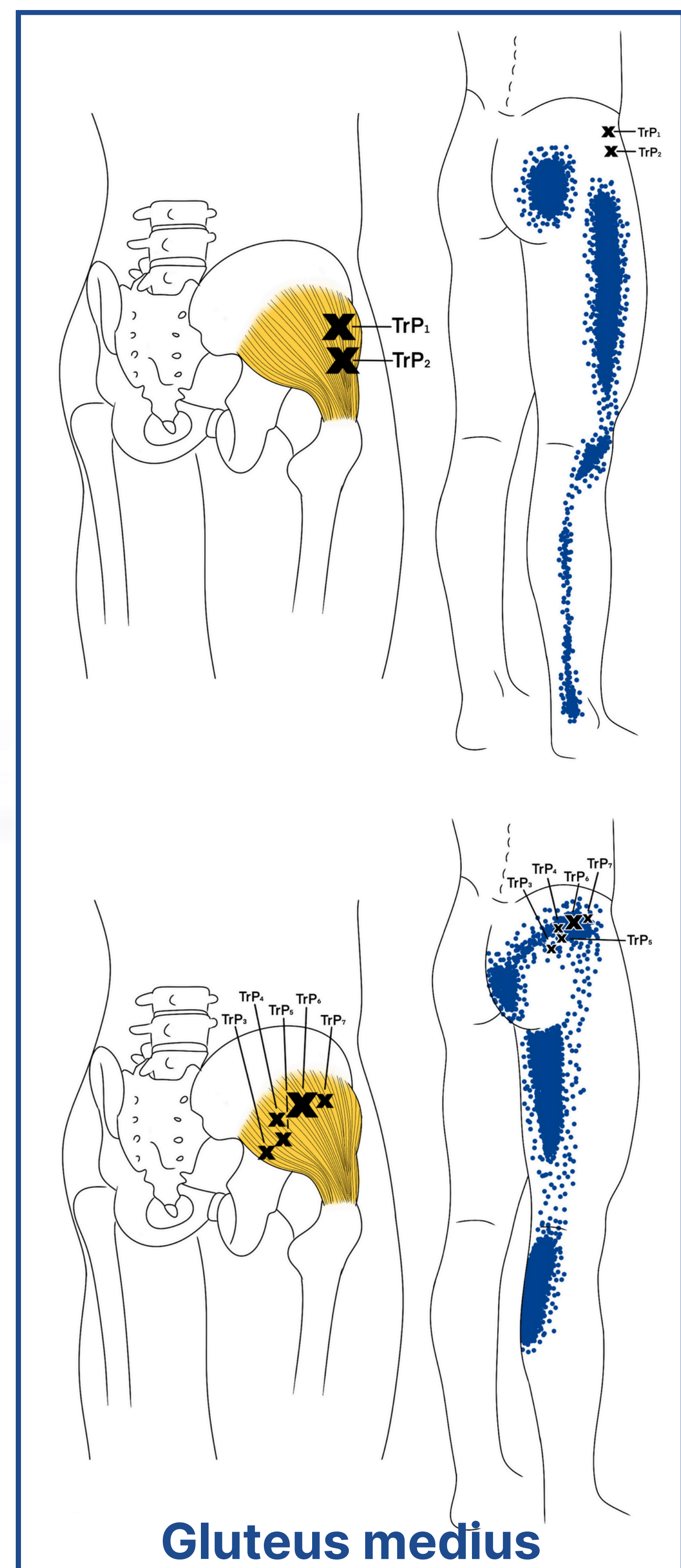
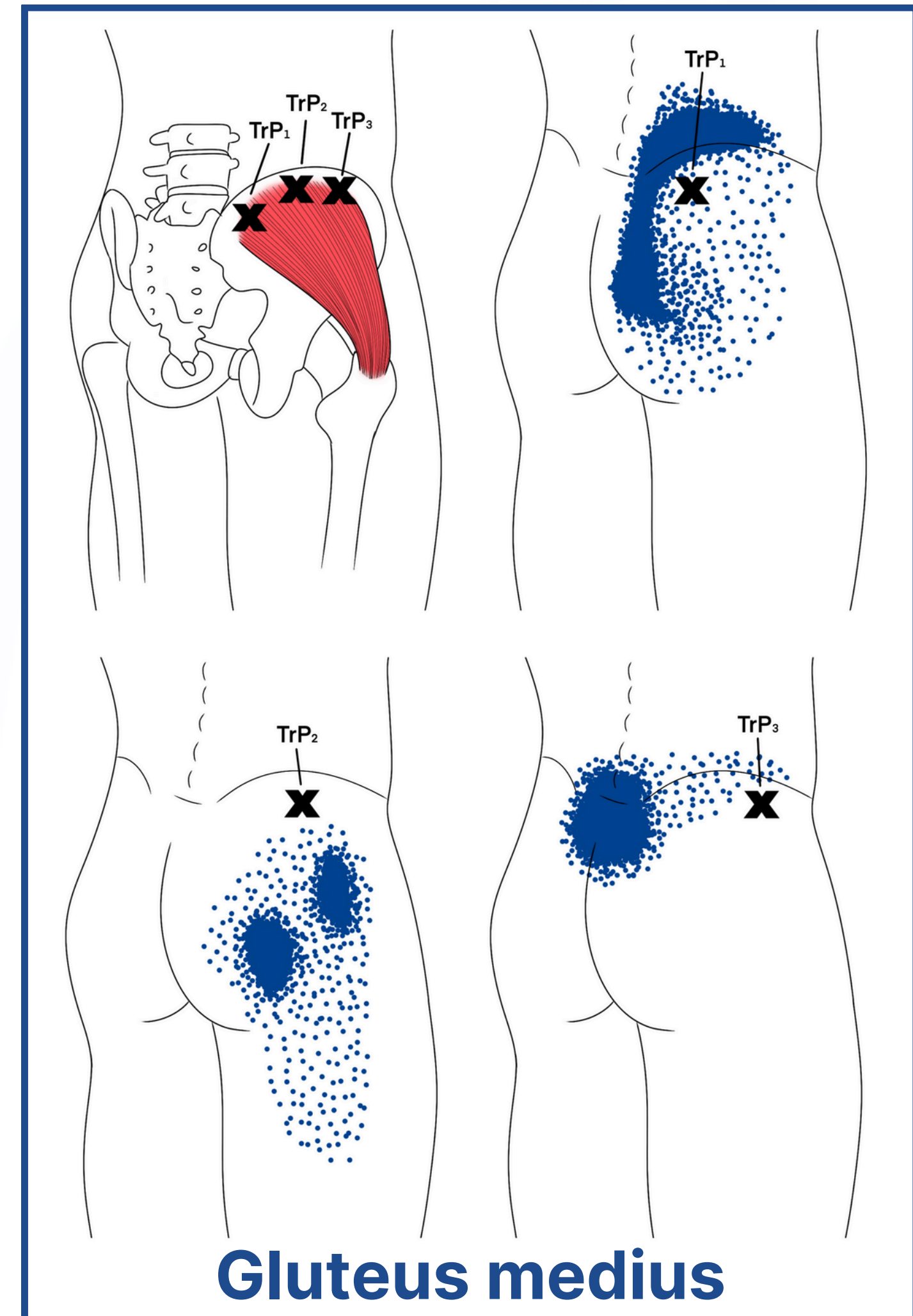
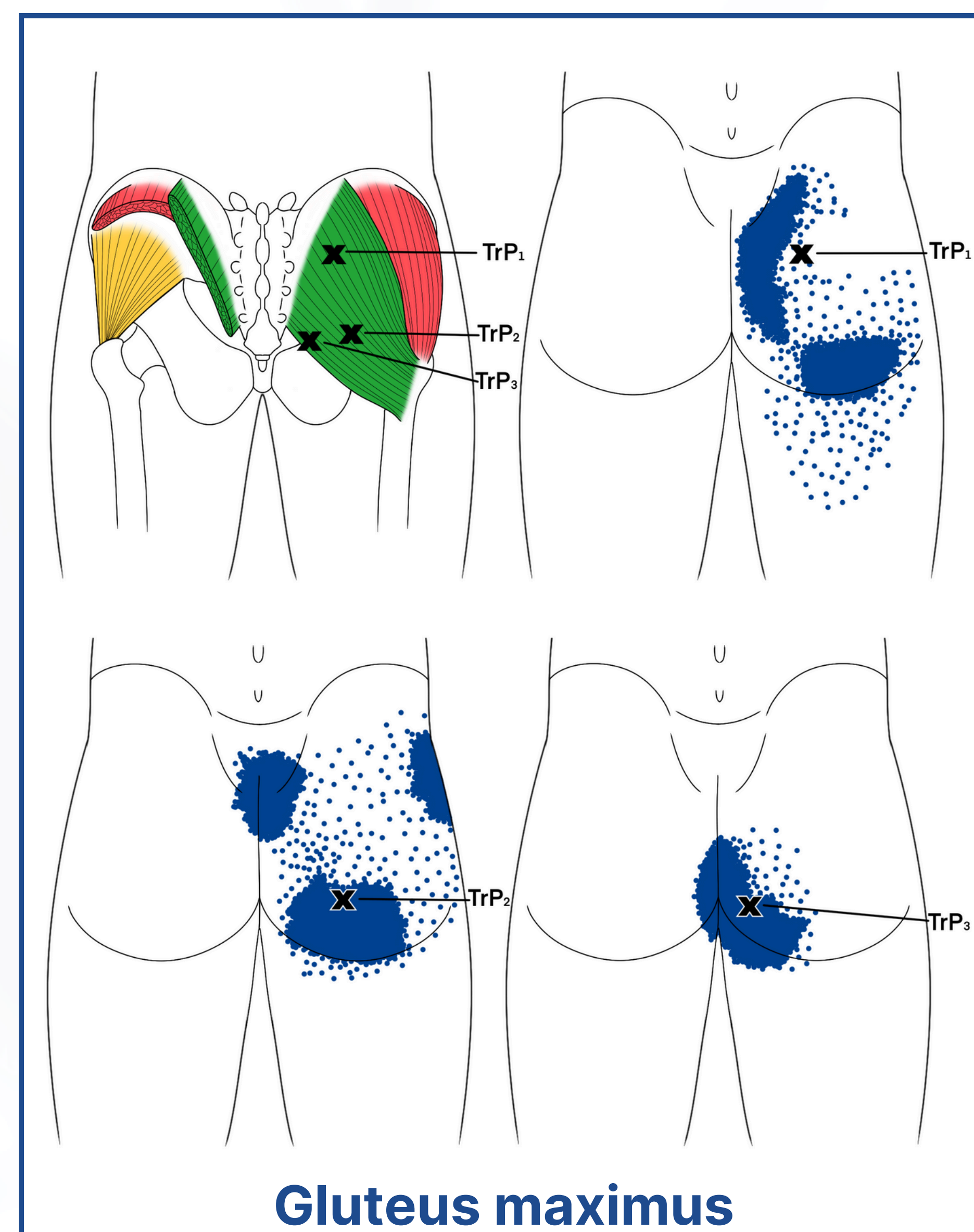
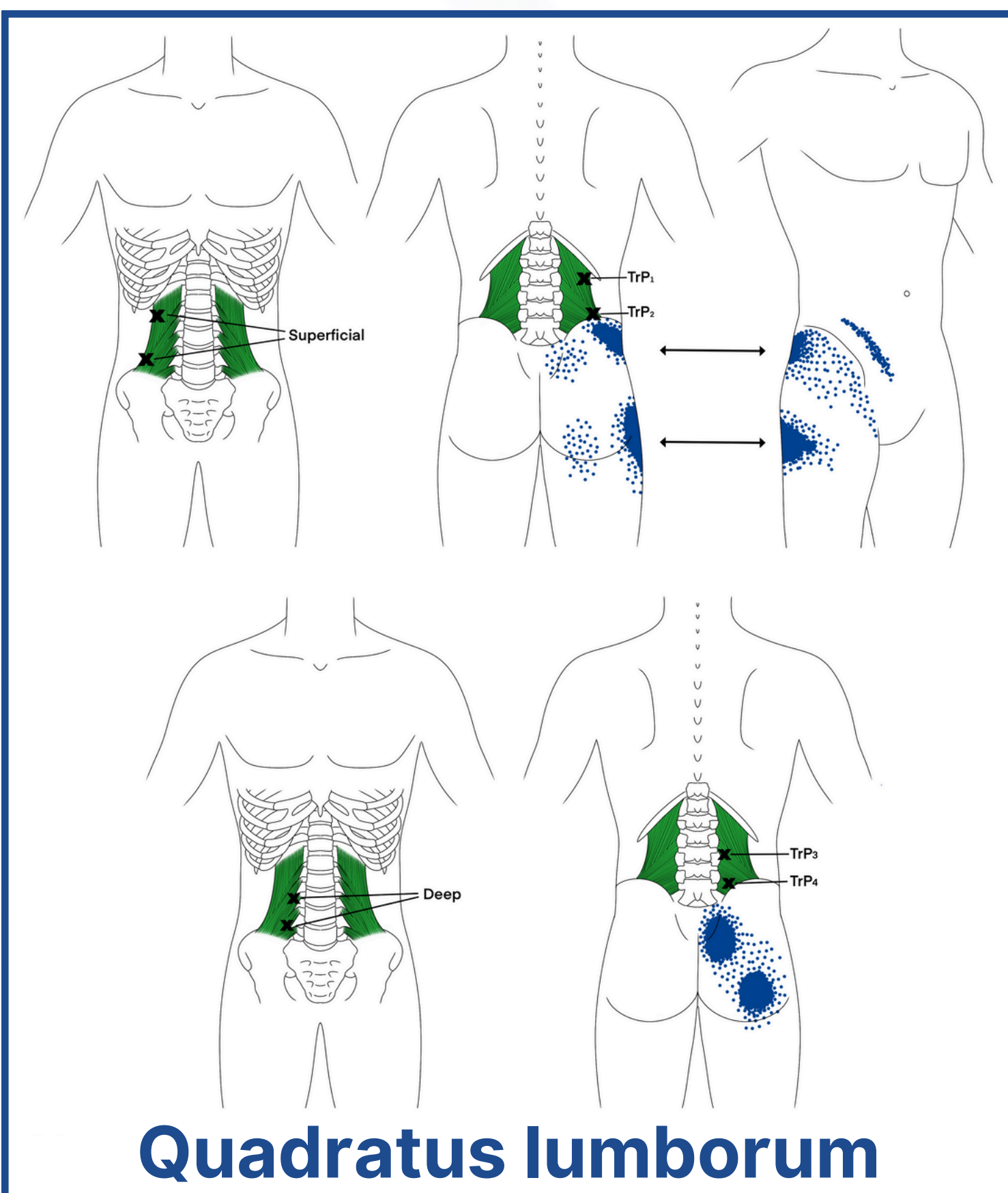
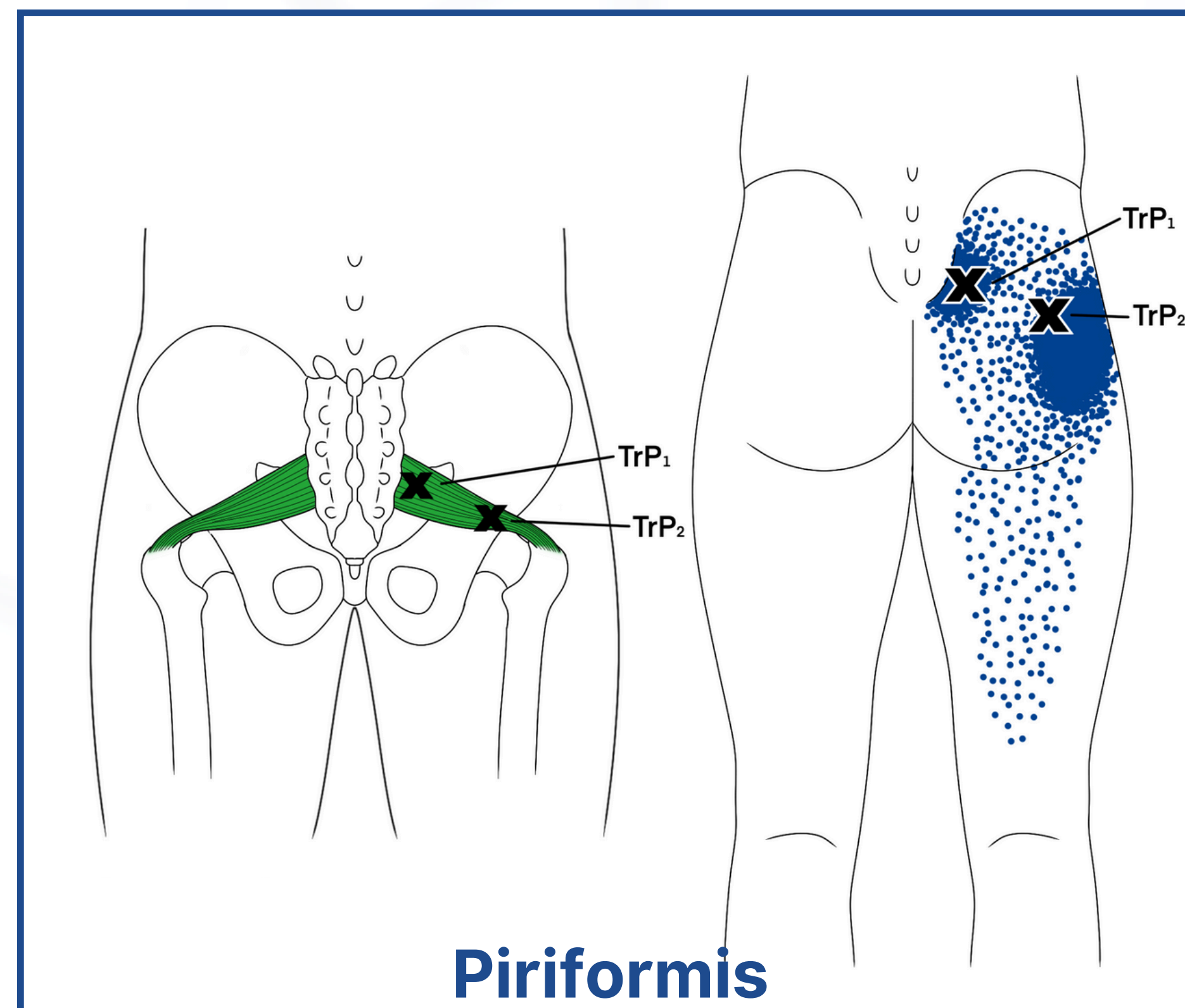
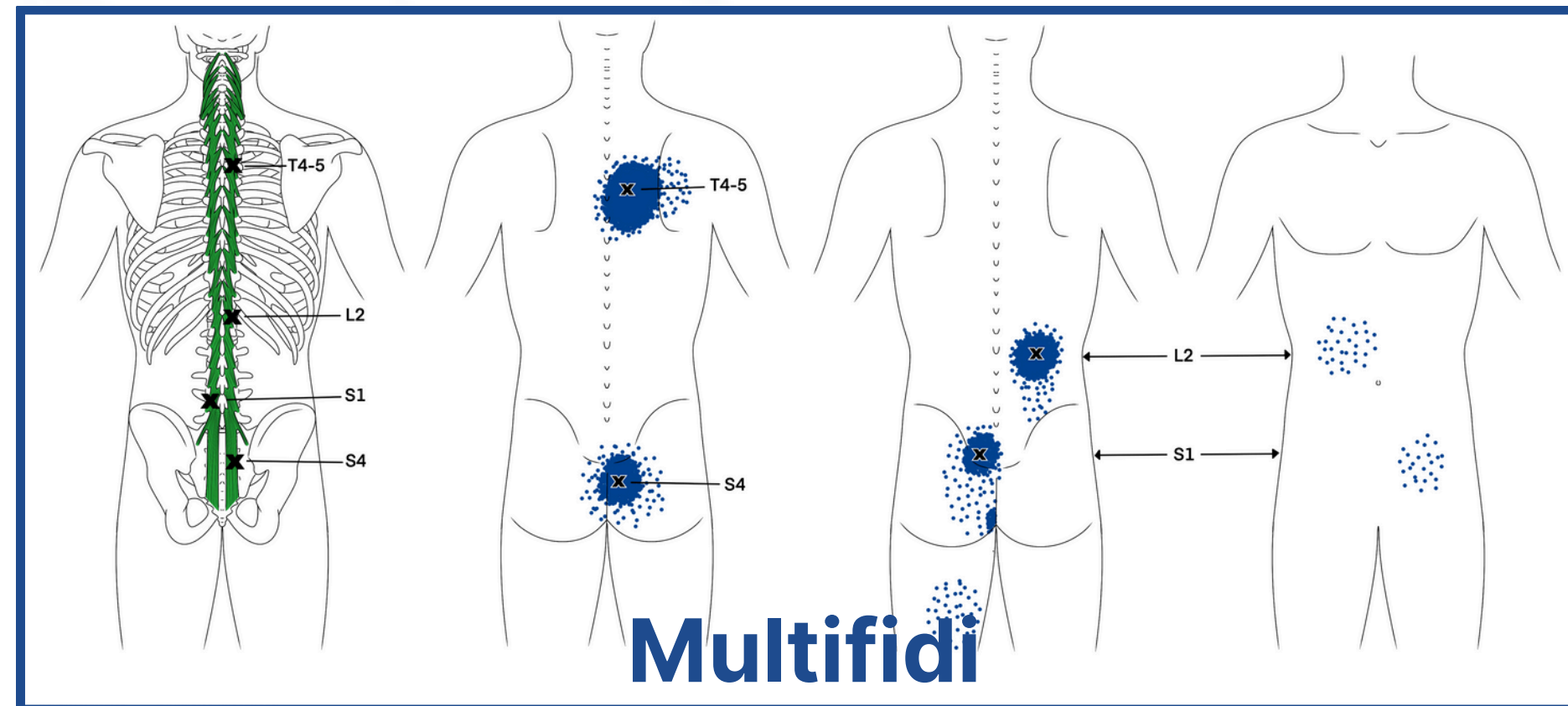
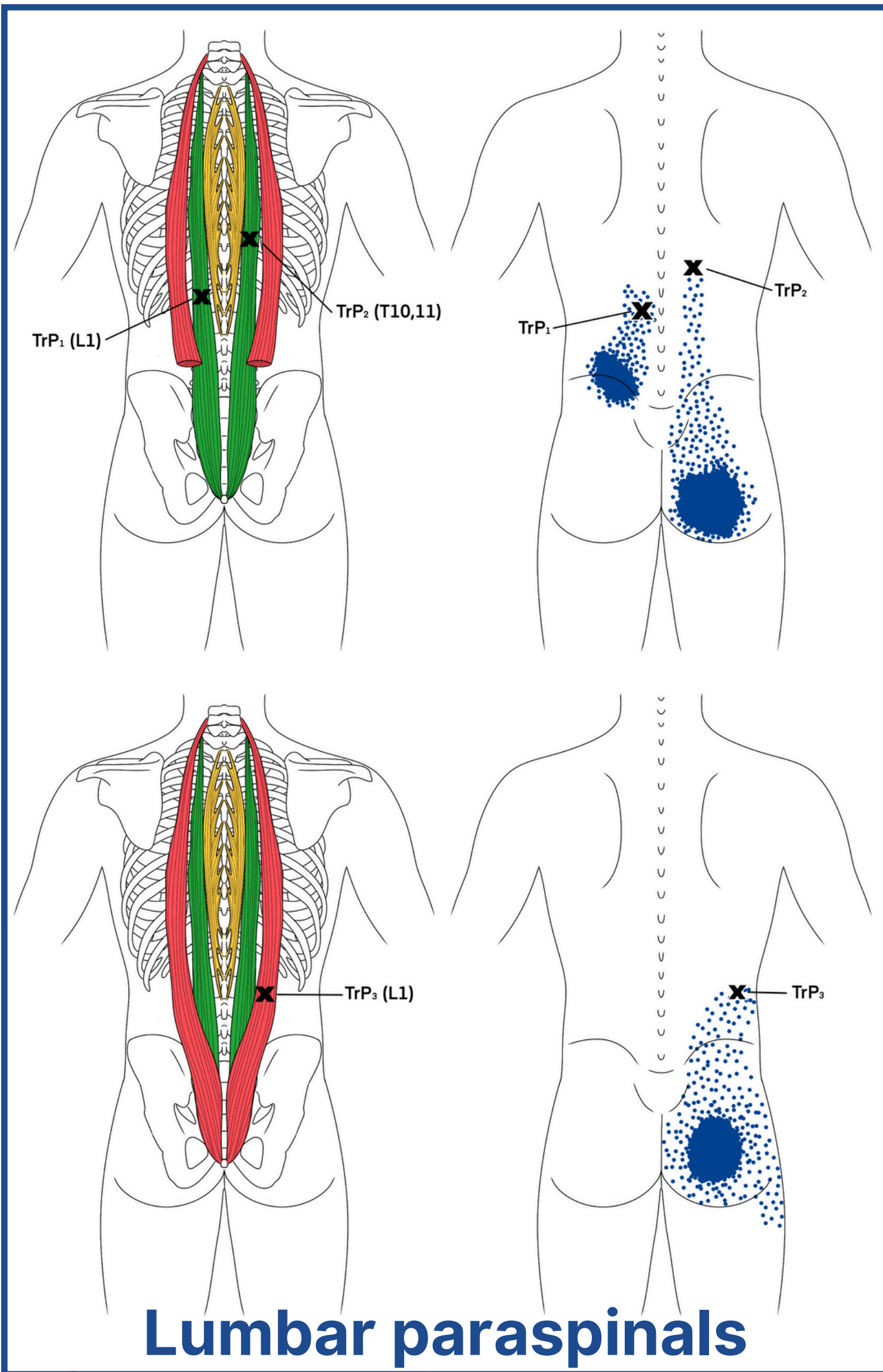


