

Live Your Dreams Bodywork

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Body Map

Name: _____

Date: _____

Note the finding next to the muscle checked:

T = Tension, hypertonicity P = Pain S = Spasm I = Inflammation N = Numbness/tingling

Arm

- Biceps/Tricep Supinator _____
- Brachialis _____
- Coracobrachialis _____
- Deltoids: Ant/Lat/Post _____
- Pronator Teres _____

Hip/Leg

- Add Long/Brev Mag _____
- Biceps Femoris _____
- Gemellus Sup/Inf _____
- Gluteus Max/Med/Min _____
- Obturator Int/Ext _____
- Pectineus _____
- Piriformis _____
- Iliopsoas Major/Illacus _____
- Quadratus Femoris _____
- Rectus Femoris _____
- Sacrospinalis _____
- Sartorius/Gracilis _____
- Semi-Tend/Membranosus _____
- Tensor Fascia Latae _____
- Trochanteric _____
- Vastus Int/Med/Lat _____

Chest

- Diaphragm _____
- Ext/Int Oblique _____
- Intercostals _____
- Pectoralis Major/Minor _____
- Rectus Abdominis _____
- Ribs _____
- Serratus Anterior _____
- Subclavius _____
- Transverse Abdominis _____

Foot

- Abd/Add Hallucis Brev _____
- Abductor Digiti Brevis _____
- Dors/Plan Interossei _____
- Flexor Digiti Minimi Brevis _____
- Flexor Digitorum Brevis _____
- Flexor Hallucis Brevis _____
- Lumbricals _____
- Quadratus Plantae _____
- Calcaneal Tendon(Achilles) _____

Neck

- Scalenes Anter/Med/Post _____
- Splenus Capitus _____
- Splenus Cervicus _____
- Sternocleidomastoid _____
- Supra Infra Hyoids _____

Head

- Auricularis Post/Sup _____
- Buccinator _____
- Masseter _____
- Orbicularis Oris/Oculi _____
- Pterygoid Med/Lat _____
- Transverse Nuchae _____
- Temporalis _____

Lower Leg

- Flex/Ext Digitorum Long/BR _____
- Flex/Ext Hallucis Long _____
- Gastrocnemius _____
- Peroneus Tert/Brev/Lon _____
- Plantaris/Popliteus _____
- Soleus _____
- Tibialis Post/Ant _____

Back

- Erector Spinae _____
- Iliocostalis _____
- Infraspinalis _____
- Interspinalis _____
- Intertransversarii _____
- Latissimus Dorsi _____
- Levator Scapula _____
- Longissimum _____
- Multifidus Rotatores _____
- Quadratus Lumborum _____
- Rhomboids: Major/Minor _____
- Serratus Post/Sup/Inf _____
- Spinalis/Semisipinalis _____
- Subscapularis _____
- Supraspinatus _____
- Teres Major/Minor _____
- Trapezius _____

