

How to use this chart:

Check the muscle associated with your client's symptoms. If it unlocks this becomes a pretest or presenting symptom that can be rechecked after the balance or on the next visit.

These page numbers refer to *Touch for Health: The Complete Edition* by John and Matthew Thie, 2005

Symptom	Muscle	Pg
Acne	Psoas	160
Adrenal exhaustion	Sartorius	184
Adrenal glands	Gastrocnemius	190
Adrenal problems	Gracilis	186
Adrenal problems	Soleus	188
Allergies	Gastrocnemius	190
Allergies	Gracilis	186
Allergies	Latissimus Dorsi	122
Allergies	Neck Flexors	114
Allergies	Pect Major Clavicular	110
Allergies	Sartorius	184
Allergies	Soleus	188
Anaemia	Mid/Lower Trapezius	124
Ankle problems	Peroneus	150
Ankle turned in	Piriformis	174
Anxiety	Supraspinatus	98
Arms hang differently	Teres Minor	182
Arthritis	Sacrospinalis	152
Asthma	Gastrocnemius	190
Asthma	Neck Flexors	114
Asthma	Sartorius	184
Asthma	Soleus	188
Back pain	Quad Lumborum	228
Beer belly	Abdominals	142
Bile	Anterior Deltoid	196
Bladder problems	Piriformis	174
Bladder problems	Sacrospinalis	152
Bladder problems	Tibials	154
Bleeding gums	Subscapularis	134
Blood circulation	Subscapularis	134
Blood pressure problems	Sartorius	184
Blurred vision	Upper Trapezius	162
Body fat	Teres Minor	182
Body temperature	Teres Minor	182
Boils	Psoas	160
Bowlegged	Adductors	172
Bowlegged	Fascia Lata	224
Bowlegged	Gluteus medius	170
Bowlegged	Hamstrings	226
Breast Pain	Fascia Lata	224
Breast pain with menstruation	Fascia Lata	224
Breast soreness	Fascia lata	224
Breast soreness	Gluteus Medius	170
Breath control	Anterior Serratus	212
Breath holding reduced	Diaphragm	218

Breathing	Abdominals	142
Breathing	Stomach Meridian	108
Breathing problems	Abdominals	142
Breathing problems	Diaphragm	218
Bronchitis	Deltoids	216
Bunions	Tibials	154
Burning urination	Piriformis	174
Bursitis	Sacrospinalis	152
Buttocks crease asymmetry	Gluteus Maximus	176
Caffeine intolerance	Latissimus Dorsi	122
Chest conditions	Anterior Serratus	212
Chest pains	Subscapularis	134
Chest soreness	Fascia Lata	224
Chronic coughs	Coracobrachialis	214
Colic	Quadriceps	140
Colitis	Fascia Lata	224
Colitis	Hamstrings	226
Congestion - lung	Deltoids	216
Conjunctivitis	Upper Trapezius	162
Constipation	Fascia Lata	224
Constipation	Hamstrings	226
Constipation	Popliteus	198
Coughs - chronic	Coracobrachialis	214
Cramping in hamstrings	Hamstrings	226
Crying - no reason	Teres Minor	182
Dark circles under eyes	Iliacus	164
Diabetes	Latissimus Dorsi	122
Diarrhea	Fascia Lata	224
Digestion	Pect Major Clavicular	110
Digestion - fats	Ant Deltoid	196
Digestive issues	Latissimus Dorsi	122
Digestive issues	Opponens Poll Longus	126
Digestive issues	Quadriceps	140
Digestive issues	Teres Minor	182
Digestive issues	Triceps	128
Dizziness	Subscapularis	134
Duodenum	Abdominals	142
Ear infections	Upper Trapezius	162
Eczema	Psoas	160
Elbow pain	Adductors	172
Elbow problems	Sacrospinalis	152
Emotional function	Pect Major Clavicular	110
Emotional strain	Gastrocnemius	190
Emotional strain	Sacrospinalis	152
Emotional strain	Soleus	188
Emotional stress	Supraspinatus	98
Eye strain	Upper Trapezius	162
Fallen arches	Tibials	154
Fatigue	Gastrocnemius	190
Fatigue	Hamstrings	226
Fatigue	Soleus	188
Fatigue - morning	Sartorius	184
Fevers	Mid/Lower Trapezius	124
Flat foot	Tibials	154