# Lower Back Protocol

Left, right, or bilateral. Each muscle has a few TrPs and all of them are treated.

- 1 - Lumbar paraspinals
- 2 - Quadratus lumborum
- 3 - Piriformis

- 4 - Gluteus medius
- 5 - Gluteus minimus
- 6 - Gluteus maximus

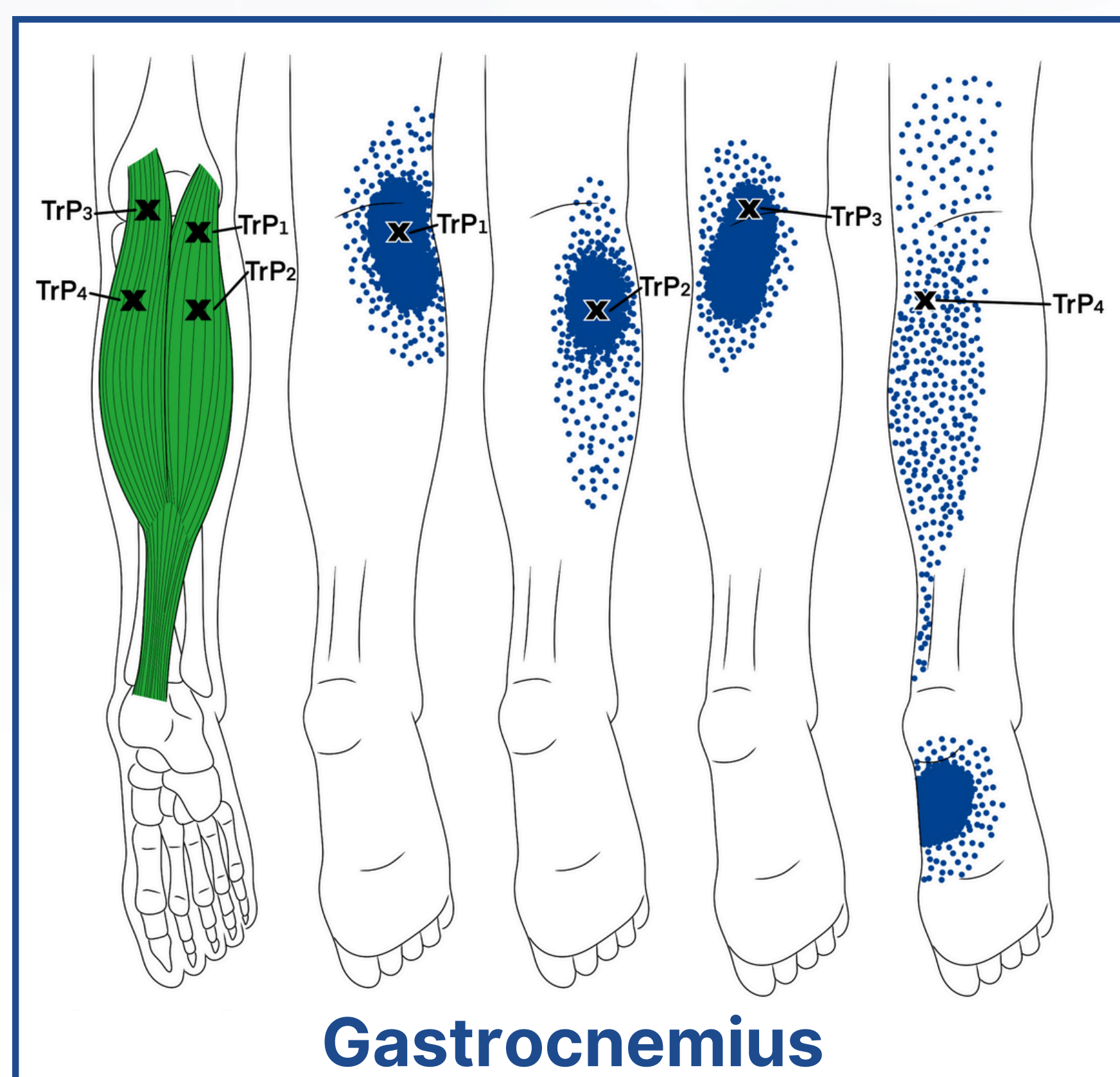
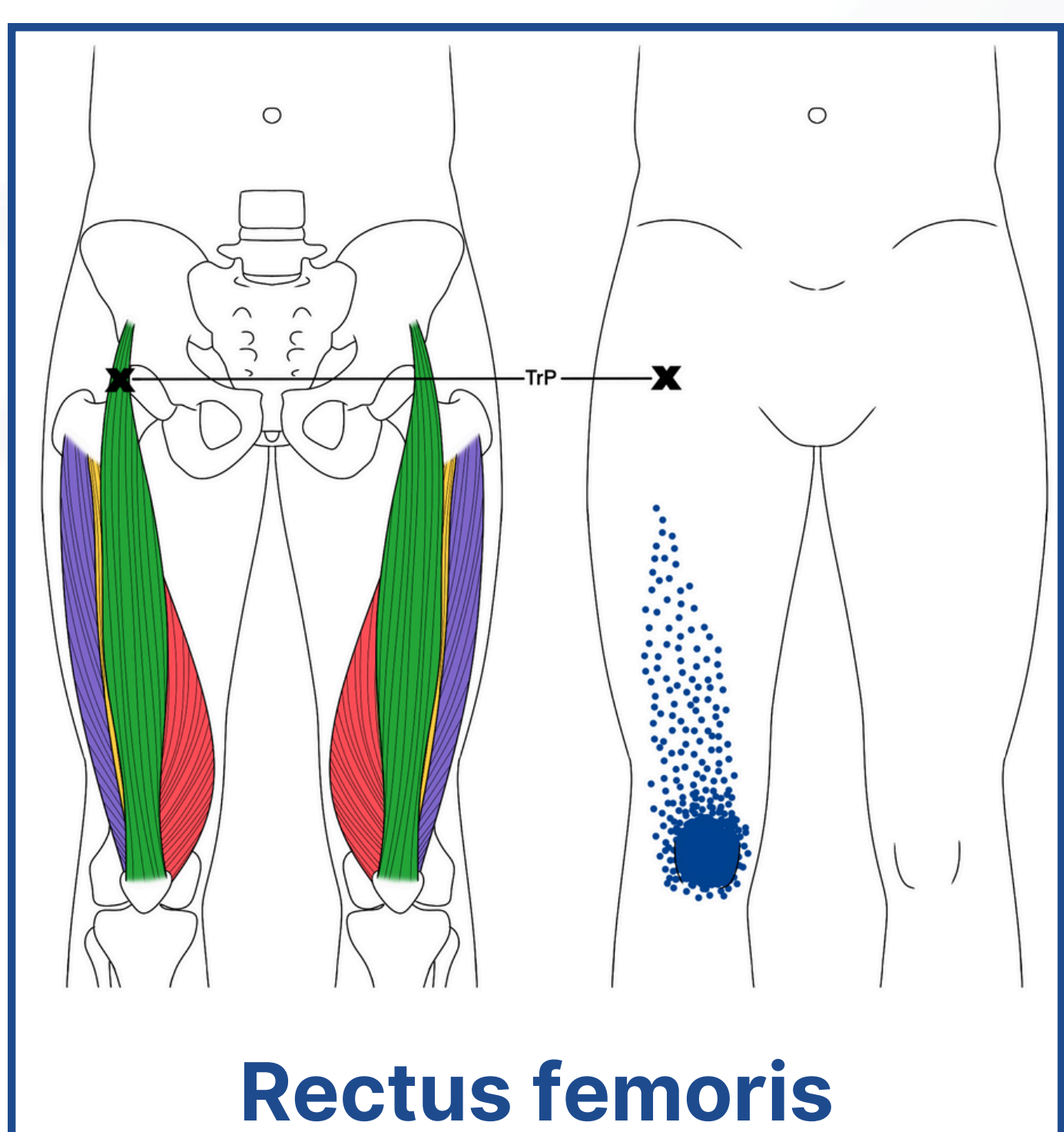
