

Travell's Trigger Points: The Trapezius Quiz

1. TrP 6 lies within the fibers of the
 - A. Upper trapezius
 - B. Lower trapezius
 - C. Middle trapezius
 - D. Posterior trapezius
2. TrP 2 would be best charted as which of the following acupuncture points?
 - A. BL 45
 - B. GB 21
 - C. SI 15
 - D. ST 12
3. Which points would be the top choice for a patient with occipital headaches?
 - A. TrP 1 and 2
 - B. TrP 3 and 4
 - C. TrP 5 and 6
 - D. None of the above
4. The greatest danger when needling Travell's TrP's is
 - A. Pneumothorax
 - B. Bruising
 - C. Hitting the suprascapular nerve
 - D. Excessive soreness after the treatment
5. The fibers of the upper trapezius attach laterally to:
 - A. The acromion
 - B. The first rib
 - C. The lateral end of the clavicle
 - D. The medial end of the clavicle.
6. TrP 5 is most commonly found by "pincer" palpation.

True
False
7. What is the thinnest recommended needle gauge recommended for use on these points?
 - A. 30 gauge
 - B. 32 gauge
 - C. 28 gauge
 - D. 26 gauge
8. Which TrP overlies the scapula?
 - A. TrP 1
 - B. TrP 2
 - C. TrP 3
 - D. TrP4