

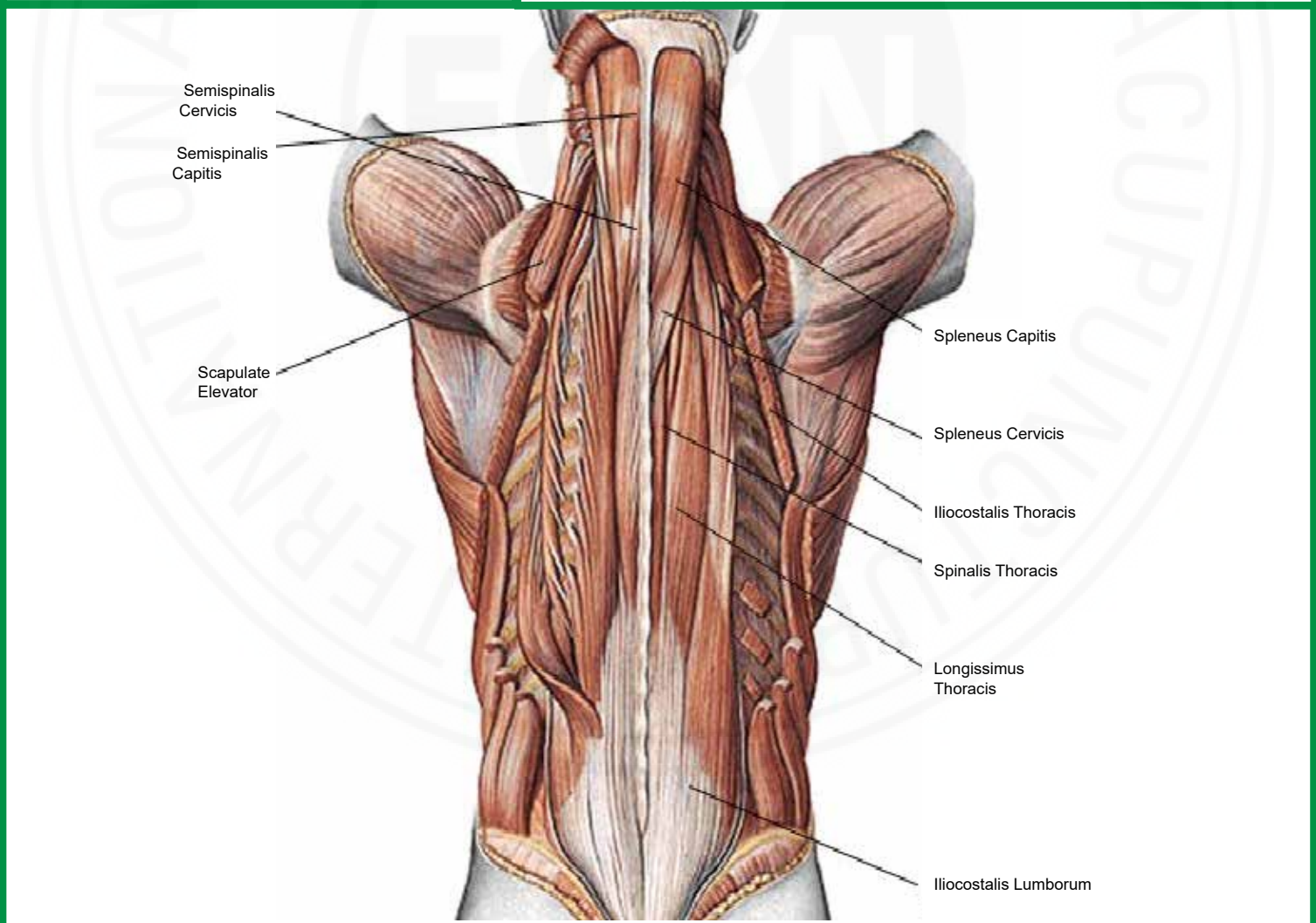
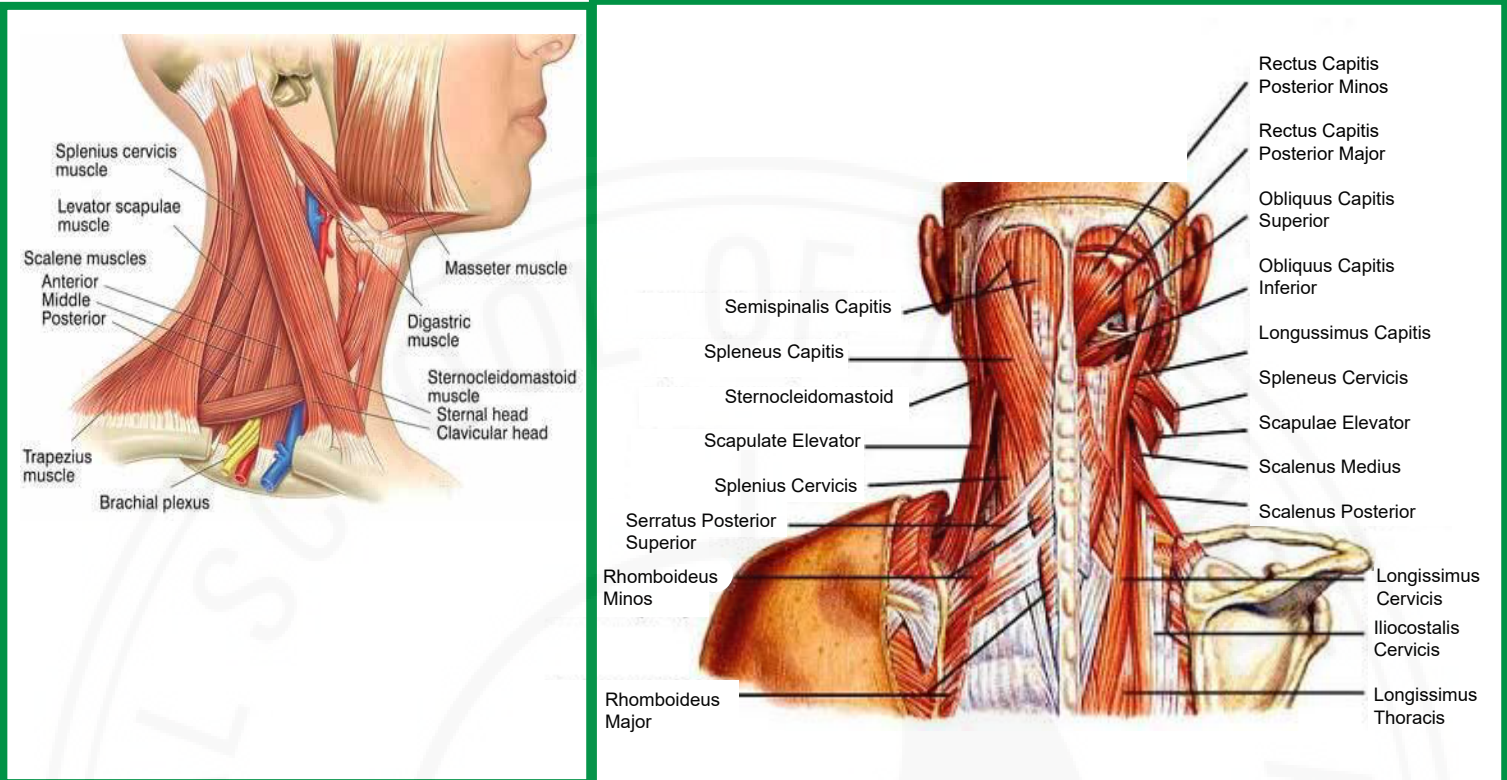


Natural Acupuncture



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling





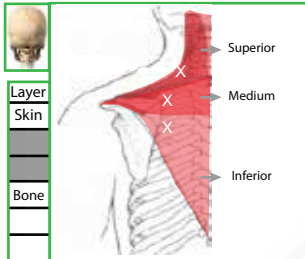
Natural Acupuncture



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Trapezius



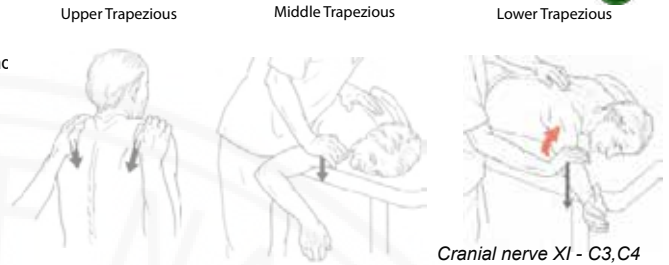
Possible Symptoms:

- Back of Head Pain
- Back of Neck Pain
- Cheek Pain (like Sinusitis)
- Mid-Thoracic Back Pain
- Problems Holding Arms Up
- Temporal Headache
- Temporomandibular Pain (TMJ)
- Back of Shoulder Pain
- Pain with rotation to opposite side

Action:

- 1 Scapular elevation and upward rotation
- 2 Scapular retraction
- 3 Scapular depression and upward rotation

