

# Body Map

Client: \_\_\_\_\_ Date: \_\_\_\_\_

Observations/Recommendations: \_\_\_\_\_

Range of Motion: \_\_\_\_\_% Pain Threshold:  High  Low

Client Preferences: \_\_\_\_\_

Contraindications: \_\_\_\_\_

Indications: \_\_\_\_\_

## 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
- Psoas Major/Illacus
- Quadratus Femoris
- Rectus Femoris
- Sacrospinalis
- Sartorius/Gracilis
- Semi-Tend/Membranosus
- Tensor Fasiae 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
- Retrocalcaneal

## Neck

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

## Head

- Auricularis Post/Sup
- Buccinator
- Masseter
- Orbicularis Oris/Occli
- 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/Semispinalis
- Subscapularis
- Supraspinalis
- Teres Major/Minor
- Trapezius