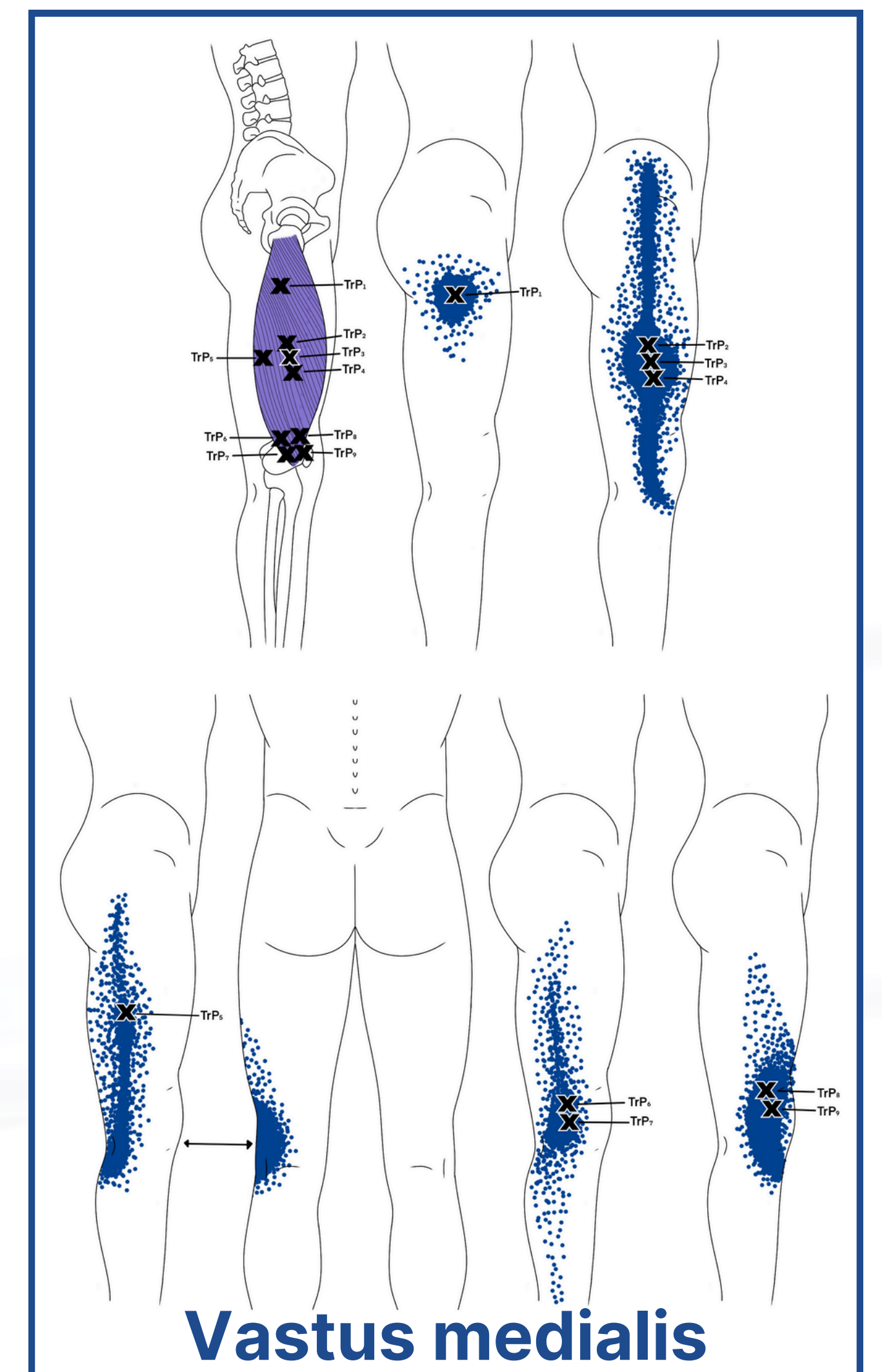
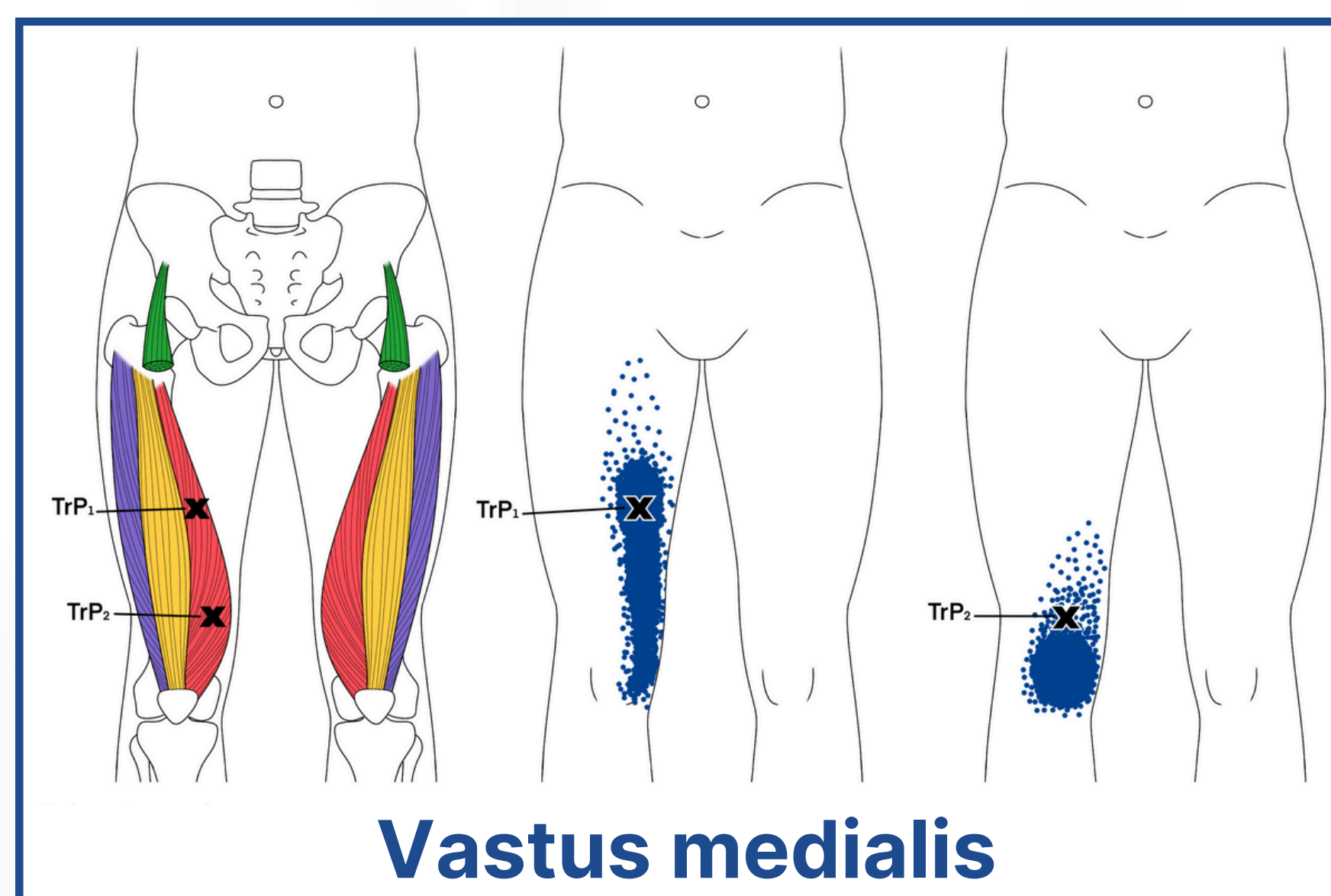
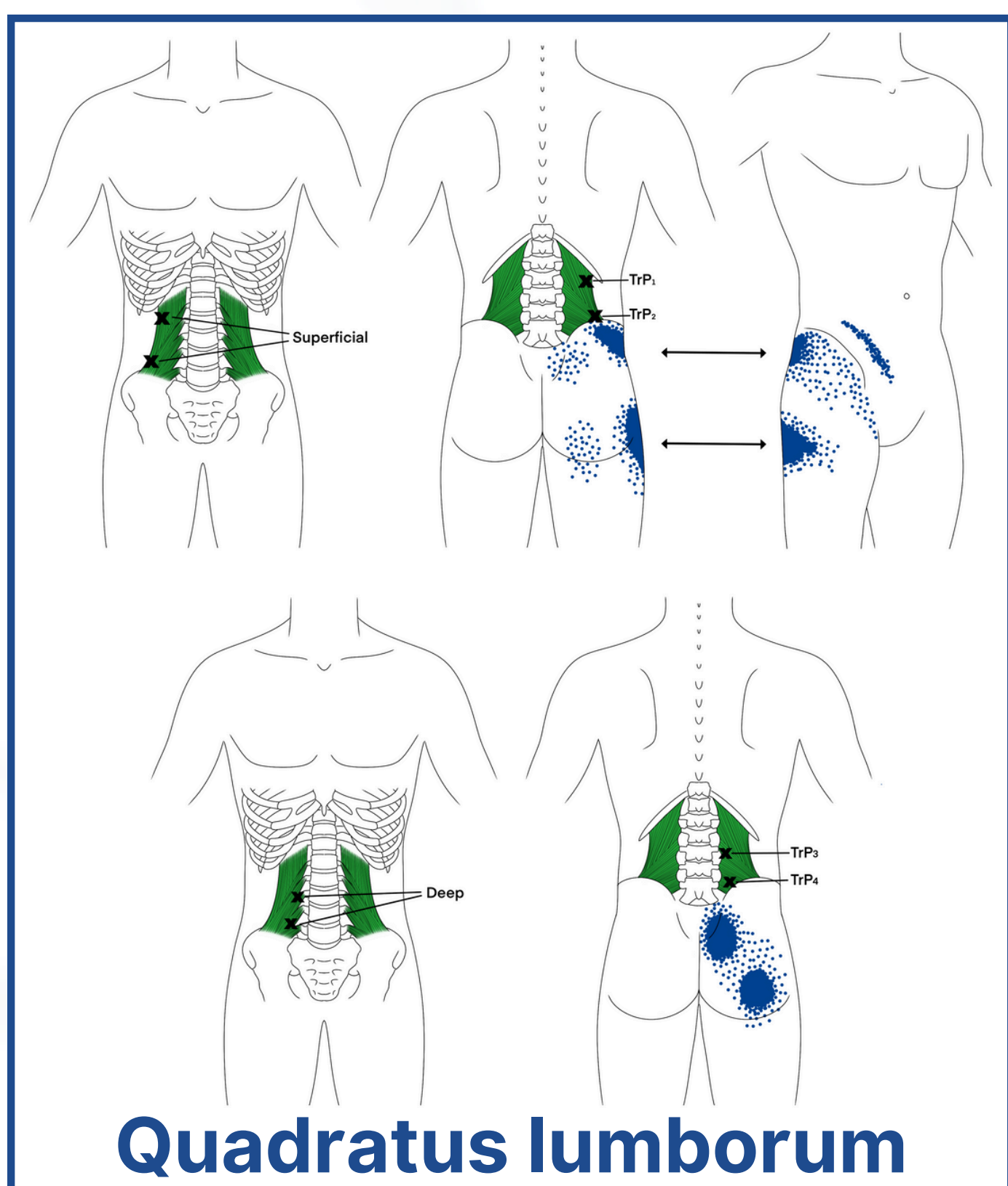
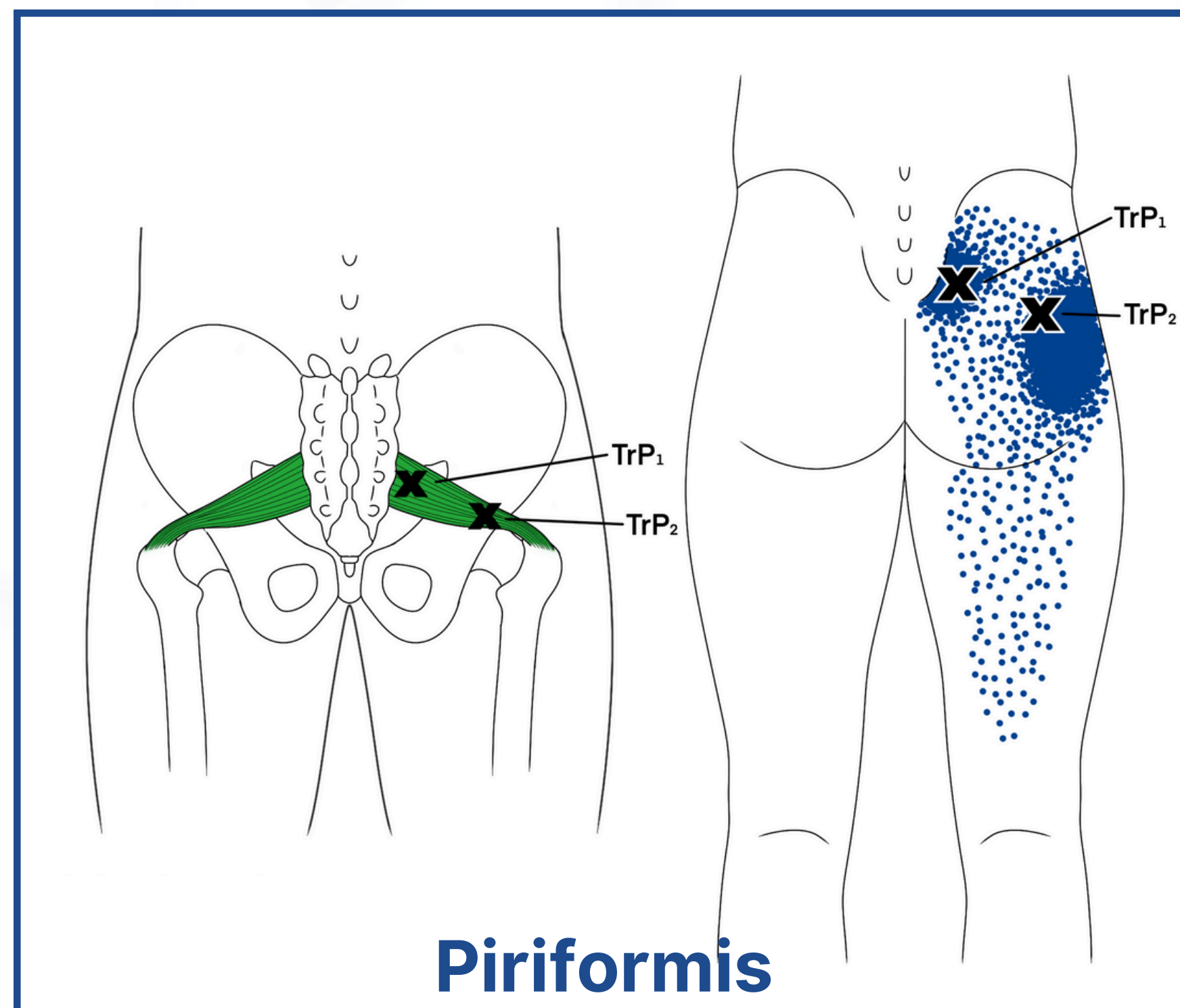
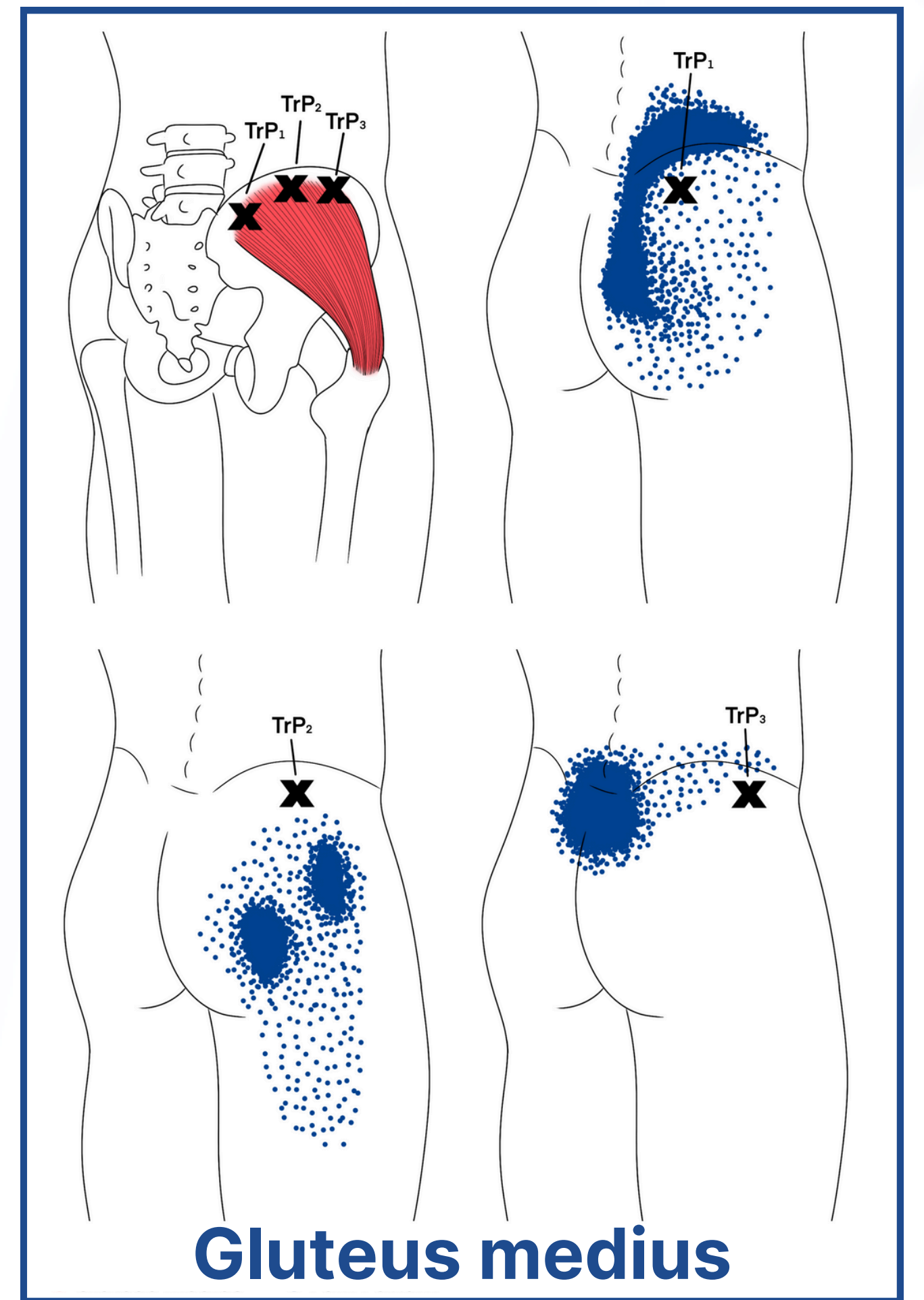
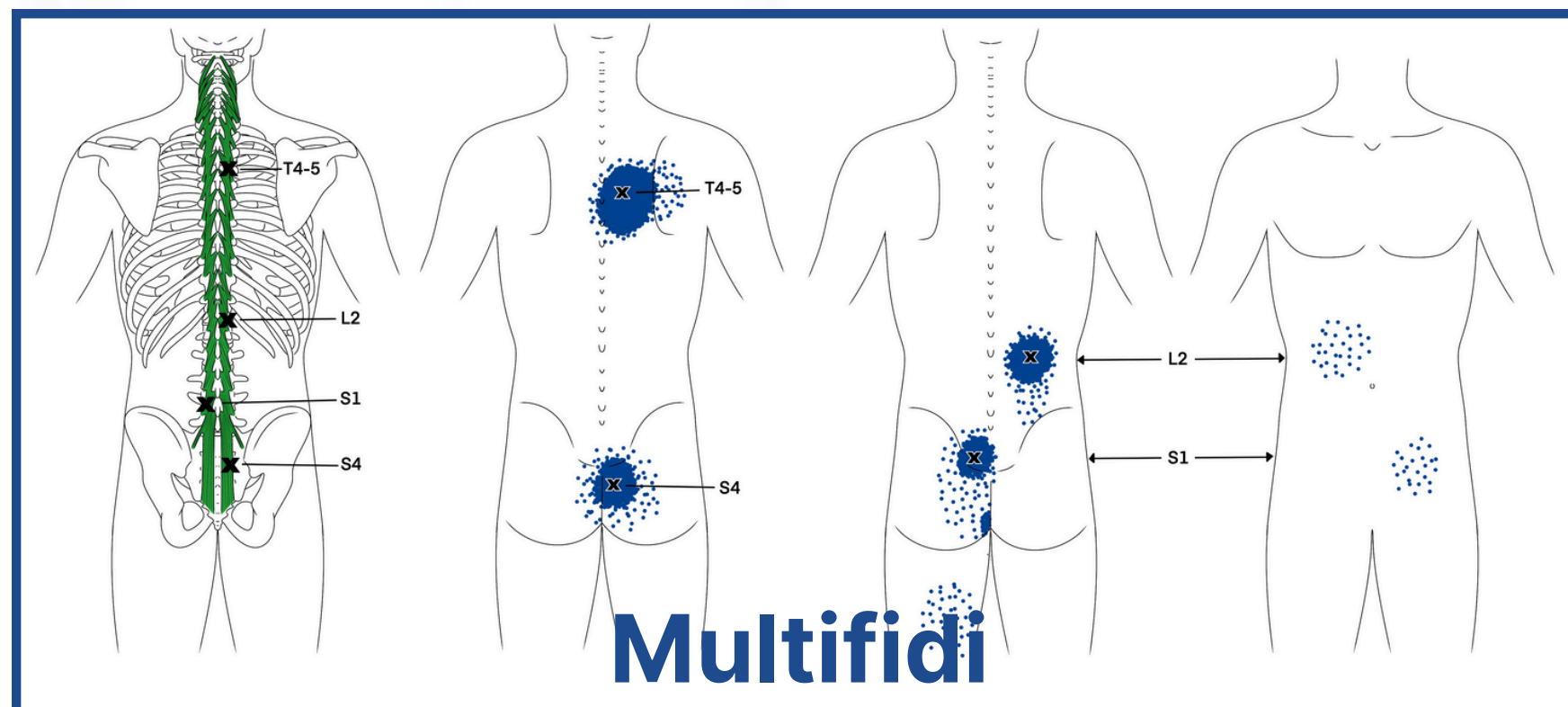
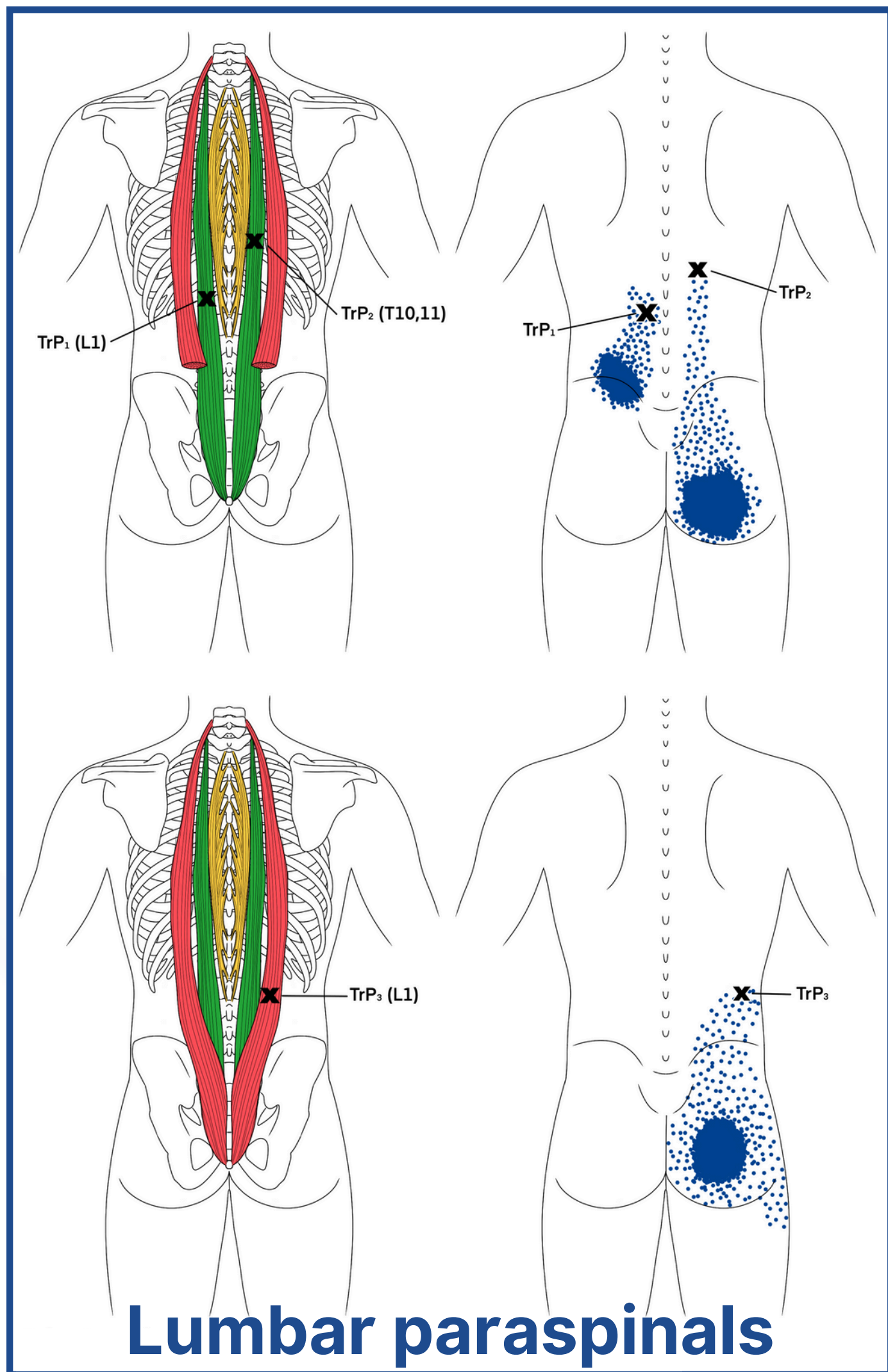