Testing & Exercises

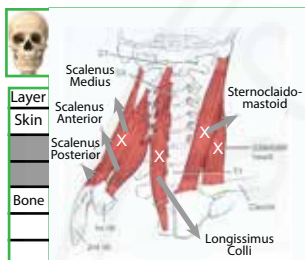


Palpation



Superficial Needling / M.F. Perpendicular

Neck Front Group



Possible Symptoms:

- Lateral headache

Action:

- Mandible Elevator
- Lower Jaw Raising

Testing & Exercises



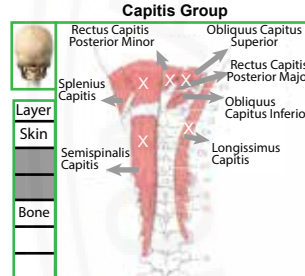
Palpation



Deep Needling / M.F. Perpendicular

Trigeminal Nerve (CN III)

Neck Back Group



Possible Symptoms:

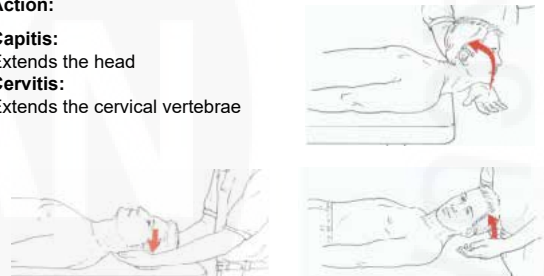
Action:

- Capitis:** Headaches or Migraines
- Cervicis:** Vision problems, Headaches or Migraines, Back of Head Pain, Eyebrow Pain, Temporal Headache, Upper Thoracic Back Pain

Action:

- Capitis:** Extends the head
- Cervicis:** Extends the cervical vertebrae

Testing & Exercises



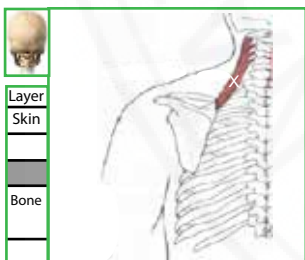
Palpation



Deep Needling / M.F. Perpendicular

Dorsal primary rami of upper cervical spinal nerves (From C1 to T6)

Elevator Scapula



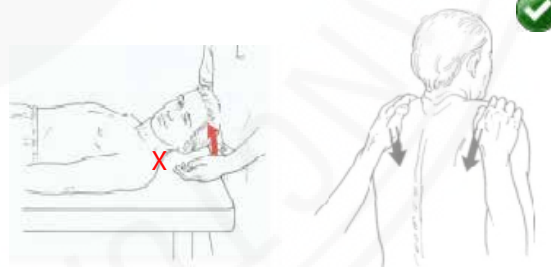
Possible Symptoms:

- Back of Shoulder Pain
- Problems Holding Arms Up (as when folding sheets)
- Stiff Neck
- Upper Thoracic Back Pain
- Back of Neck Pain
- Mid-Thoracic Back Pain
- Pain to the same side rotation

Action:

- Elevates superior border of scapula
- rotates scapula laterally thereby tilting the glenoid cavity downward

Testing & Exercises



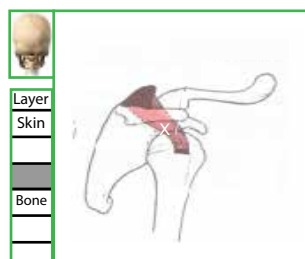
Palpation



Deep Needling / Straight In

C3, C4 nerves and the dorsal scapular nerve (C5)

Supraspinatus



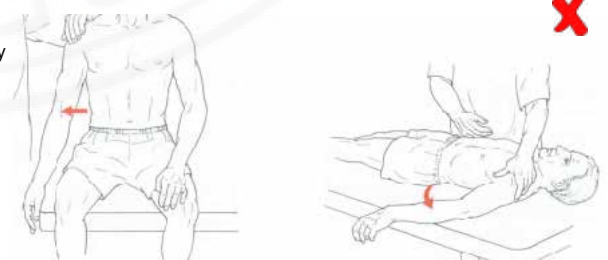
Possible Symptoms:

- Front of Shoulder Pain
- Lateral Epicondylar Pain
- Problems Holding Arms Up (as when folding sheets)
- Back of Arm Pain
- Back of Shoulder Pain
- Front of Arm Pain
- Radial Forearm Pain
- Upper Thoracic Back Pain

Action:

- Initiates abduction of the arm
- Rotates the humerus Externally

Testing & Exercises



Palpation



Deep to the bone Needling / Straight In

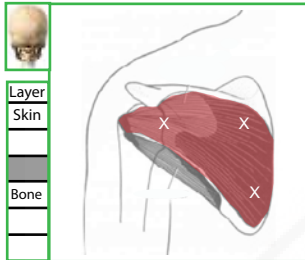
Suprascapular nerve (C5, C6)



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Infraspinatus



Possible Symptoms:
 Front of Shoulder Pain
 Mid-Thoracic Back Pain
 Painful Weak Grip
 Problems Holding Arms Up (as when folding sheets)
 Back of Neck Pain
 Front of Arm Pain
 Radial Forearm Pain
 Thumb & Radial Hand Pain
 littel and ring finger numbness

25x25

Deep to the bone Needling / M.F. Perpendicular

Action:
 Horizontal abduction
 Rotates the humerus Externally



Testing & Exercises

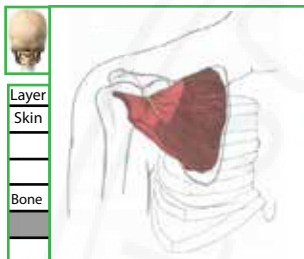


Palpation Possible



Suprascapular nerve (C5, C6)

Subscapularis



No needles only massage and exercises

Possible Symptoms:
 Shoulder Pain
 Arm Pain

Action:
 Rotates the head of the humerus medially (internal rotation) and adducts it when the arm is raised, it draws the humerus forward and downward.



Testing & Exercises

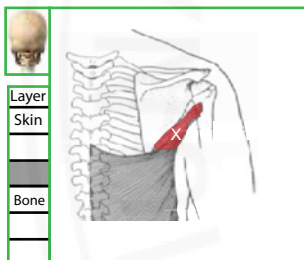


Palpation Possible



Upper subscapular nerve, lower subscapular nerve (C5, C6)

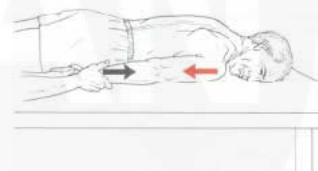
Teres Major



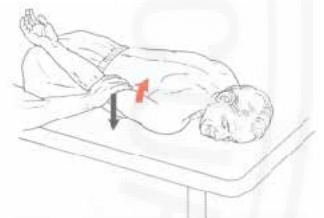
Deep to the bone Needling / Straight In

Possible Symptoms:
 Back of Arm Pain
 Back of Shoulder Pain
 Dorsal Forearm Pain

Action:
 Shoulder extension
 Shoulder Adduction
 Shoulder Internal rotation



Testing & Exercises

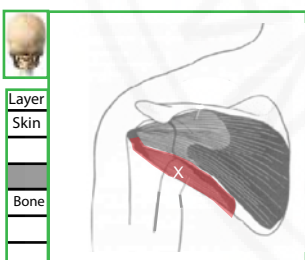


Palpation Possible



Lower subscapular nerve (C5, C6)

Teres Minor



Deep to the bone Needling / Straight In

Possible Symptoms:
 Back of Arm Pain
 Back of Shoulder Pain

Action:
 Rotates humerus Externally
 weakly adducts humerus.



Testing & Exercises



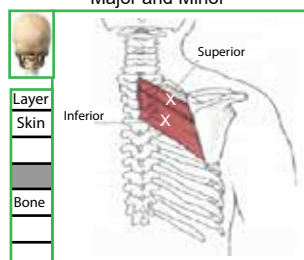
Palpation Possible



Axillary nerve (C5)

Rhomboid

Major and Minor



Deep Needling / MF Perpendicular

Possible Symptoms:
 Mid-Thoracic Back Pain
 Upper Thoracic Back Pain

Action:
 Adducts the scapula by pulling it medially toward the vertebral column
 • rotates the scapula by depressing the lateral angle
 • helps fix scapula to thoracic wal



Testing & Exercises



Palpation Possible



Dorsal scapular nerve (C5)



Natural Acupuncture

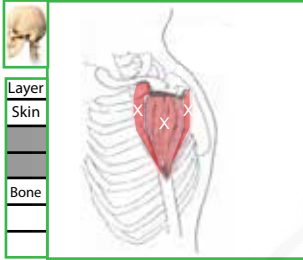


Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Deltoid

Anterior / Middle / Posterior



25x25

Superficial Needling / M.F. Perpendicular

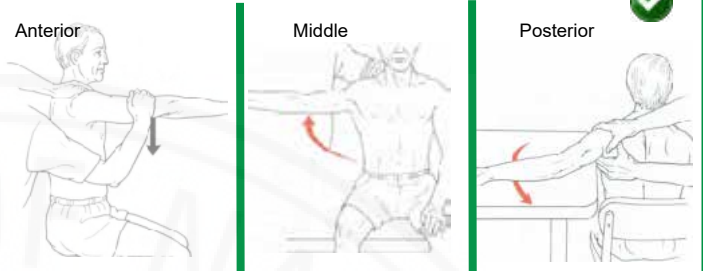
Possible Symptoms:

- Back of Shoulder Pain
- Front of Shoulder Pain
- Back of Arm Pain
- Front of Arm Pain

Action:

- Anterior:**
Flexion
abduction
Medial rotation,
Horizontal adduction
- Middle:**
Shoulder abduction
- Posterior:**
Extension
Hyper-extension
Shoulder abduction
External rotation
Horizontal abduction

Testing & Exercises



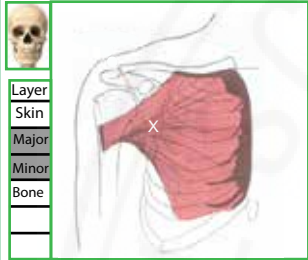
Palpation Possible



Axillary nerve (C5, C6)

Pectoralis

Minor Major



25x25

Superficial Needling / M.F. Perpendicular

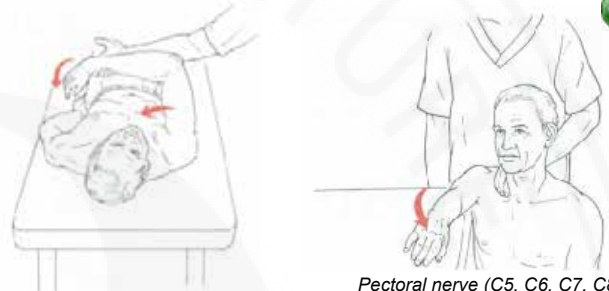
Possible Symptoms:

- Thoracic Back Pain
- Shoulder pain

Action:

- Shoulder adduction
- Internal rotation
- Horizontal adduction

Testing & Exercises

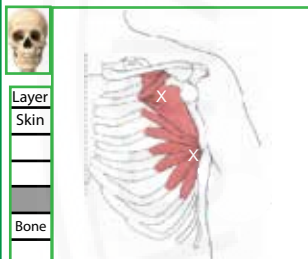


Palpation Possible



Pectoral nerve (C5, C6, C7, C8, T1)

Serratus Anterior



50x25

Deep Needling / M.F. Perpendicular

Possible Symptoms:

- Superior:**
Medial Epicondylar Pain
Mid-Thoracic Back Pain
Back of Arm Pain
Back of Shoulder Pain
Dorsal Wrist & Hand Pain
Olecranon Pain
Ulnar Forearm Pain
- Inferior:**
Thoracic Back Pain

Action:

- Superior:**
Elevates the second to fifth ribs
- Inferior:**
Draws the lower four ribs down and backward

Testing & Exercises



Serratus Posterior (Superior / Inferior)

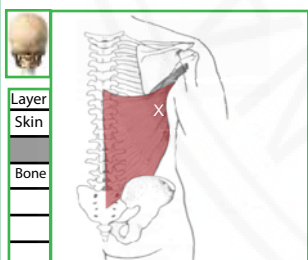


Palpation Possible



Superior: T1 to T4. Inferior: thoracic nerve (C5, C6, C7)

Latissimus Dorsai



50x25

Superficial Needling / M.F. Perpendicular

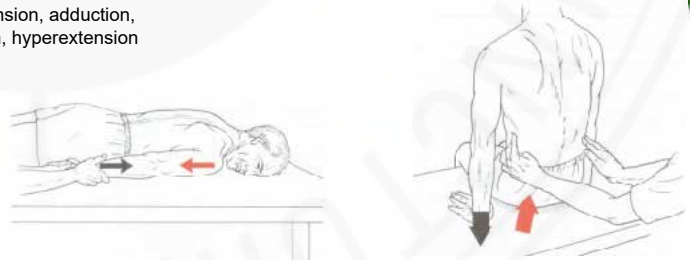
Possible Symptoms:

- Back of Arm Pain
- Back of Shoulder Pain
- Dorsal Finger Pain
- Dorsal Wrist & Hand Pain
- Front of Shoulder Pain
- Side of Chest Pain
- Thoracic Back Pain
- Ulnar Forearm Pain
- Volar Finger Pain
- Volar Wrist & Palmar Pain

Action:

- Shoulder extension, adduction, medial rotation, hyperextension

Testing & Exercises



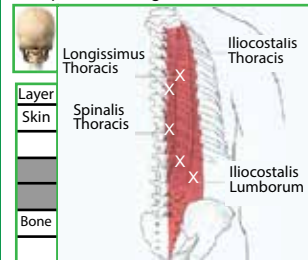
Palpation Possible



Brachial plexus (C6, C7, C8)

Erector Spinae

Spinalis / Longissimus / Iliocostalis



25x25

Deep Needling / M.F. Perpendicular

Possible Symptoms:

- Medial Epicondylar Pain
- Mid-Thoracic Back Pain
- Back of Arm Pain
- Back of Shoulder Pain
- Dorsal Wrist & Hand Pain
- Olecranon Pain
- Ulnar Forearm Pain

Action:

- Elevates the second to fifth ribs

Testing & Exercises



Palpation Possible



Ventral primary rami of T1 to T4 spinal nerves



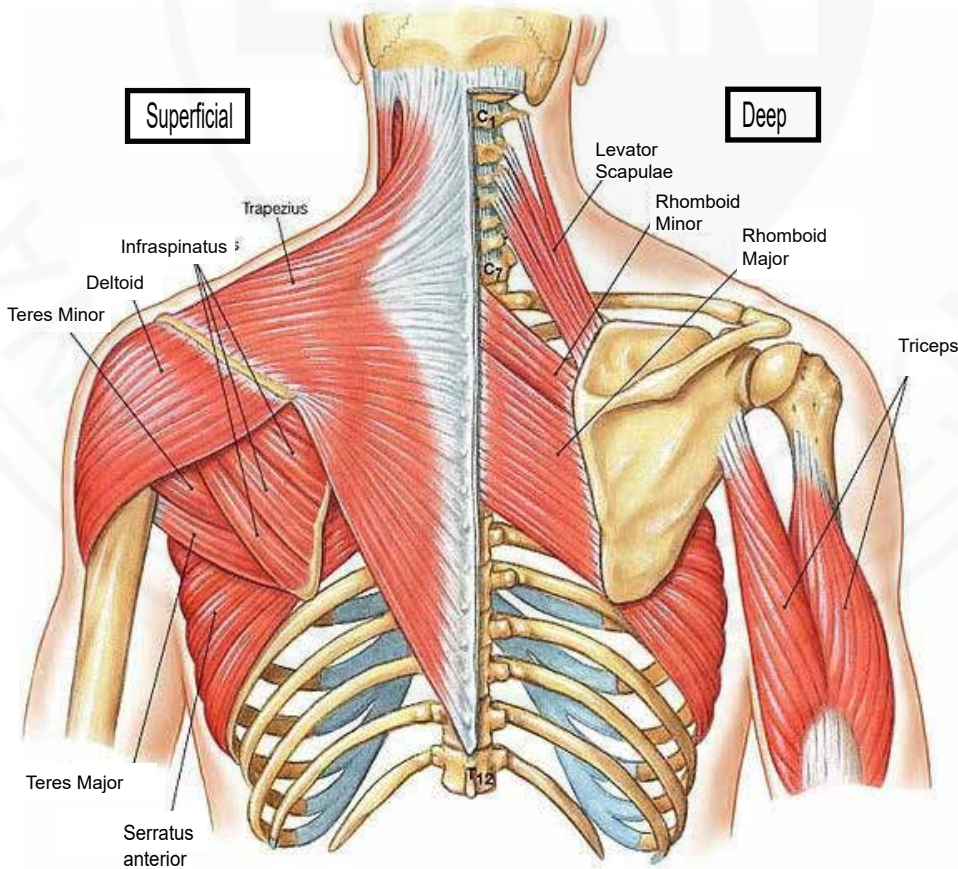
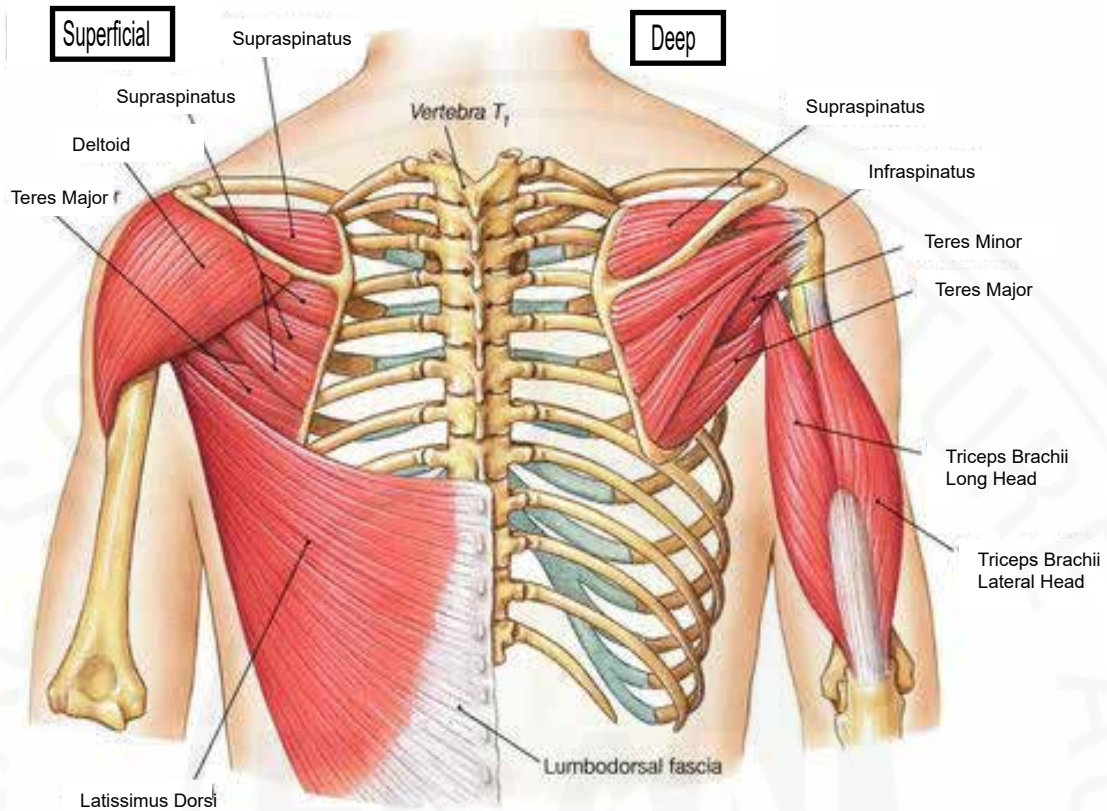
Association

