



Dry Needling Level 1 – Muscle List

- Spine
 - Lumbar Multifidus
 - Cervical Multifidus

- Upper Extremity
 - Upper Trapezius
 - Deltoid
 - Biceps
 - Triceps
 - Pec Major
 - Infraspinatus
 - Teres Major
 - Teres Minor
 - Latissimus Dorsi
 - Brachioradialis
 - Supinator
 - Pronator Teres
 - Flexor Carpi Radialis
 - Flexor Carpi Ulnaris
 - Flexor Digitorum
 - Extensor Digitorum
 - Extensor Carpi Ulnaris
 - Extensor Indices
 - Extensor Carpi Radialis Longus
 - Extensor Carpi Radialis Brevis

- Lower Extremity
 - Tensor Fascia Latae
 - Gluteus Maximus
 - Gluteus Medius
 - Gluteus Minimus
 - Piriformis
 - Rectus Femoris
 - Vastus Intermedius
 - Vastus Lateralis
 - Vastus Medialis
 - Biceps femoris
 - Semimembranosus
 - Semitendinosus
 - Adductor Magnus
 - Gastroc
 - Soleus
 - Anterior Tibialis
 - Peroneus Longus
 - Peroneus Brevis
 - Extensor Digitorum Longus