# Knee Protocol

Left, right, or bilateral. Each muscle has a few TrPs and all of them are treated.

- 1 - Lumbar paraspinals
- 2 - Quadratus lumborum
- 3 - Piriformis
- 4 - Gluteus medius

- 5 - Rectus femoris
- 6 - Vastus medialis/lateralis
- 7 - Medial gastrocnemius

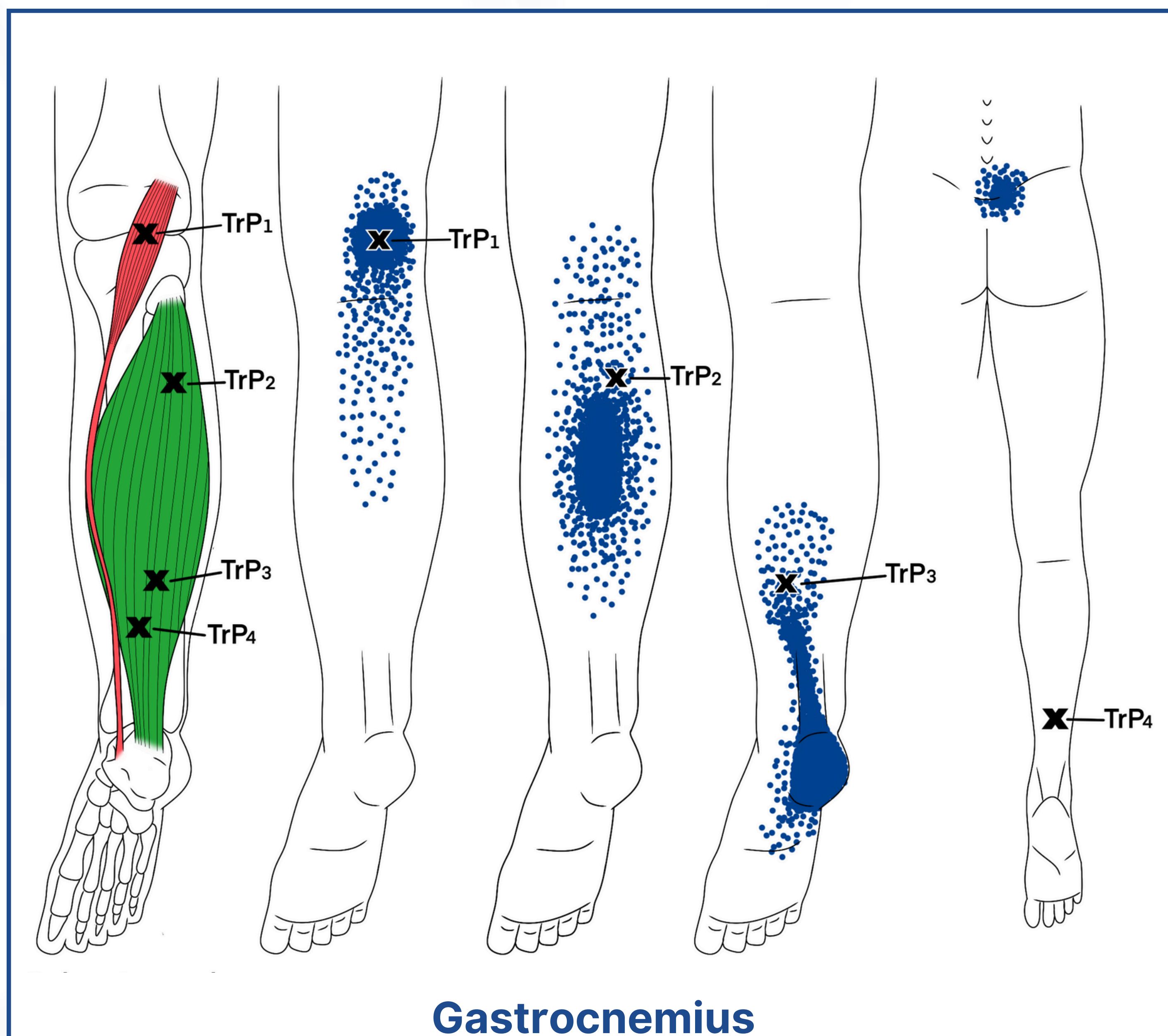
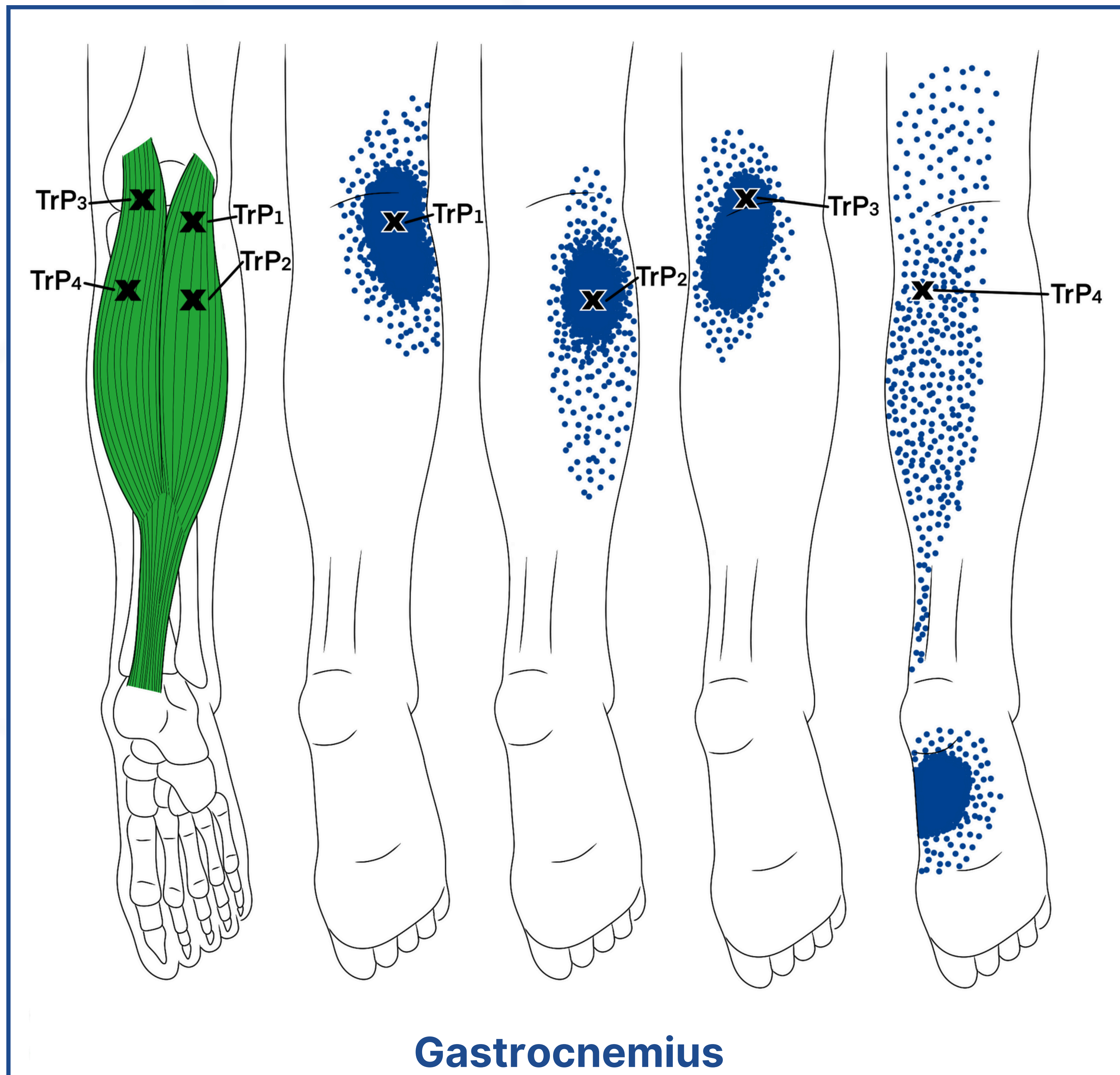


# Lower Leg Protocol

Left, right, or bilateral. Each muscle has a few TrPs and all of them are treated.