Natural Acupuncture



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling





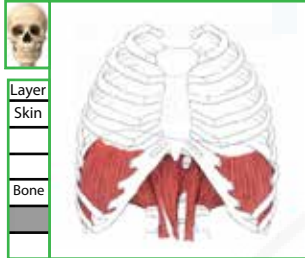
Natural Acupuncture



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Diaphragm



No needles only massage and exercises

Possible Symptoms:

- Shortness of breath.
- Tightness in the chest.
- Hiccups.
- Pain in the chest, abdomen, or bac
- Indigestion.
- Nausea.
- Vomiting.
- Difficulty swallowing.

Action:

Pomps the breathing up and down

Testing & Exercises



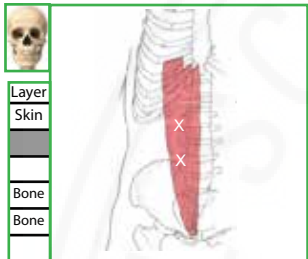
From T1 to T11 spinal nerves

Palpation

Possible



Rectus Abdominus



Superficial Needling / M.F. Perpendicular

Possible Symptoms:

- Appendicitis-like Pain
- Abdominal cramps
- Buttock Pain
- Colic
- Dysmenorrhea
- Low Back Pain
- Mid-Thoracic Back Pain
- Nausea & Vomiting
- Frequent Urination, Urine Retention, "Kidney" Pain
- Iliosacral Pain

25x25

Action:

Flexes vertebral column

Testing & Exercises



Lower seven thoracic nerves (T6-T12)

Palpation

Possible



Quadratus Lumborum



From the back or lateral

75x25

Deep Needling / Straight In

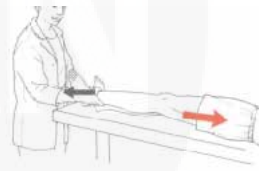
Possible Symptoms:

- Low Back Pain
- Bloating/Nausea/Abdominal cramps
- Buttock Pain
- Iliosacral Pain
- Lateral Thigh & Hip Pain
- Abdominal Pain
- Anterior Thigh Pain
- Lower Abdominal Pain

Action:

Flexes vertebral column to the same side
 Fixes 12th rib in breathing
 Both muscles together extend lumbar vertebrae

Testing & Exercises



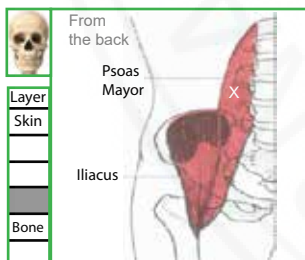
Branches from T12, L1, L2, L3 (L4) nerves

Palpation

No possible



Iliopsoas



From the back

Psoas Mayor

Iliacus

75x25

Deep Needling / Straight In

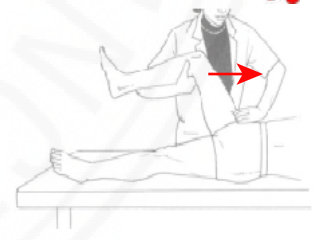
Possible Symptoms:

- Anterior Thigh Pain
- Appendicitis-like Pains
- Groin Pain
- Iliosacral Pain
- Lumbar Pain
- Thoracic Back Pain

Action:

Powerful flexor of thigh at hip
 When femurs are fixed, they flex the trunk, as in sitting up from a supine position

Testing & Exercises



Branches from upper four lumbar nerves

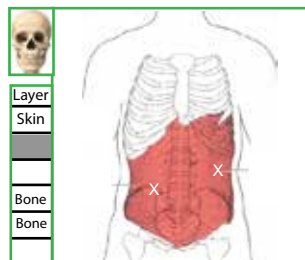
Palpation

No possible



Obliques

Abd. Internal Abd. External



50x25

Superficial Needling / M.F. Perpendicular

Possible Symptoms:

- Costal pain
- Breathing difficults

Action:

Flex and rotates the vertebral column and compress the abdomen during forced expiration

Testing & Exercises



Palpation

Possible





Natural Acupuncture



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Gluteus Maximus

Possible Symptoms:

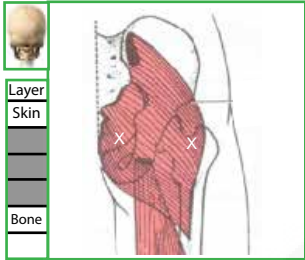
- Buttocks Pain
- Iliosacral Pain
- Impotence Due to Nerve Entrapments
- Lateral Thigh & Hip Pain
- Sciatica

Action:

- Hip Extension
- Hyperextension
- External Rotation

Testing & Exercises

Palpation Possible



50x25

Deep to the bone Needling / MF Perpendicular



Inferior gluteal nerve (L5, S1 and S2)

Gluteus Medius

Possible Symptoms:

- Buttocks Pain
- Lateral Thigh & Hip pain
- Posterior Leg (Calf) Pain
- Posterior Thigh Pain
- Sciatica
- Lateral Leg Pain

Action:

- Hip Abduction
- Internal Rotation

Testing & Exercises

Palpation Possible



50x25

Deep to the bone Needling / MF Perpendicular



Superior gluteal nerve (L4, L5, S1)

Gluteus Minimus

Possible Symptoms:

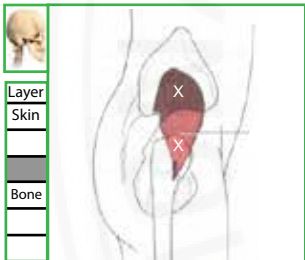
- Difficulties walking
- Difficulties abducting leg
- Lateral Thigh & Hip pain
- Lateral Leg Pain

Action:

- Hip Abduction
- Internal Rotation

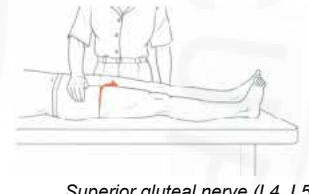
Testing & Exercises

Palpation Possible



50x25

Deep to the bone Needling / MF Perpendicular



Superior gluteal nerve (L4, L5, S1)

Piriformis

Possible Symptoms:

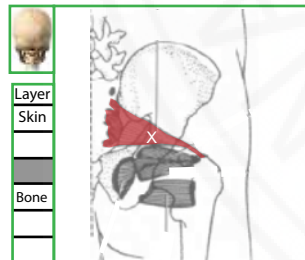
- Appendicitis-like Pains
- Buttock Pain
- Impotence due to Nerve Entrapments
- Lateral Thigh & Hip Pain
- Painful Intercourse
- Sciatica
- Stress Incontinence
- Anal/Genital/Perineal pain
- Pelvic Pain
- Posterior Thigh Pain

Action:

- External Rotation

Testing & Exercises

Palpation Possible



50x25

Deep to the bone Needling / Straight In



S1, S2 segments

Tensor Fascia Lata

Possible Symptoms:

- Lateral Thigh & Hip Pain
- Numbness/Tingling on the Outer Thigh (Meralgia Paresthetica)

Action:

- Combined hip flexion and abduction

Testing & Exercises

Palpation Possible



50x25

Deep to the bone Needling / MF Perpendicular



Superior gluteal nerve (L4, L5)



