

# In Touch

Therapeutic Massage & Bodywork

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

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

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

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

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  
Splenus Capitus  
Splenus 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  
Infraspinatus  
Interspinalis  
Intertransversarii  
Latissimus Dorsi  
Levator Scapula  
Longissimum  
Multifidus Rotatores  
Quadratus Lumborum  
Rhomboids: Major/Minor  
Serratus Post/Sup/Inf  
Spinalis/Semispinalis  
Subscapularis  
Supraspinatus  
Teres Major/Minor  
Trapezius