1 - Medial gastrocnemius

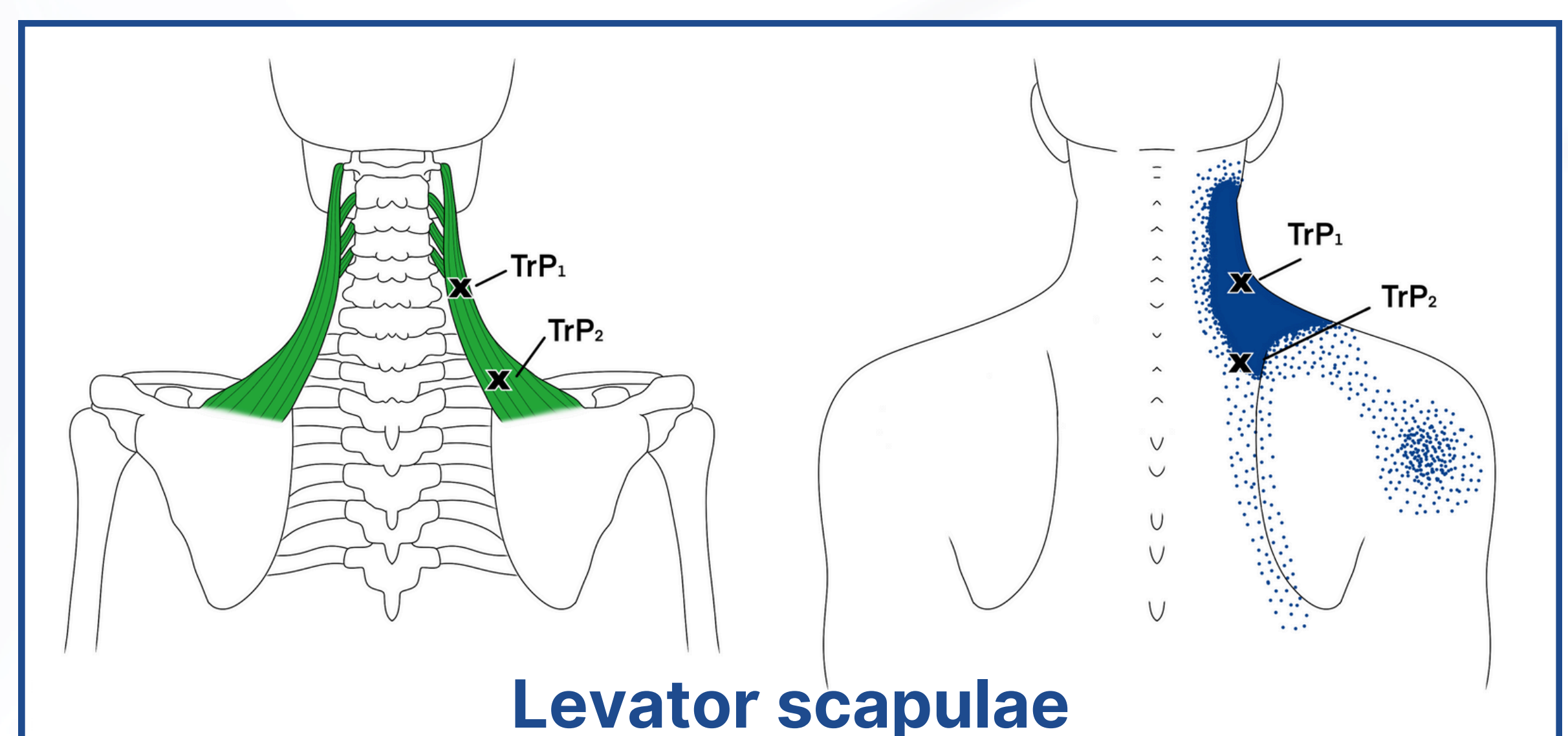
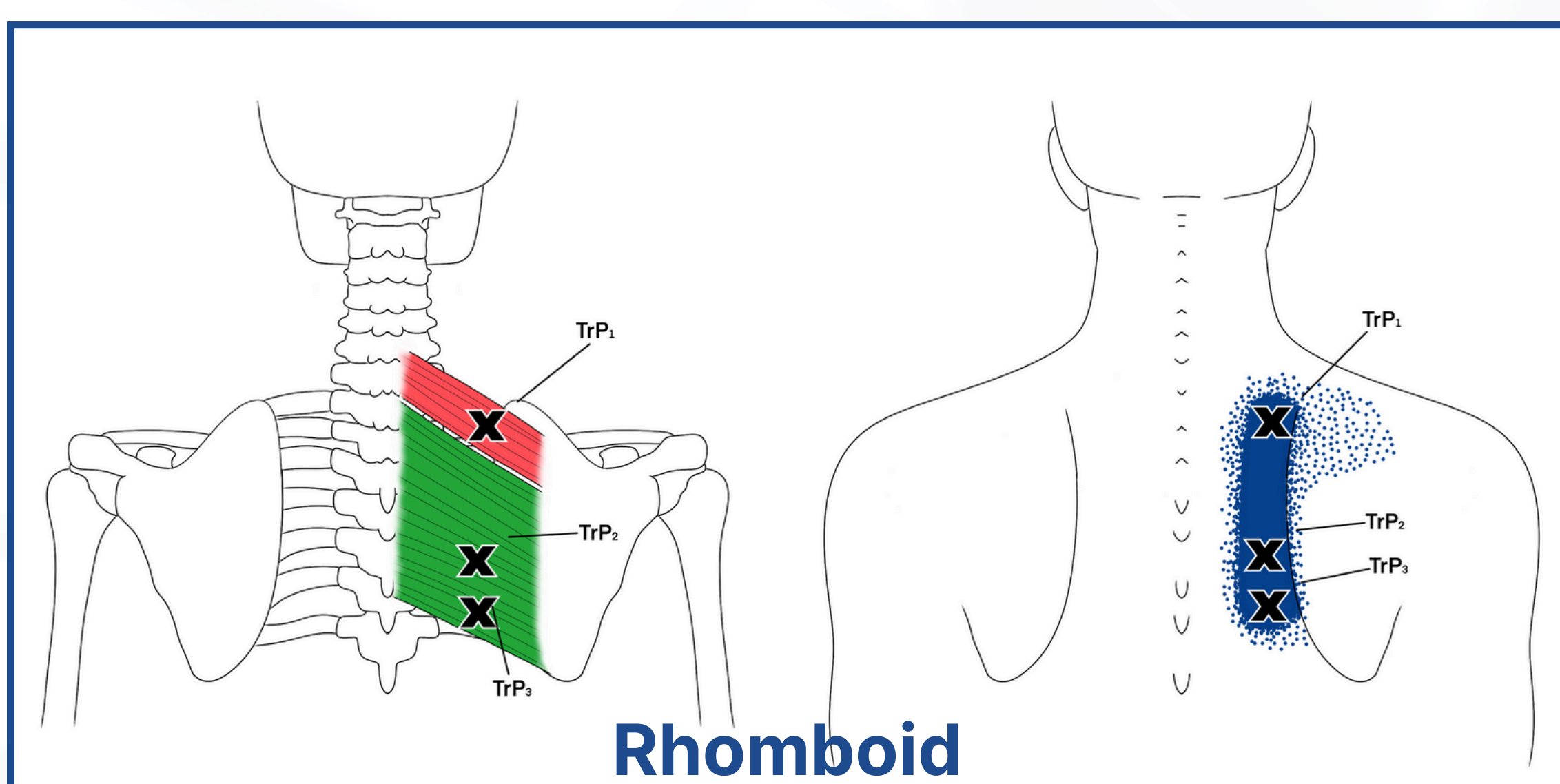
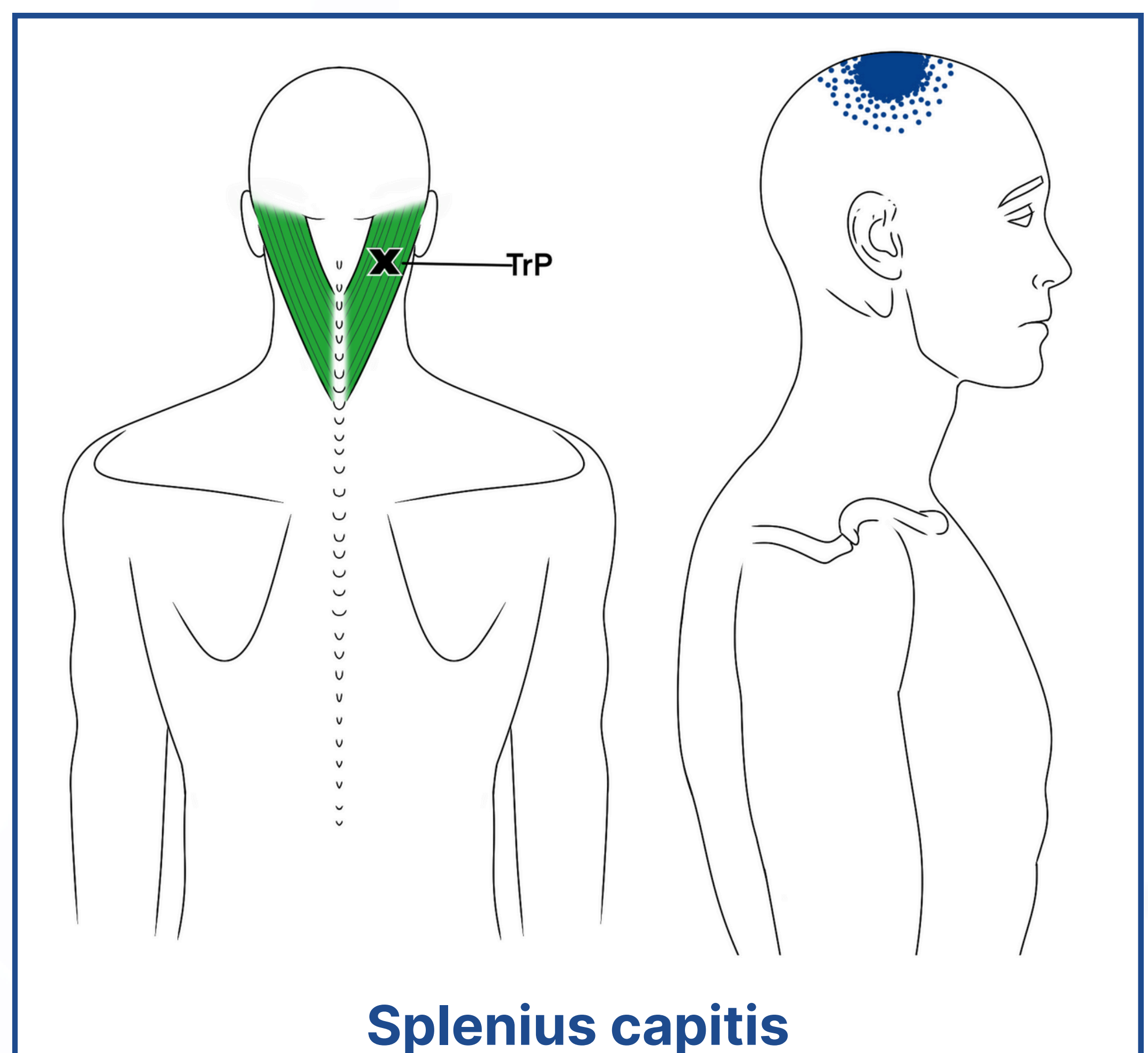
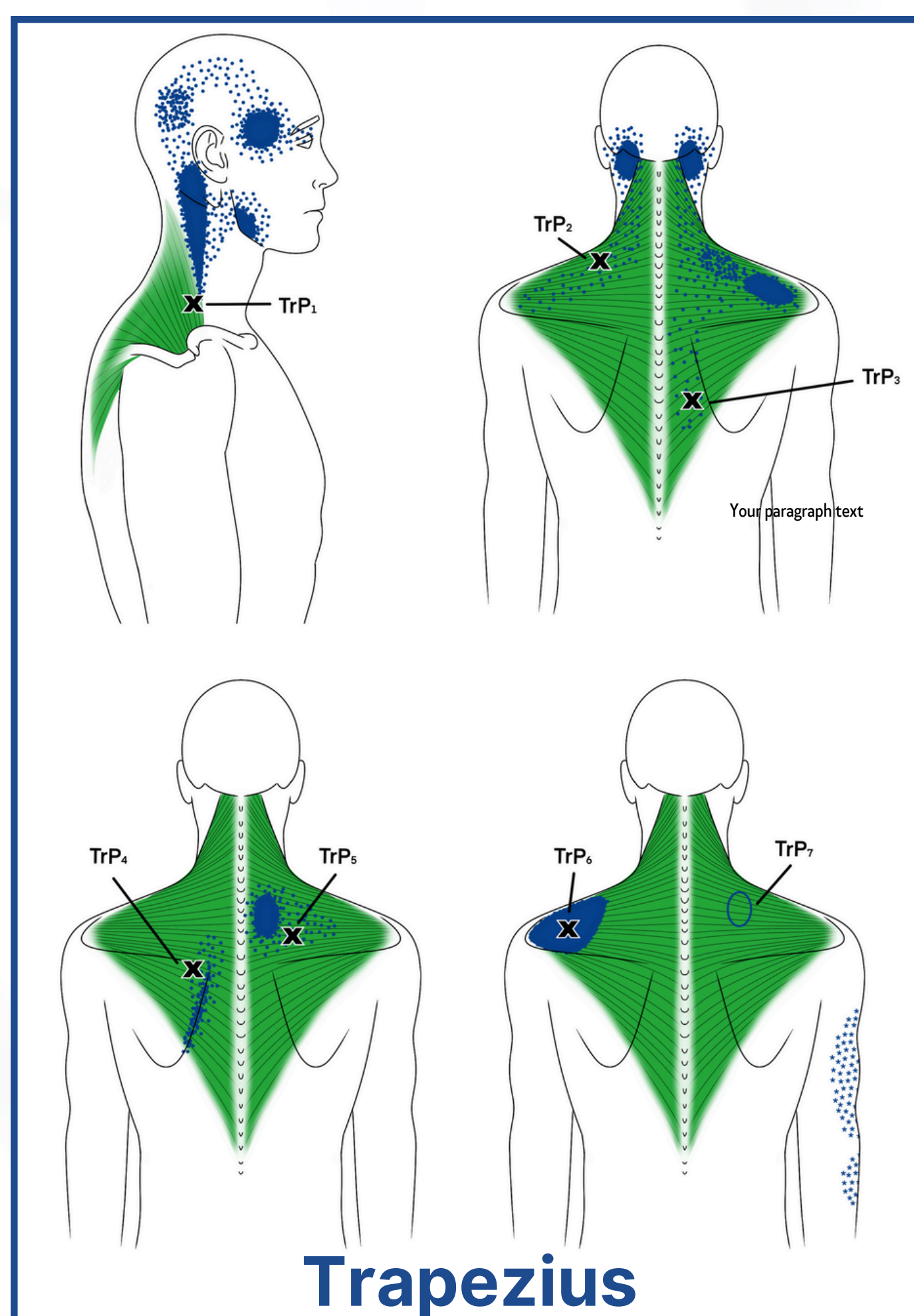
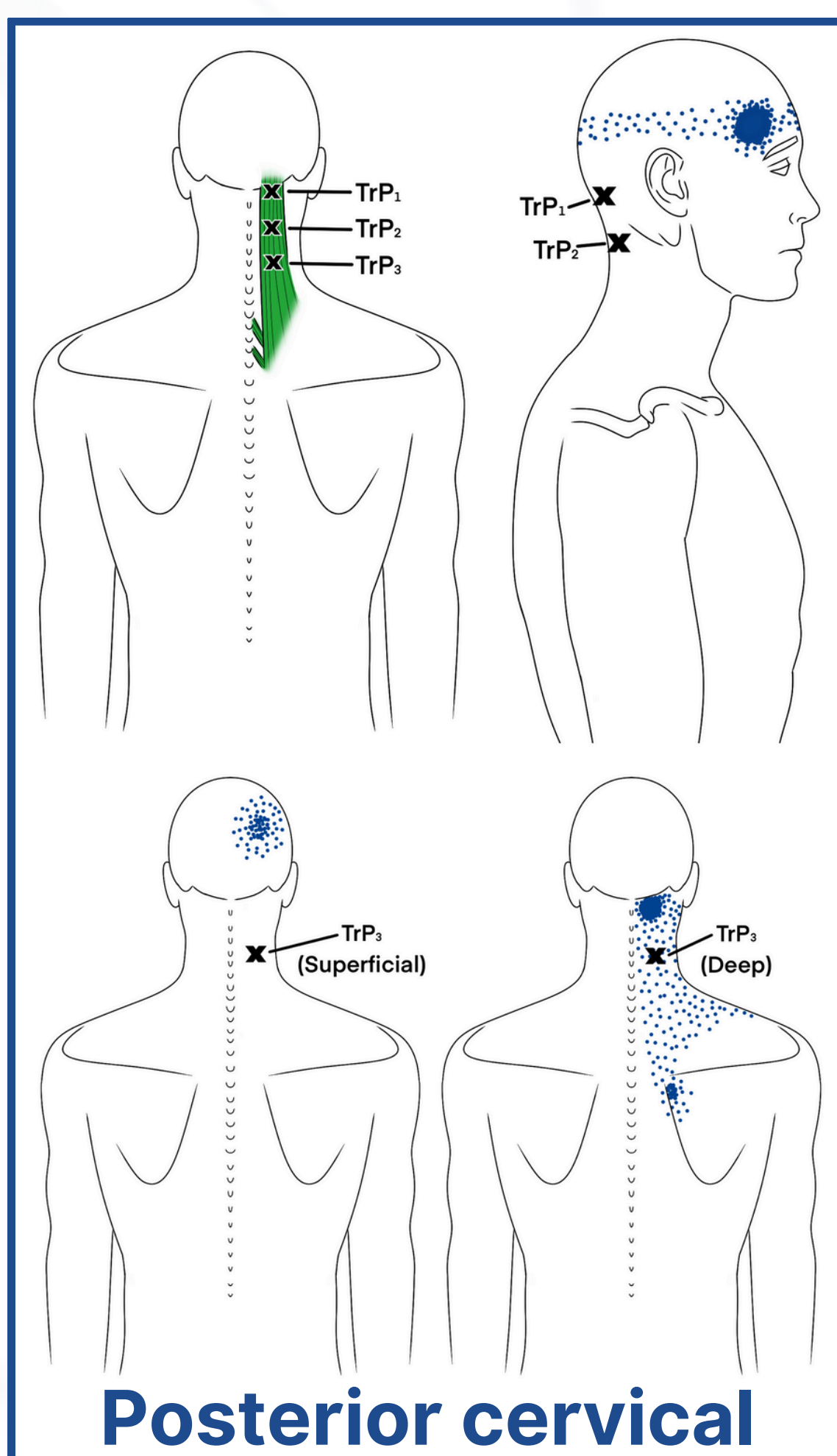