Natural Acupuncture

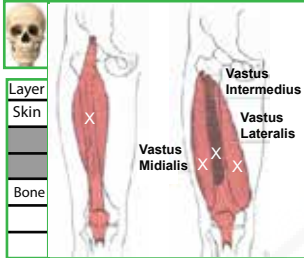


Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Cuadrices Group

Rectos Femoralis 3 Vastus



Superficial Needling / MF Perpendicular

50x25

Possible Symptoms:

- Anterior Knee Pain
- Pain or difficulty to Ascend Stair
- Anterior Thigh Pain
- Anteromedial Knee Pain
- Lateral Thigh & Hip Pain

Action:

- Hip flexion
- Knee extension

Testing & Exercises



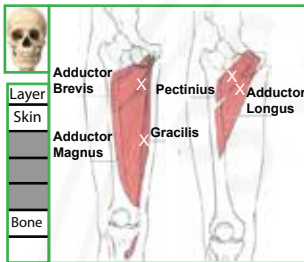
Femoral nerve (L2, L3, L4)

Palpation Possible



Adductor Group

3 Adductors / Pectinius / Gracilis



Deep Needling / Straight In

75x25

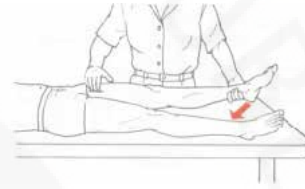
Possible Symptoms:

- Anterior Thigh Pain
- Menstrual Problems
- Pelvic Pain
- Painful Intercourse
- Pelvic Pain
- Stress Incontinence
- Anal/Genital/Perineal pain
- Medial Thigh Pain

Action:

- Hip Abduction
- External Rotation
- Flexion and Extension of the hip
- Balancing the pelvis

Testing & Exercises



Obturator and sciatic nerve (L3, L4)

Palpation Possible



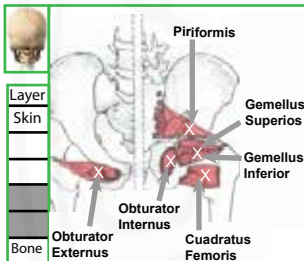
Magnus Longus Pectinius Gracilis

Palpation No possible



Sciatica Group

Piriformis + 5 Inner muscles



Deep to the bone Needling / Straight In

100x25

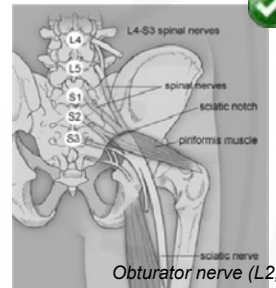
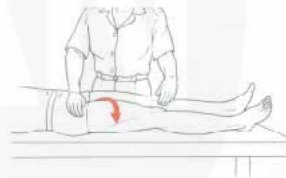
Possible Symptoms:

- Appendicitis-like Pains
- Buttock Pain
- Lateral Thigh & Hip Pain
- Painful Intercourse
- Sciatica
- Stress Incontinence
- Anal/Genital/Perineal pain
- Pelvic Pain
- Posterior Thigh Pain

Action:

- External Rotation

Testing & Exercises



Obturator nerve (L2, L3)

Palpation Possible



Hamstring Group

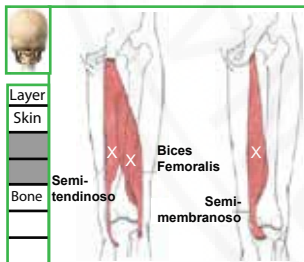
Possible Symptoms:

- Buttock Pain
- Posterior Thigh Pain
- Posterior Knee Pain
- Posterior Leg (Calf) Pain

Action:

- Extend hip and flex knee

Testing & Exercises



Deep to the bone Needling / MF Perpendicular

50x25



Sciatic nerve (L5, S1, S2)

Palpation Possible



Sartorius

Possible Symptoms:

- Anterior Thigh Pain
- Numbness/Tingling on the Outer Thigh (Meralgia Paresthetica)
- Pain or difficulty to Ascend Stair
- Upper/Lower Leg Cramps
- Anteromedial Knee Pain
- Medial Thigh Pain

Action:

- Combination of hip flexion, abduction, External rotation and knee flexion

Testing & Exercises



Superficial Needling / M.F. Perpendicular

25x25



Femoral nerve (L2, L3)

Palpation Possible





Natural Acupuncture



Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

<p>Gastrocnemius Soleus</p> <p>50x25</p> <p><i>Superficial & Deep Needling / MF Perpendicular</i></p>	<p>Possible Symptoms:</p> <ul style="list-style-type: none"> Plantar Mid-foot Pain Posterior Knee Pain Restless Leg Syndrome Posterior Knee Pain Posterior Leg (Calf) Pain 	<p>Action:</p> <ul style="list-style-type: none"> Knee flexion Ankle plantar flexion 	<p>Testing & Exercises</p> <p>Plantar Flexion</p>	<p>Palpation Possible ✓ Gastrocnemius</p>
<p>Gracilis</p> <p>25x25</p> <p><i>Superficial Needling / M.F. Perpendicular</i></p>	<p>Possible Symptoms:</p> <ul style="list-style-type: none"> Medial Thigh Pain Anteromedial Knee Pain Groin pain 	<p>Action:</p> <ul style="list-style-type: none"> Hip Adduction / Flexion Flexion and Internal Rotation of the Knee 	<p>Testing & Exercises</p>	<p>Palpation Possible ✓ Soleus</p>
<p>Tibialis</p> <p>Anterior Posterios</p> <p>50x25</p> <p><i>Superficial & Deep Needling / MF Perpendicular</i></p>	<p>Possible Symptoms:</p> <ul style="list-style-type: none"> Anterior Ankle Pain Dorsal Great Toe Pain Shin Splint-Type Pain Anterior Leg Pain Dorsal Forefoot Pain 	<p>Action:</p> <ul style="list-style-type: none"> Dorsiflexion and inversion of the foot 	<p>Testing & Exercises</p> <p>1- Dorsiflexion 2 - Inversion</p>	<p>Palpation Possible ✓ Anterior</p>
<p>Peroneus</p> <p>Longus Brevis</p> <p>50x25</p> <p><i>Superficial & Deep Needling / MF Perpendicular</i></p>	<p>Possible Symptoms:</p> <ul style="list-style-type: none"> Metatarsal Pain Posterior Ankle Pain Dorsal Great Toe Pain 	<p>Action:</p> <ul style="list-style-type: none"> Extends first toe Assists in ankle inversion and dorsiflexion 	<p>Testing & Exercises</p> <p>1- Dorsiflexion 2 - Eversion</p>	<p>Palpation Possible ✓ Longus</p>
<p>Extensor Longus</p> <p>Digitorum Hallucis</p> <p>50x25</p> <p><i>Deep Needling / Straight In</i></p>	<p>Possible Symptoms:</p> <ul style="list-style-type: none"> First Steps in the Morning Feel as if Walking on Nails Plantar Lesser Toe Pain Posterior Ankle Pain Tight Achilles Tendons Heel Pain Plantar Great Toe Pain Plantar Mid-foot Pain Posterior Leg (Calf) 	<p>Action:</p> <ul style="list-style-type: none"> Ankle inversion Assists in plantar flexion Supports the medial arch of the foot 	<p>Testing & Exercises</p> <p>Extension Digitorum Extension Hallucis</p>	<p>Palpation Possible ✓ Digitorum</p>
<p>Palpation No possible ✗ Hallucis</p>				
<p><i>Tibial nerve (L5, S1)</i></p>				



Association

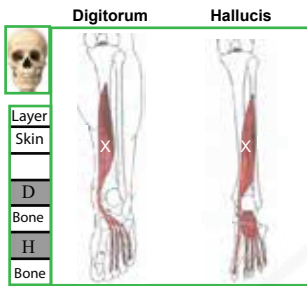
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Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Flexor Longus



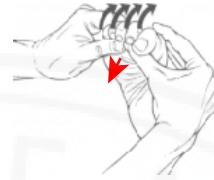
Possible Symptoms:

- Calf Cramps
- Poor Toes Mobility
- Toes Pain
- Plantar Pain

Action:

Flexion of the feet and toes

Testing & Exercises



Flexor Digitorum



Flexor Hallucis

Palpation Possible



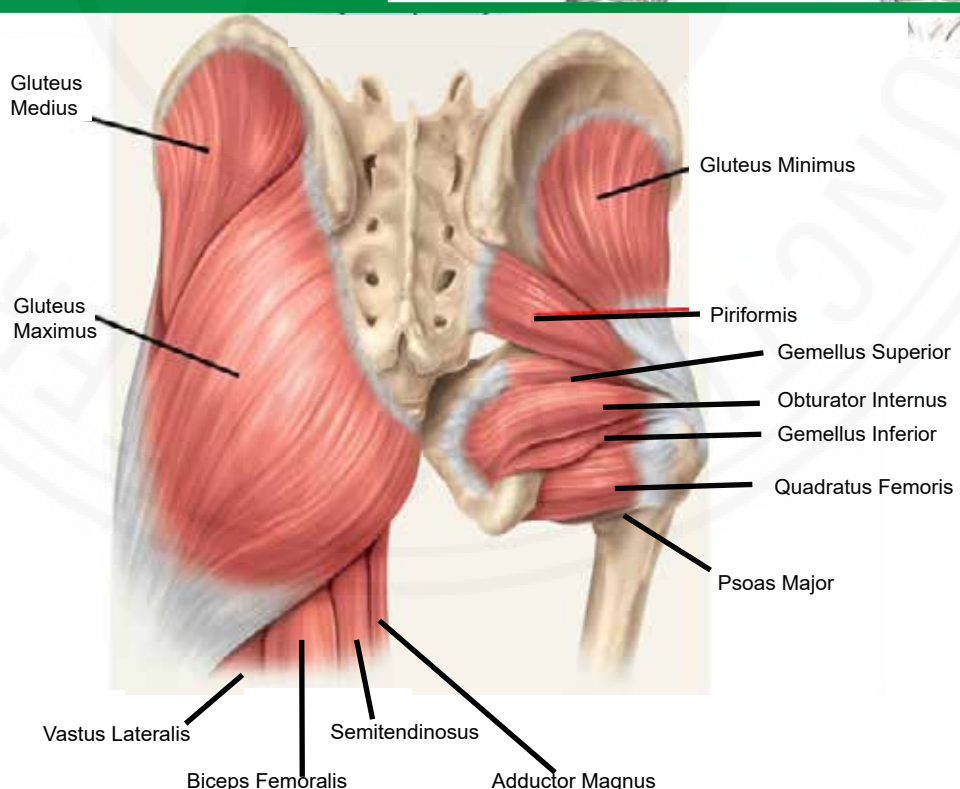
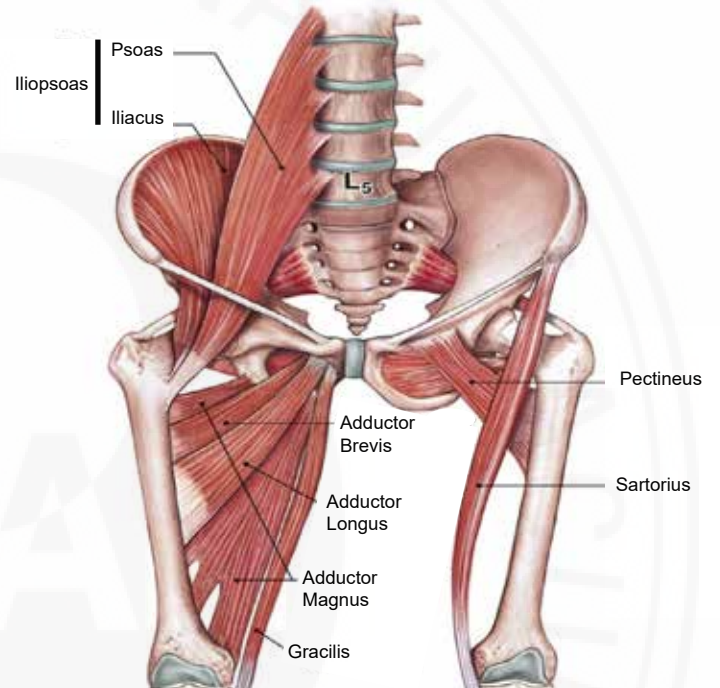
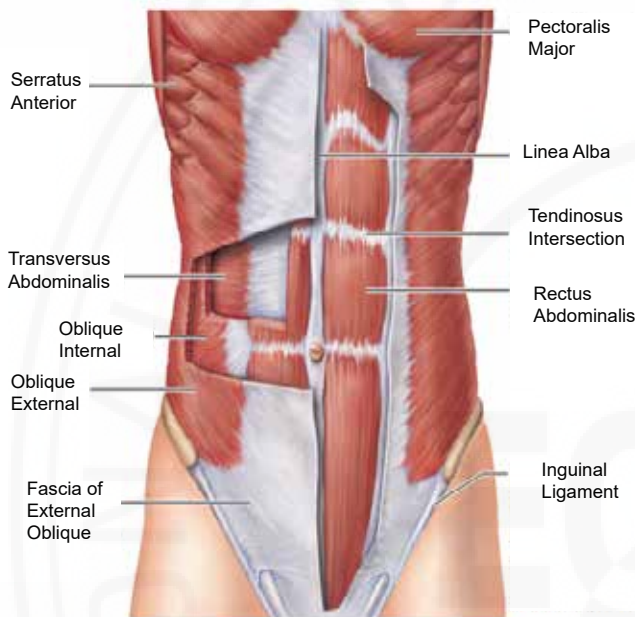
Digitorum

Palpation No possible



Hallucis

Superior gluteal nerve (L4, L5, S1)





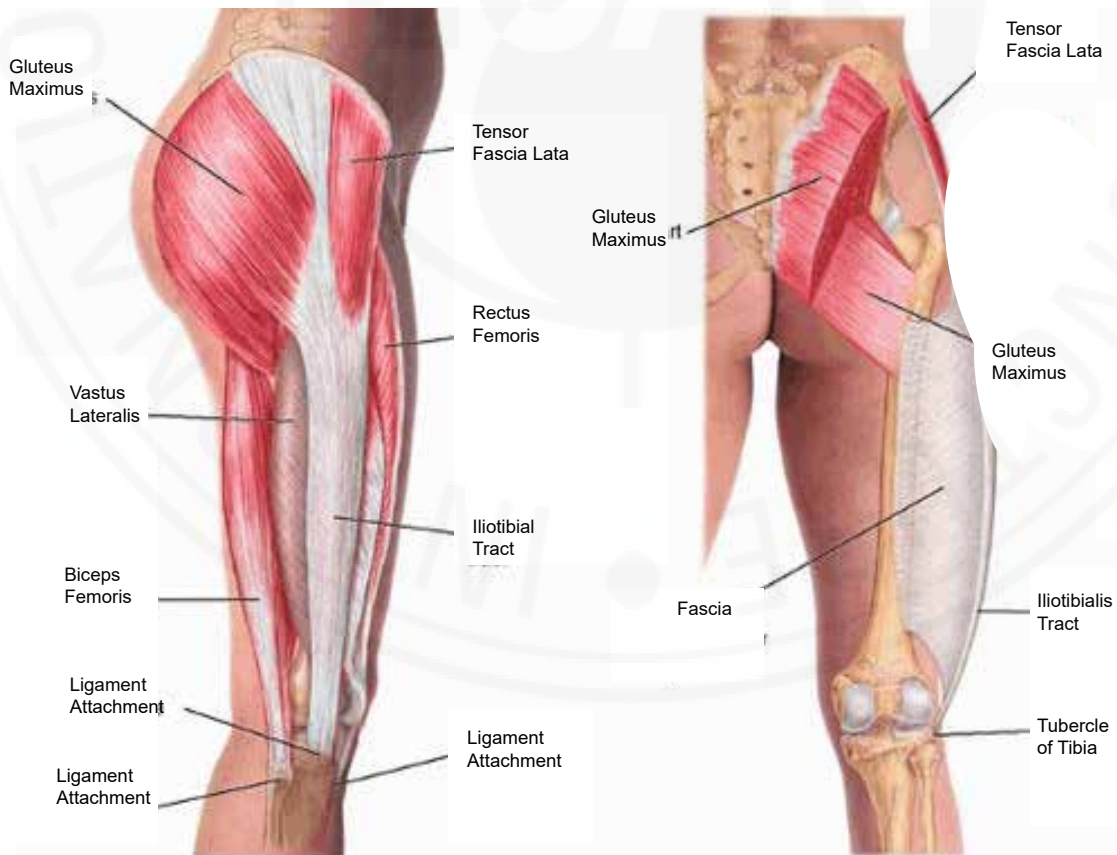
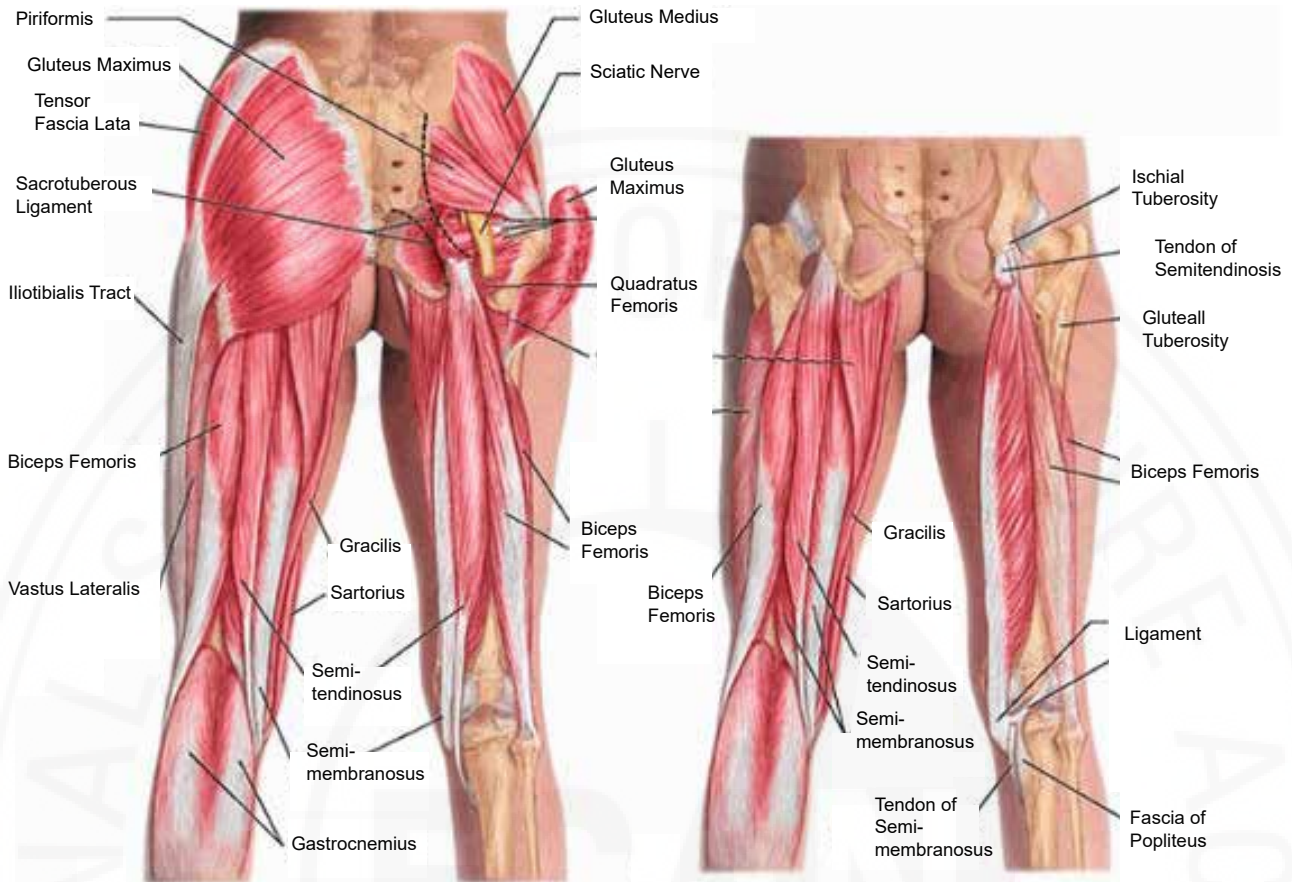
Association