Flu	Deltoids	216
Flu	Diaphragm	218
Foot problems	Peroneus	150
Foot problems	Psoas	160
Foot pronation	Tibials	154
Foot turned in	Peroneus	150
Foot turned out	Piriformis	174
Foot turned outwards	Fascia Lata	224
Forward lean of body	Gastrocnemius	190
Forward lean of body	Soleus	188
Gallbladder conditions	Popliteus	198
Glaucoma	Pect Major Sternal	204
Glaucoma	Rhomboids	206
Haemorrhoids	Hamstrings	226
Headaches	Hamstrings	226
Headache	Iliacus	164
Headaches	Neck Flexors	114
Headaches	Pect Major Sternal	204
Headaches	Rhomboids	206
Headaches - dietary	Anterior Deltoid	196
Headaches, one-sided	Popliteus	198
Hearing conditions	Psoas	160
Hearing loss	Upper Trapezius	162
Heart conditions	Psoas	160
Hiccups	Diaphragm	218
Hives	Sartorius	184
Hormone, reproductive	Adductors	172
Hydrochloric Acid	Levator Scapulae	112
Hydrochloric Acid	Pect Major Clavicular	110
Hyperinsulinism	Latissimus Dorsi	122
Hyperinsulinism	Sartorius	184
Hypoglycaemia	Gastrocnemius	190
Hypoglycaemia	Latissimus Dorsi	122
Hypoglycaemia	Sartorius	184
Hypoglycaemia	Soleus	188
Ileum	Quadriceps	140
Immune responses	Neck Flexors	114
Impotency	Gluteus Medius	170
Inability to rest	Psoas	160
Indigestion	Quadriceps	140
Indigestion upon standing up	Quadriceps	140
Infections	Gracilis	186
Infections	Mid/Lower Trapezius	124
Infections	Sartorius	184
Infections	Teres Minor	182
Insomnia	Brachioradialis	116
Insulin production	Latissimus Dorsi	122
Jaundice	Popliteus	198
Jejunum	Quadriceps	140
Kidney disturbances	Psoas	160
Knee hyperextension	Popliteus	198
Knee pains	Popliteus	198
Knee pains	Sartorius	184
Knee problems	Quadriceps	140

Kneecap pain	Quadriceps	140
Knock knees	Gracilis	186
Knock knees	Hamstrings	226
Knock knees	Piriformis	174
Knock knees	Sartorius	184
Learning difficulties	Supraspinatus	98
Leg numbness	Piriformis	174
Leg pain	Piriformis	174
Leg tingling	Piriformis	174
Limp, peculiar	Gluteus Medius	170
Liver conditions	Pect Major Sternal	204
Liver conditions	Rhomboids	206
Lower back pain	Abdominals	142
Lower back pain	Iliacus	164
Lower back pain	Psoas	160
Lumbar vertebrae, curve in	Quadratus Lumborum	228
Lung problems	Coracobrachialis	214
Menopause	Adductors	172
Menstrual cramps	Gluteus Medius	170
Nausea	Iliacus	164
Neck pains	Popliteus	198
Neck stiff	Gluteus Maximus	176
Neck stiffness	Anterior Serratus	212
Nervous tension	Brachioradialis	116
Pain lower back	Abdominals	142
Pain, back	Quadratus Lumborum	228
Pallor	Iliacus	164
Palpitations	Subscapularis	134
Pancreas function	Latissimus Dorsi	122
Pancreas function	Opp Poll Longus	126
Pancreas function	Triceps	128
Pelvis tilted down	Adductors	172
Pelvis twisted	Gluteus Maximus	176
Pelvis twisted	Sartorius	184
Pimples	Psoas	160
Pineal organ function	Teres Major	104
Pleurisy	Deltoids	216
Pneumonia	Deltoids	216
Pronation of foot	Tibials	154
Prostate trouble	Gluteus Maximus	176
Prostate trouble	Gluteus Medius	170
Rectal fissures	Tibials	154
Reproductive hormones	Adductors	172
Reproductive organs	Adductors	172
Restlessness	Hamstrings	226
Restlessness - legs	Hamstrings	226
Rheumatism	Sacrospinalis	152
Sacrum twisted	Piriformis	174
Sciatic Nerve	Piriformis	174
Sex organs	Gluteus Maximus	176
Sex urges & drives	Gluteus Maximus	176
Shingles	Popliteus	198
Shock -mild	Gastrocnemius	190
Shock -mild	Soleus	188

Shoulder blades “wing out”	Anterior Serratus	212
Shoulder Pain	Coracobrachialis	214
Shoulder pain	Iliacus	164
Shoulder pain	Subscapularis	134
Shoulder problems	Abdominals	142
Shoulder problems	Sacrospinalis	152
Shoulder tensions	Neck Flexors	114
Sinuses	Neck Flexors	114
Sleep –trouble getting to	Upper Trapezius	162
Sleepiness after eating fats	Popliteus	198
Snapping fingers	Sacrospinalis	152
Sore throats	Mid/Lower Trapezius	124
Spastic Colon	Fascia Lata	224
Spots in front of eyes	Pect Major Sternal	204
Spots in front of eyes	Rhomboids	206
Stairs, difficulty climbing	Quadriceps	140
Standing up from seated position	Quadriceps	140
Stiff shoulder	Adductors	172
Stomach ache	Abdominals	142
Sudden thirst	Iliacus	164
Sugar intolerance	Latissimus Dorsi	122
Sugar metabolism	Latissimus Dorsi	122
Sugar metabolism	Opponens Poll Longus	126
Sugar metabolism	Triceps	128
Tennis elbow	Opponens Poll Longus	126
Thyroid function	Teres Minor	182
Tiredness	Gastrocnemius	190
Tiredness	Soleus	188
Tobacco allergy	Gastrocnemius	190
Tobacco allergy	Soleus	188
Tobacco intolerance	Latissimus Dorsi	122
Toxicity	Hamstrings	226
Urethra problems	Tibials	154
Urination burning	Piriformis	174
Walking difficulty	Gluteus maximus	176
Weak legs	Hamstrings	226
Weight changes	Teres Minor	182
Whiplash	Neck Flexors	114
Wrist problems	Brachioradialis	116

Compiled by **Marion Miller and Wayne Topping**
June 2017