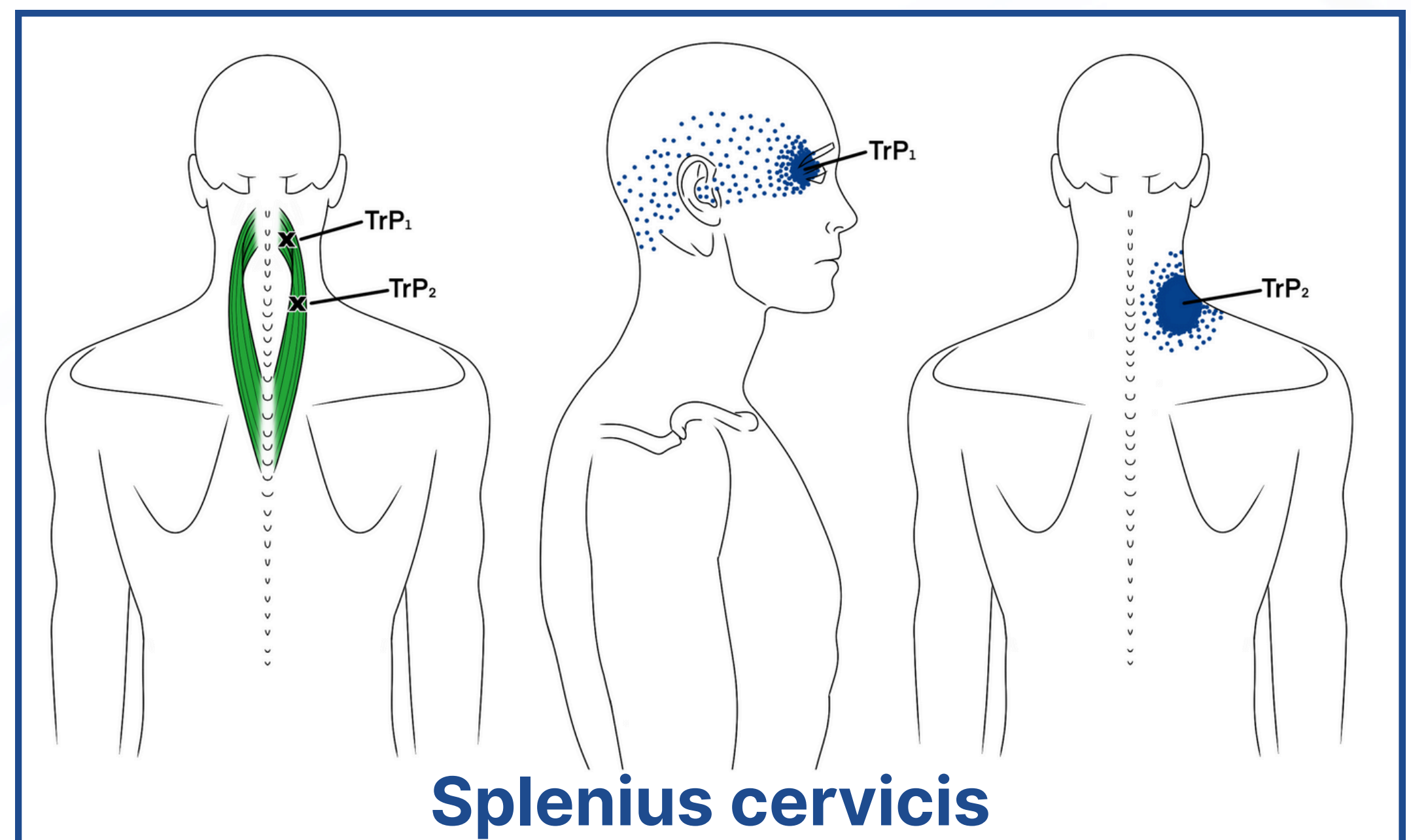
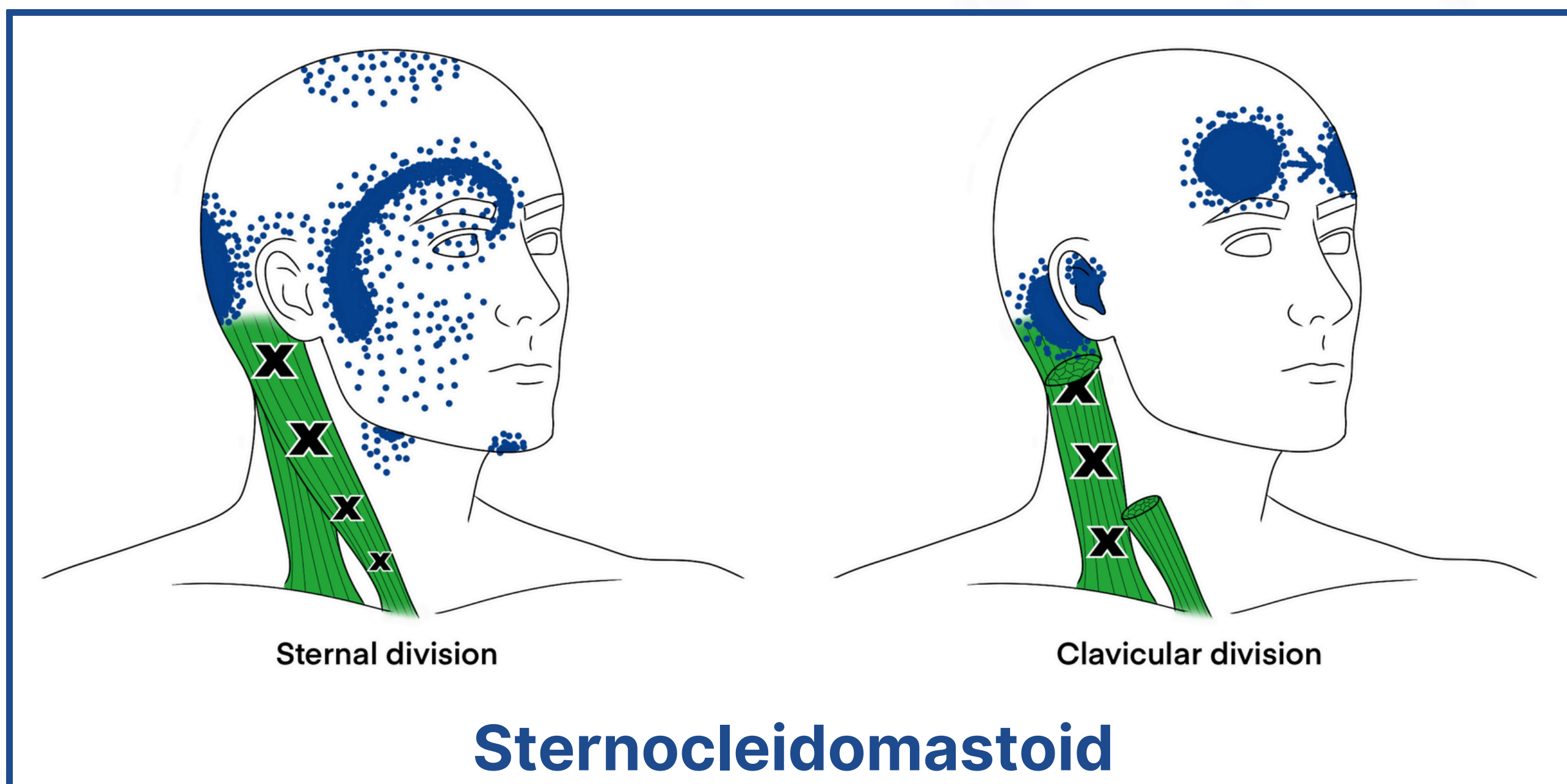
2 - Soleus



# Back and Neck Protocol

Left, right, or bilateral. Each muscle has a few TrPs and all of them are treated.