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Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

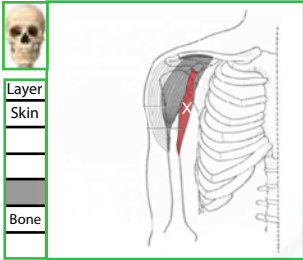




Myofascial System for Symptomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Coracobrachialis



Deep Needling / Straight In

Possible Symptoms:

- Front of Shoulder Pain
- Back of Arm Pain

Action:

Stabilizes the shoulder joint
Flexes and adducts the Shoulder

Testing & Exercises

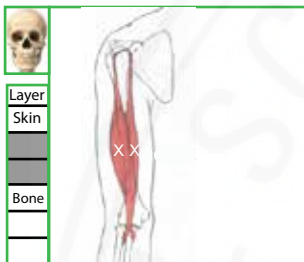


Musculocutaneous nerve (C6, C7)

Palpation Possible



Biceps Brachii



Deep Needling / Straight In

Possible Symptoms:

- Front of Arm Pain
- Lateral Epicondylar Pain
- Medial Epicondylar Pain
- Olecranon Pain
- Back of Arm Pain
- Back of Shoulder Pain
- Dorsal Forearm Pain
- Upper Thoracic Back Pain
- Volar Finger Pain

Action:

All three heads extend the forearm at the elbow joint
the long head also extends the humerus at the shoulder joint

Testing & Exercises

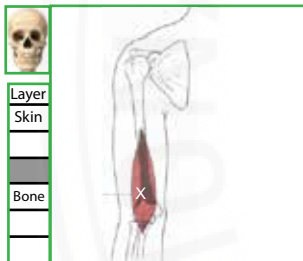


Musculocutaneous nerve (C5, C6)

Palpation Possible



Brachialis



Deep Needling / Straight In

Possible Symptoms:

- Thumb & Radial Hand Pain
- Thumb Pain and Tingling Numbness (Dysesthesia) Antecubital Pain
- Front of Arm Pain

Action:

Powerful flexor of the forearm

Testing & Exercises

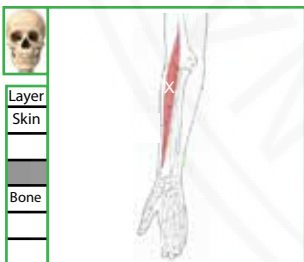


Musculocutaneous nerve (C5, C6)

Palpation Possible



Brachioradialis



Deep Needling / Straight In

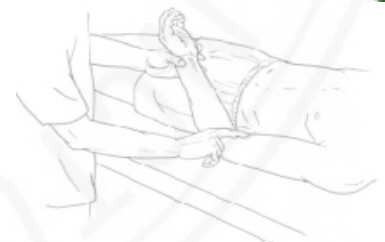
Possible Symptoms:

- Elbow Pain
- Lateral Epicondylar Pain
- Painful Weak Grip
- Thumb & Radial Hand Pain
- Radial Forearm Pain

Action:

Elbow flexion

Testing & Exercises

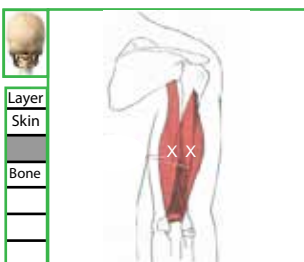


Radial nerve (C5, C6)

Palpation Possible



Triceps Brachii



Deep Needling / Straight In

Possible Symptoms:

- Front of Arm Pain
- Lateral Epicondylar Pain
- Medial Epicondylar Pain
- Olecranon Pain
- Back of Arm Pain
- Back of Shoulder Pain
- Dorsal Forearm Pain
- Upper Thoracic Back Pain
- Volar Finger Pain

Action:

Extend the forearm at the elbow joint
The long head also extends the humerus at the shoulder joint

Testing & Exercises



Radial nerve (C7, C8)

Palpation Possible





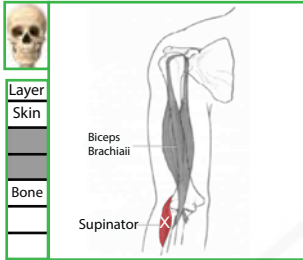
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Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Supinator



Deep Needling / Straight In

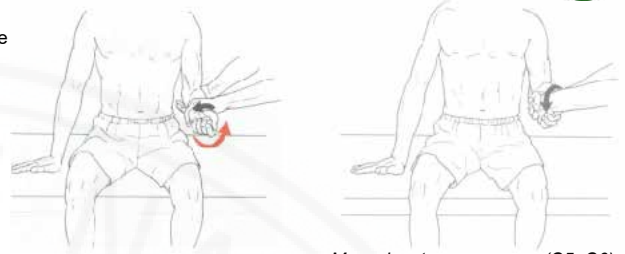
Possible Symptoms:

- Front of Arm Pain
- Lateral Epicondylar Pain
- Medial Epicondylar Pain
- Olecranon Pain
- Back of Arm Pain
- Back of Shoulder Pain
- Dorsal Forearm Pain
- Upper Thoracic Back Pain
- Volar Finger Pain

Action:

All three heads extend the forearm at the elbow joint the long head also extends the humerus at the shoulder joint

Testing & Exercises



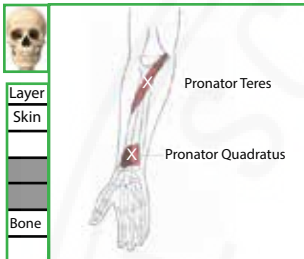
Musculocutaneous nerve (C5, C6)

Palpation Possible



Pronator

Teres Quadratus



Deep Needling / Straight In

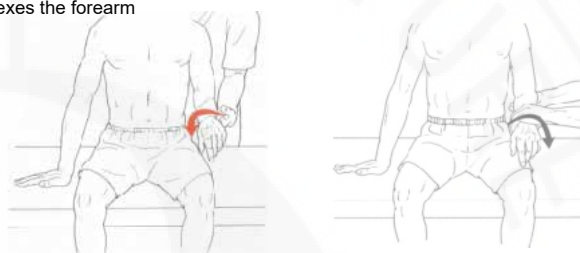
Possible Symptoms:

- Volar Finger Pain
- Volar Wrist Pain
- Palmar Pain

Action:

Pronates and flexes the forearm

Testing & Exercises



Nerve (C6, C7, C8)

Palpation Possible



Teres

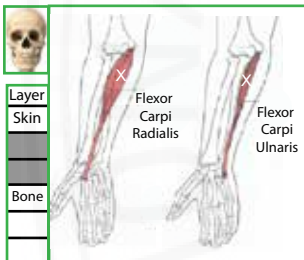
Palpation No possible



Quadratus

Flexor Carpi

Radialis Ulnaris



Deep Needling / Straight In

Possible Symptoms:

- Volar Wrist
- Palmar Pain

Action:

Radialis:
Flexes the hand at the wrist joint
Abducts the hand (rac)

Ulnaris:
Flexes the hand at the
Adducts the hand (uln)

Testing & Exercises



Nerve (C6, C7, C8)

Palpation Possible



Extensor Carpi

Ulnaris / Radialis Longus & Brevis



Deep Needling / Straight In

P. Symptoms:

- Elbow Pain
- Lateral Epicondylar Pain
- Dorsal Forearm Pain
- Dorsal Wrist & Hand Pain
- Thumb & Radial Hand Pain

Action:

Longus:
Extends the hand
Abducts the hand at the wrist (radial deviation)

Brevis:
Extends the hand
Abducts the hand at the wrist (radial deviation)

Testing & Exercises



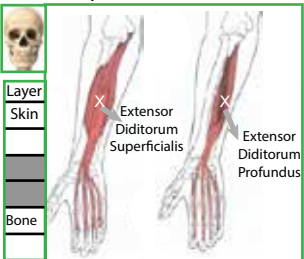
Radial nerve (C6, C7)

Palpation Possible



Extensor Digitorum

Superficialis Profundus



Superficial & Deep Needling / Straight In

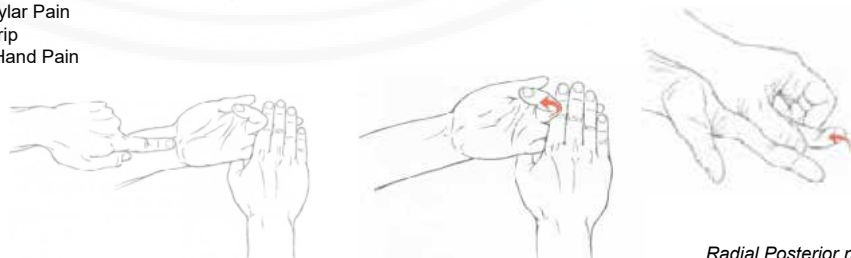
P. Symptoms:

- Dorsal Finger Pain
- Lateral Epicondylar Pain
- Painful Weak Grip
- Dorsal Wrist & Hand Pain

Action:

Extends the fingers and the hand

Testing & Exercises



Radial Posterior nerve (C7, C8)

Palpation Possible



Superficialis

Palpation No possible



Profundus

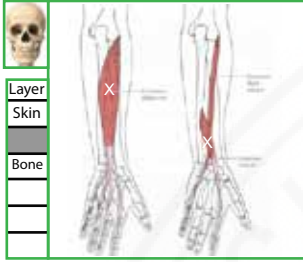


Myofascial System for Symtomatic Treatment

Muscles / Symptoms / Action / Testing - Exercises / Needling

Extension Digitorum

Digitorum / Digiiti Minimi / Indicis



Superficial & Deep Needling / Straight In

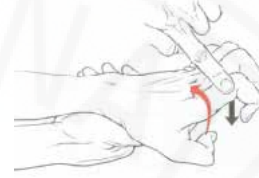
P. Symptoms:

- Dorsal Finger Pain
- Lateral Epicondylar Pain
- Painful Weak Grip
- Dorsal Wrist & Hand Pain

Action:

Extends the fingers and the hand

Testing & Exercises



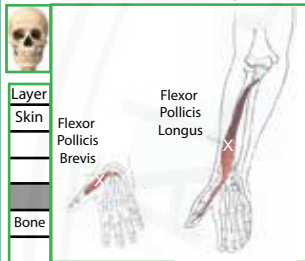
Palpation Possible



Median nerve (C6, C7)

Flexor Pollicis

Brevis Longus



Superficial Needling / Straight In

Possible Symptoms:

- Triceps problems
- Elbow problems

Action:

Flexes the interphalangeal joint and metacarpophalangeal joint of the thumb.

Testing & Exercises



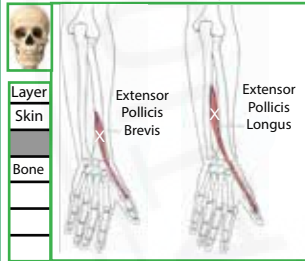
Palpation Possible



Nerve (C8, T1)

Extensor Pollicis

Brevis / Longus



Superficial Needling / Straight In

Possible Symptoms:

- Finger Pain
- Wrist Pain
- Thumb Pain.
- Palmar Pain

Action:

Extends all joints of the thumb: carpometacarpal, metacarpophalangeal and interphalangeal.

Testing & Exercises



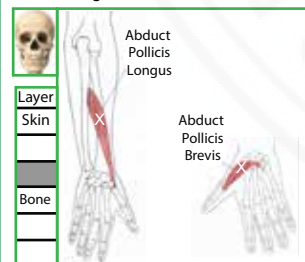
Palpation Possible



Median nerve (C7, C8)

Abduct Pollicis

Longus Brevis



Superficial Needling / Straight In

Possible Symptoms:

- Finger Pain
- Wrist Pain
- Thumb Pain
- Palmar Pain

Action:

Abducts the thumb.

Testing & Exercises



Palpation Possible



Median nerve (C7, C8)

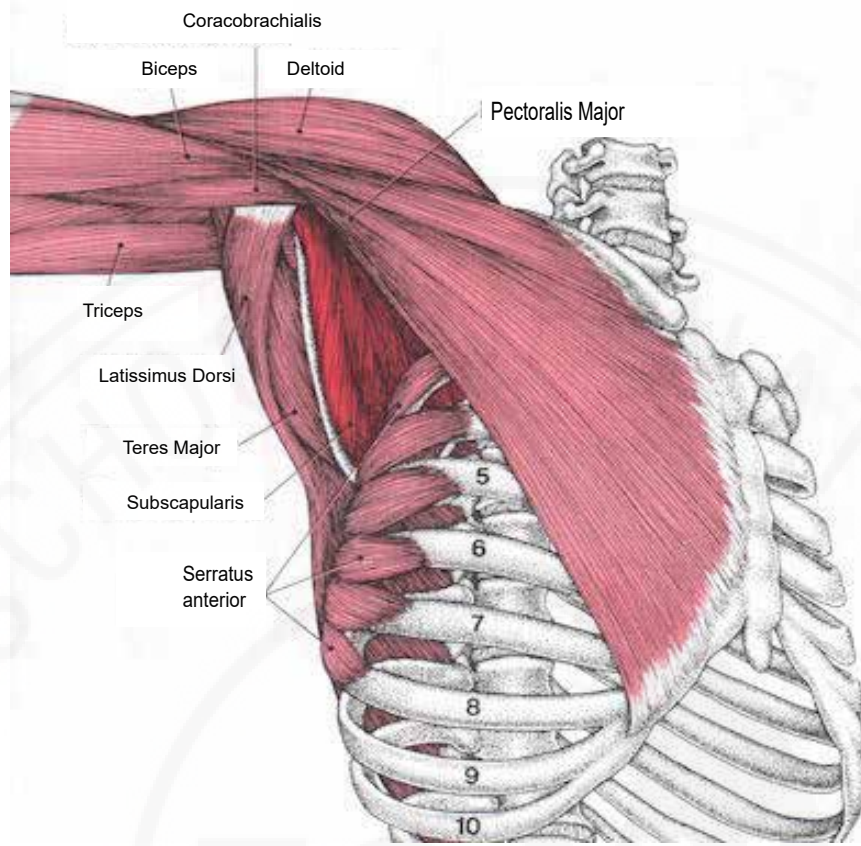


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Myofascial System for Symtomatic Treatment

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For best results:

Testing:

- 1 - Search for pain or weakness
- 2 - Complete proper testing with all the muscles involved.
- 3 - Better from down up

Needling:

- 1 - Insert the needles at the muscle motor center area.
- 2 - Always search for symmetry
- 3 - Stimulate the needles with great harmony (to the respect of the patient's pain)
- 4 - Minimum needles as possible (not more that 3 to 6 at a time)
- 5 - Always treat a group of muscles and not separate unions.
- 6 - For inflammation electro and for weakness only manual stimulation



Please be aware that using this direct treatment on the muscles address only the symptoms. Sometimes just by relieving the patient's symptoms a deep change might occur in their lives (hevbaiour, attitude, decision taking), because in every information or weakness there are a lot of stagnated information. However, on some other occasions this system will not be sufficient. Then we will have to work with the organs to rule the symptoms from deep inside.

On a daily basis we work with 5 different lines of treatments:

- 1 - **Symptomatic treatment** (just one of them is registered in this chart. We called it **Myofascial System for Symtomatic Treatment**). However, there are at least 5 to 10 different well known systematic systems with great result too)
- 2 - **Origen Treatment** (to affect the organs for diaper changes. When we are not in yourself the organs break into pathogenic relationships, then the symptoms become a message for us to change our vital life angle)
- 3 - **Pericardium Treatment** (to affect the actual mood and behaviour -stress, migraine, maniac depression, etc.)
- 4 - **Extraordinary Meridiams** (Dai Mai for balancing)
- 5 - **Trauma Removal Treatment** (when a personal trauma is holding the symptoms)