

TOTAL BODY INJECTION THERAPY

Name: _____ DOB: _____ Date: _____

KEY: 2 = Bilateral | R = Right | L = Left | M = Muscle | T = Tendon | BT = Boney Tendon | J = Joint

Sites prepped with alcohol swab for use with: ½ - 1.5 – inch, 27 - 30 – gauge needle

Tendon and or Trigger Point (TP) Injections with _____ cc 1% Lidocaine

Ultrasound Guided Injection(s) of tendons to decrease the chance of complications, e.g., pneumothorax, hematoma, intravascular injection of local anesthetics, etc. | Robaxin 100mg/ml or: _____ mg

Discussed possible complications including infection, bruising and numbness; and applying heat & ischemic pressure for 3min for relief. || **Moderate Risk:** Prescription (Lidocaine)

Printed Name: _____ Signed: _____ DO, MD or PA-C

Certifies that symptomatic tendons and or muscular trigger points were verified, marked with an “X”, and treated.

Post Neck:

- Erector Spinae
- Nuchal Ligament
- Splenius Capitis
- Semispinalis capitis
- Trapezius

Upper Back:

- Trapezius
- Rhomboid Minor
- Rhomboid Major
- Serratus Posterior Superior
- Erector Spinae
- (t) Serratus Post Superior

Mid Upper Back:

- Trapezius
- Rhomboid Major
- Erector Spinae
- (t) Serratus Post Superior

Mid Back:

- Lower Trapezius
- Upper Latissimus Dorsi
- Erector Spinae
- (t) Lower Trapezius

Mid Lower Back:

- Latissimus Dorsi
- Serratus Posterior Inferior
- Erector Spinae
- Internal Oblique
- (t) Internal Oblique

Lower Back:

- Erector Spinae
- Quadratus Lumborum
- (t) Internal Oblique



Proximal Shoulder:

- Trapezius
- Levator Scapulae
- Supra Spinatus

Scapula:

- Infraspinatus
- Teres Major
- Teres Minor
- (t) Infraspinatus

Gluteus:

- Gluteus Maximus
- Gluteus Minimus
- Gluteus Medius

Hip:

- Gluteus Maximus
- Tensor Fasciae Latae
- (t) Tensor Fasciae Latae

Proximal Upper Extremity Post:

- Deltoid
- (t) Infraspinatus
- (t) Tricep Lateral Head

Proximal Upper Extremity Ant:

- Deltoid
- Pectoralis Major
- (t) Pectoralis Major
- (t) Bicep Long Head

4-Problem Points: Trigger Point(s) and/or Tendon Inflammation Sites found in different muscle-tendon group(s) than the previous visit.