- 1 - Cervical paraspinals
- 2 - Trapezius,
- 3 - Rhomboids/Levator scapulae,
- 4 - Lower trapezius

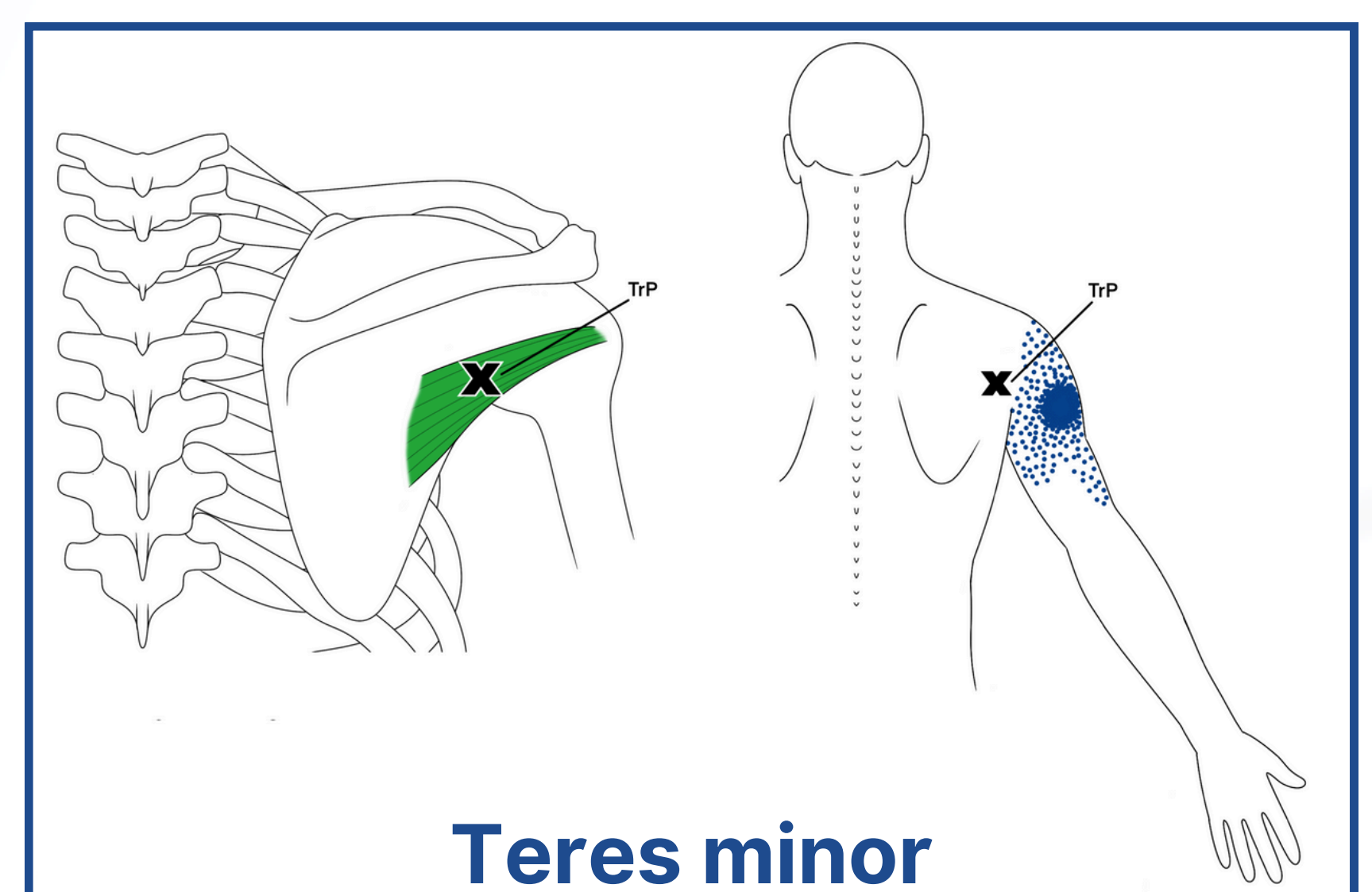
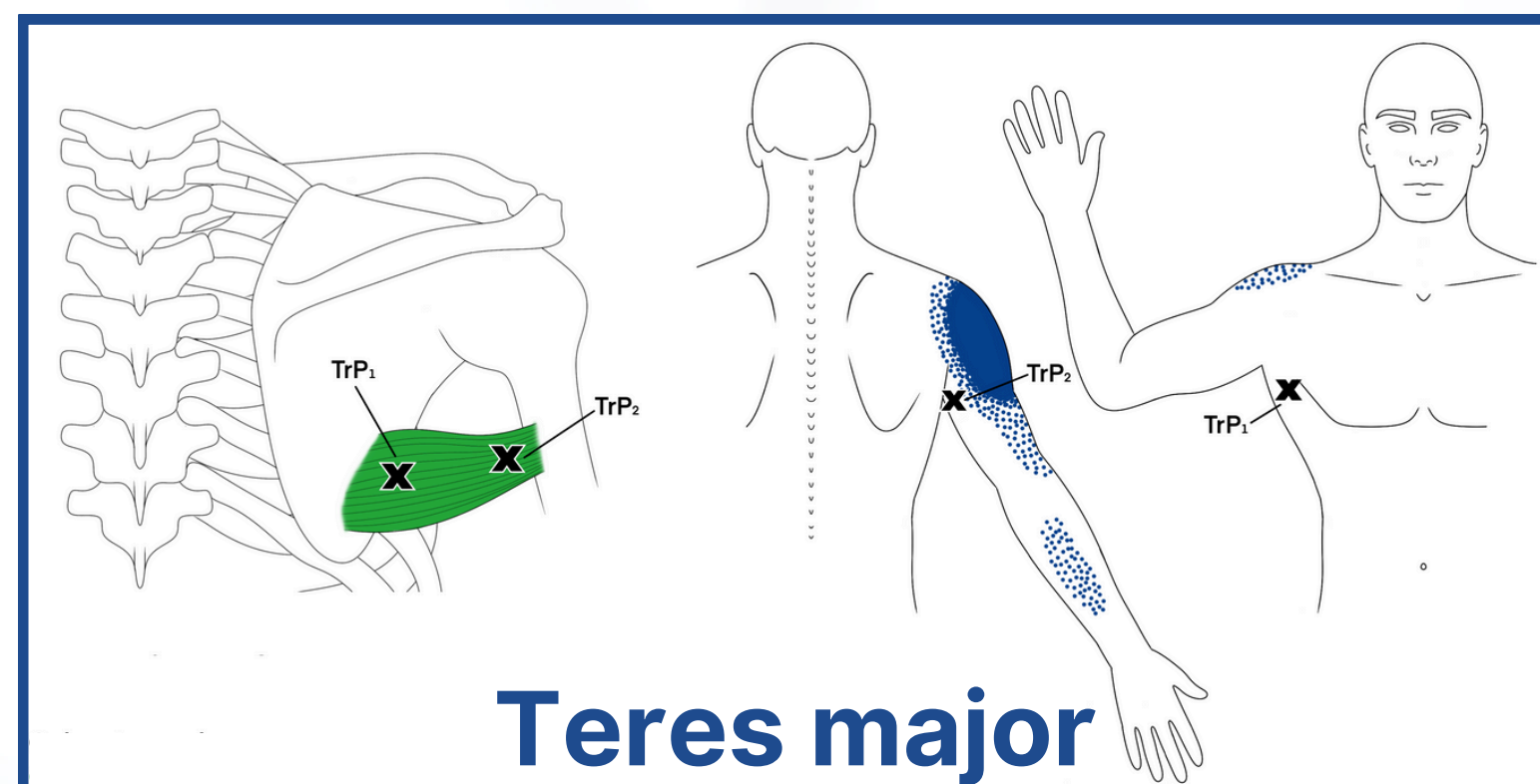
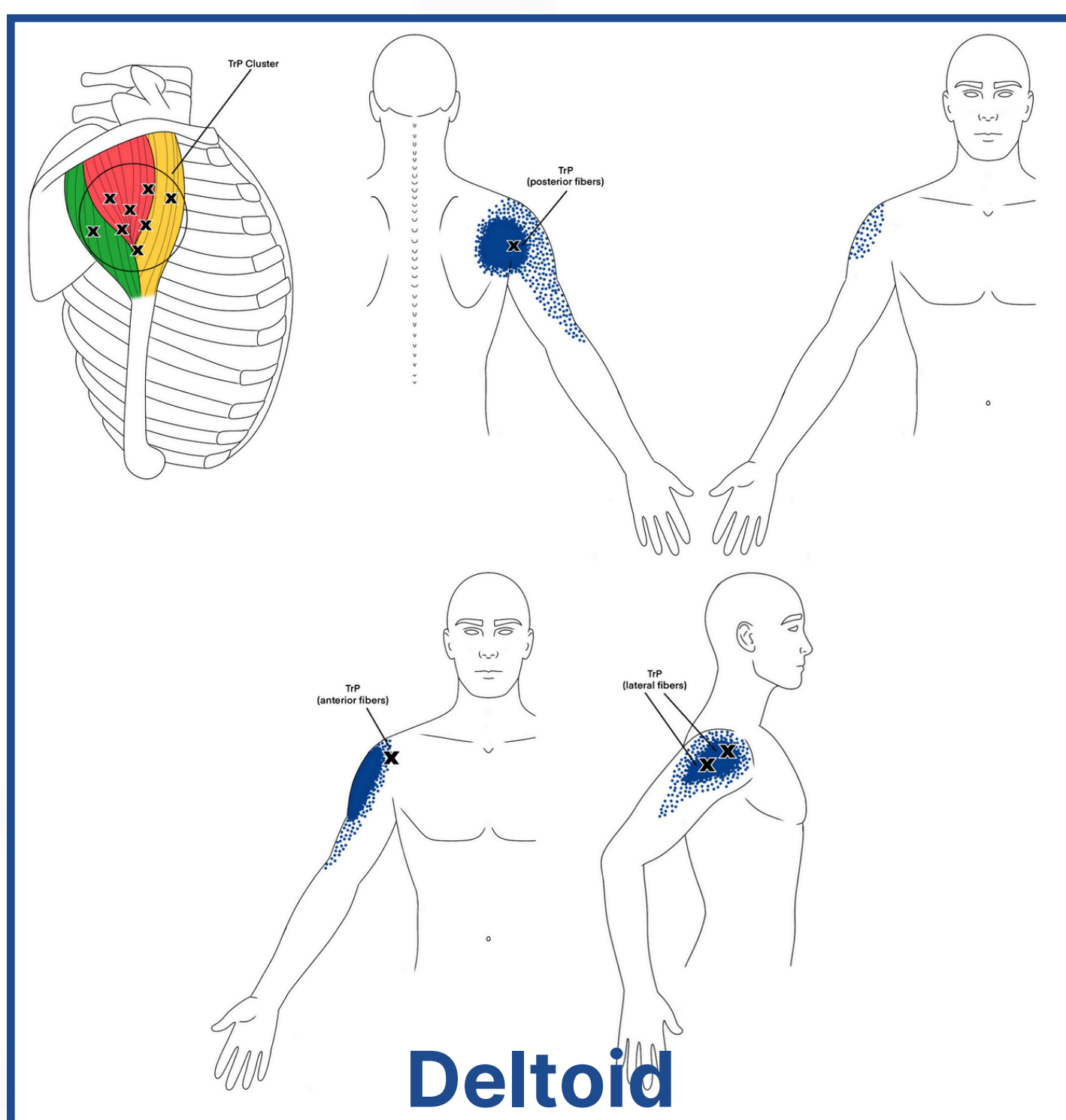
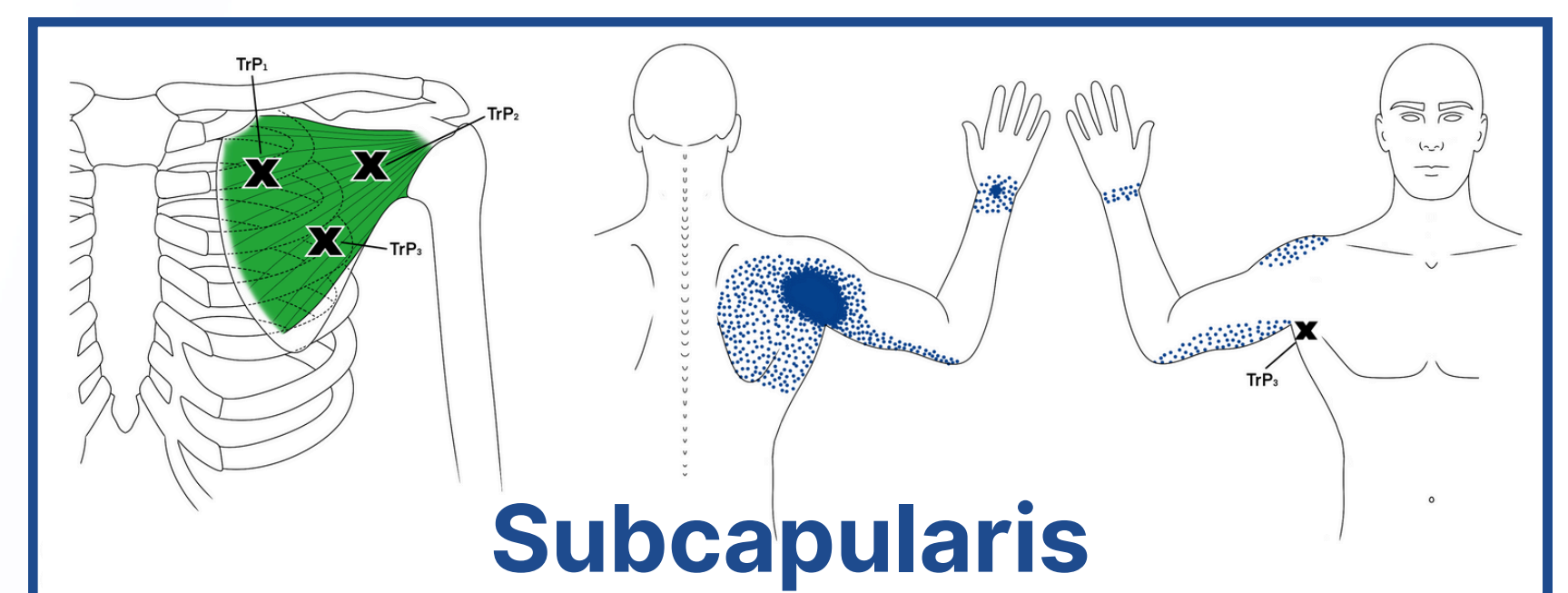
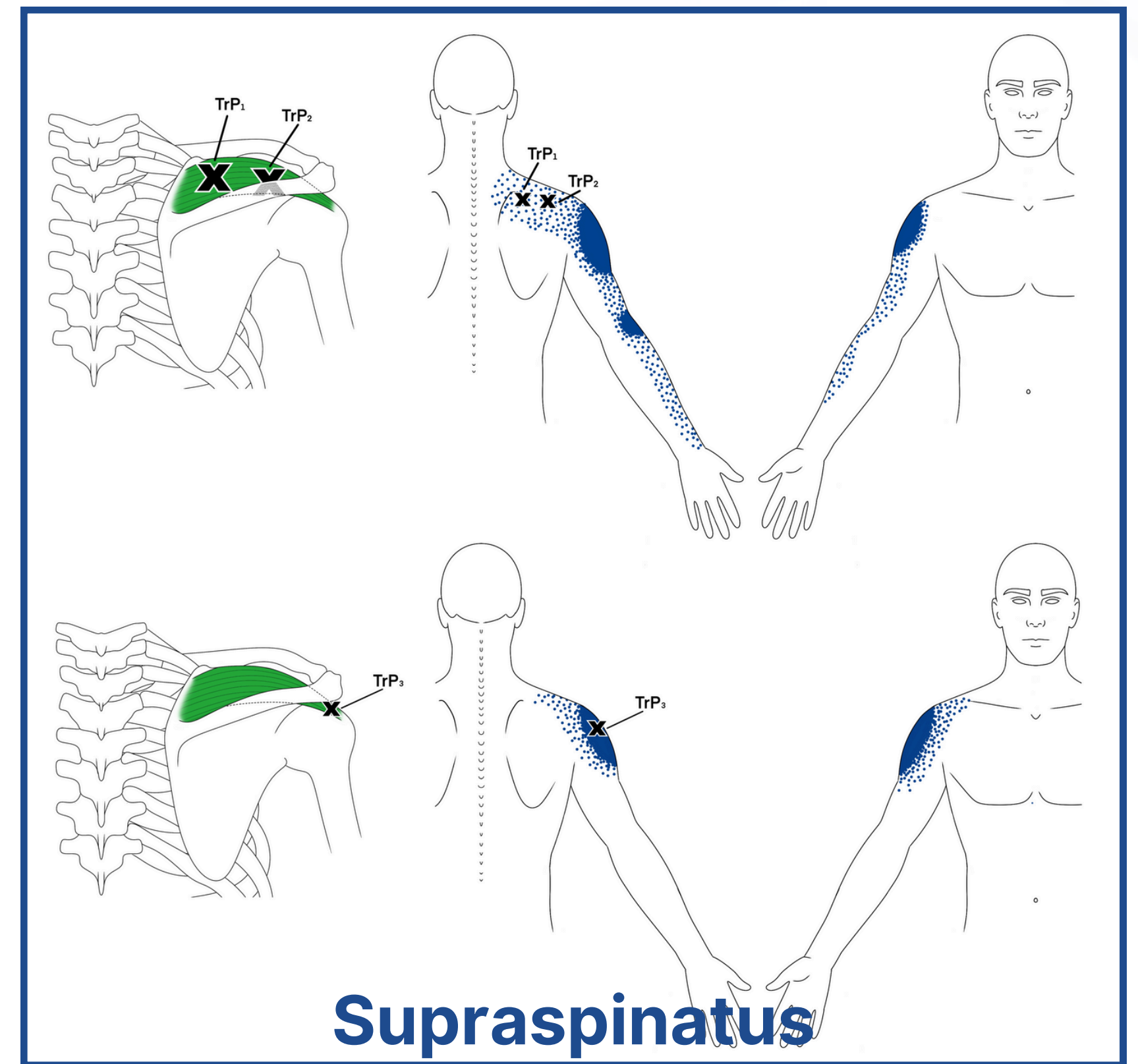
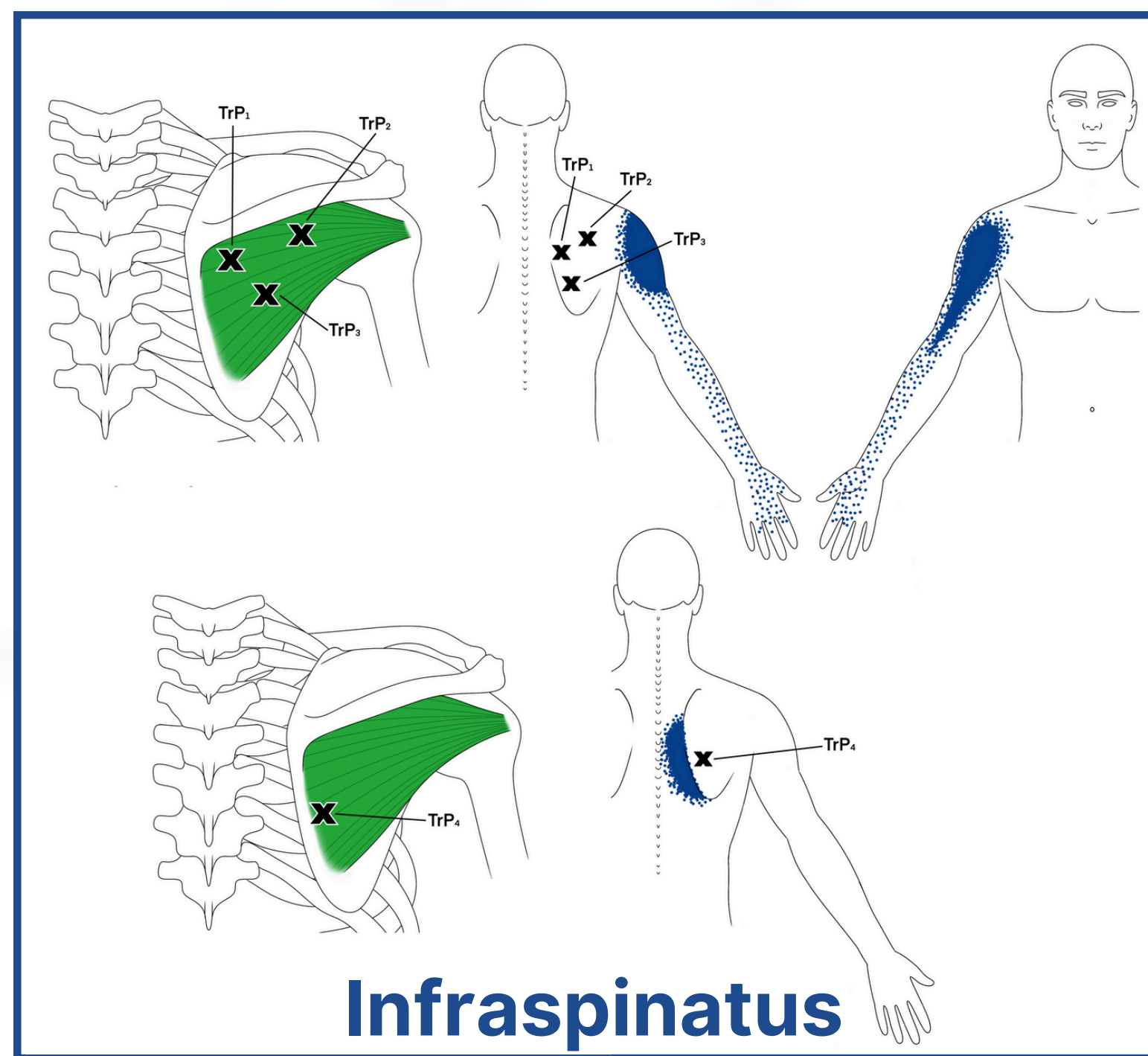
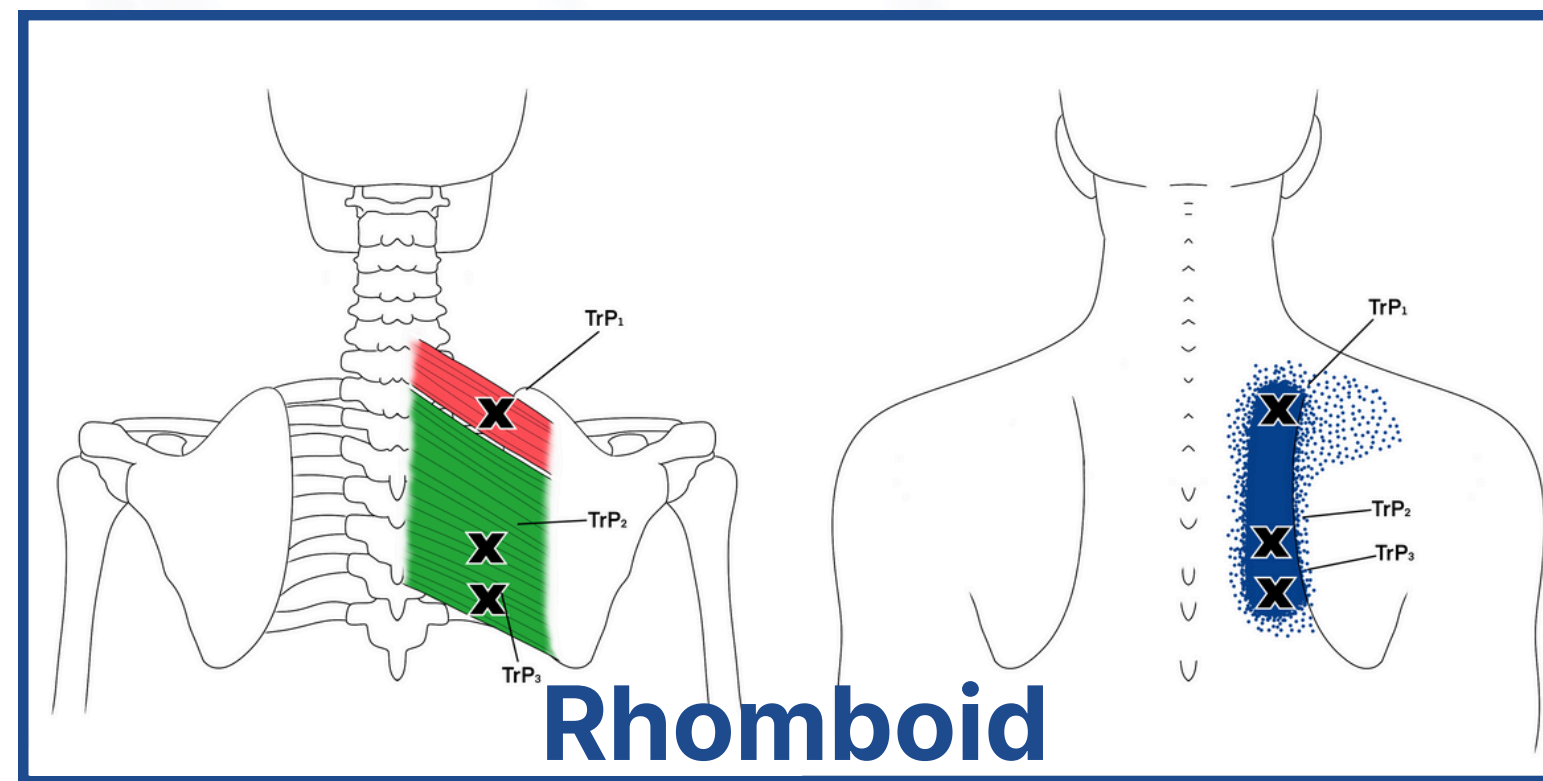
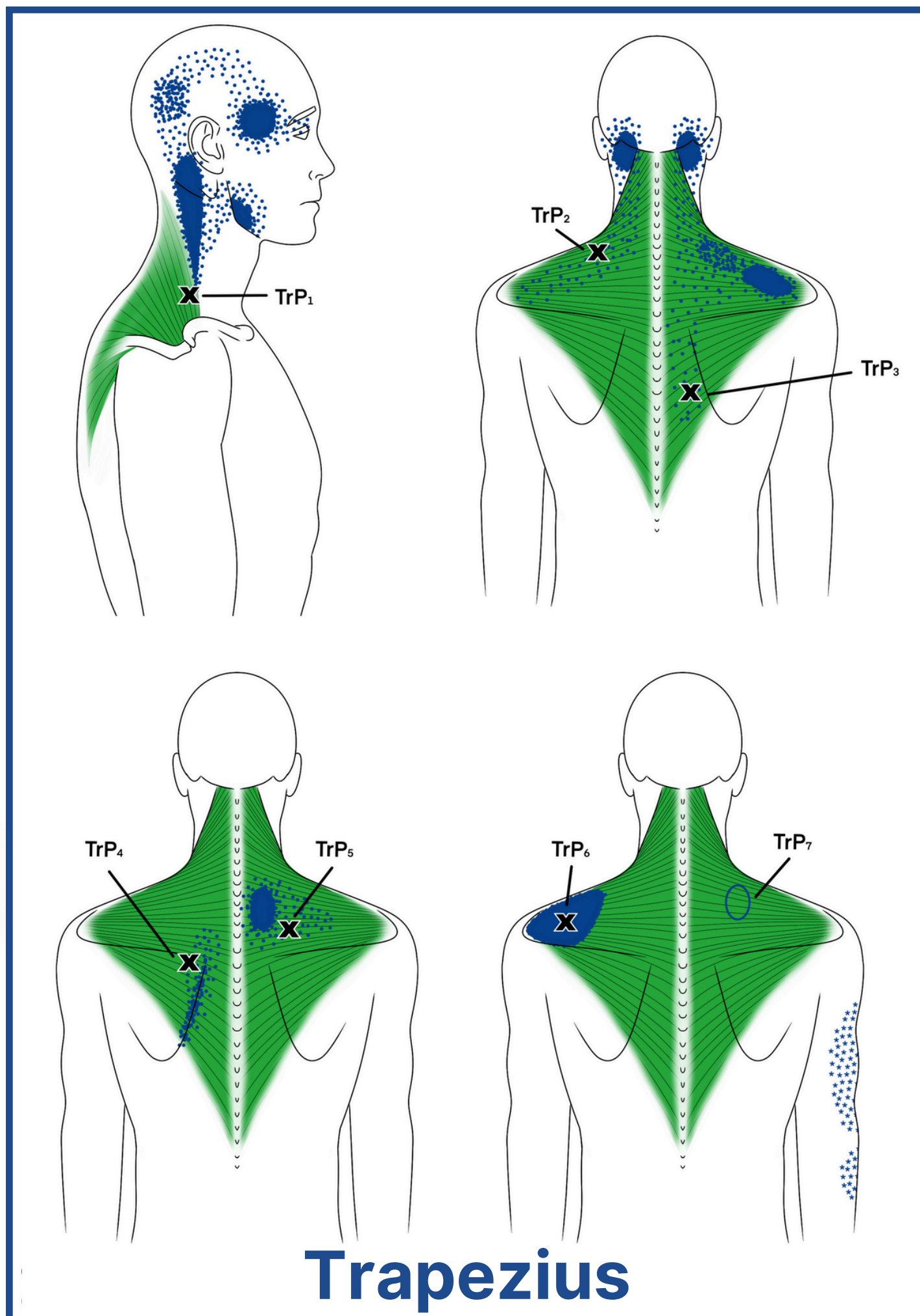


# Shoulder Protocol

Left, right, or bilateral. Each muscle has a few TrPs and all of them are treated.

- 1 - Trapezius
- 2 - Rhomboids
- 3 - Lower trapezius
- 4 - Infraspinatus

- 5 - Supraspinatus
- 6 - Teres major
- 7 - Deltoid
- 8 - Subscapularis



# Elbow Protocol

Left, right, or bilateral. Each muscle has a few TrPs and all of them are treated.

- 1 - Brachioradialis
- 2 - Extensor carpi radialis longus
- 3 - Supinator
- 4 - Triceps

