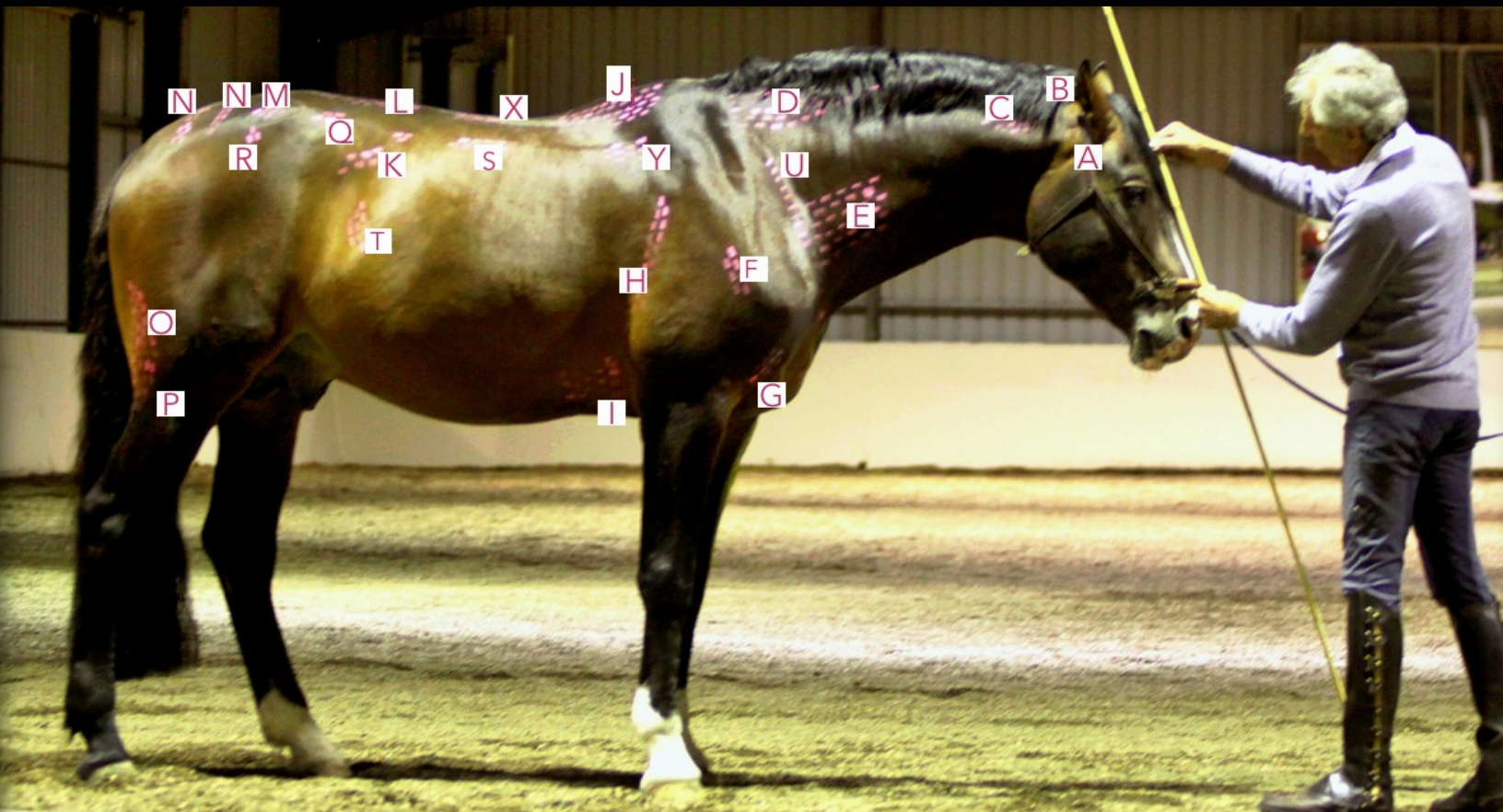


EQUINOLOGY & MANOLO MENDEZ

Stress Points



A: temporomandibular joint
 B: poll directly behind the ears
 C head obliques and other "head" (capitis) muscles
 D: cervical portion of rhomboid and trapezius muscles
 E: muscles converging at the base of the neck and at the neck/shoulder intersection (serrated cervical muscle, multifidi of the neck, brachiocephalicus, subclavius muscle)
 F muscles at and behind the shoulder joint (often found with "h")
 G: biceps brachii; on the cranial surface of the chest (front); pectoral muscles next to sternum
 H: flexors of the shoulder; tensor fasciae antebrachii and the long head of the triceps brachii
 I: ascending pectorals

J: rear (caudal portion) and pocket of the withers; shelf of ribs at the scapula intersection
 K: transverse abdomen muscle and hip flexors
 L: multifidi of the trunk (especially lumbar) and muscles over the thoracolumbar epaxial muscles
 M: middle gluteal trigger
 N: cranial edge of biceps femoris and semitendinosus
 O: ischial segments of the biceps femoris
 P: superficial digital flexor and gastrocnemius
 Q: accessory gluteal
 R: caudal nerve
 S: mid-shelf of the rib
 T: last rib
 U: subclavius
 Y: saddle fitting point (illiocostalis and scapula junction)
 X: rider seat