



Figure 4.1. Referred pain patterns (*bright red*) of trigger points (*Xs*) in the quadratus lumborum muscle (*red*). *Solid bright red* denotes an essential pain pattern, and *stippled red*, a spillover pattern. *A*, pain patterns of superficial (lateral) trigger points that are palpable (1) below and close to the 12th rib, and (2) just above the iliac crest. *B*, pain patterns of deep

(more medial) trigger points close to the transverse processes of the lumbar vertebrae. The more cephalad deep trigger points refer pain to the sacroiliac joint; more caudal trigger points refer pain low in the buttock. *C*, examples of locations of trigger points in the quadratus lumborum muscle. (By permission from Postgraduate Medicine.¹²⁸)

of the upper part of the patella in a narrow band about the width of a finger. The sensation is likened to that felt when a finger is placed in an electric light socket. It has no motor component.

Vigorous contraction of the muscle to stabilize the rib cage during coughing or

sneezing can cause brief but overwhelmingly severe referred pain.

Authors have identified the quadratus lumborum muscle as a source of lumbago,^{52,83,98} backache,^{62,111,132,134,167} and lumbar myalgia.⁵² More specifically, they have identified the quadratus lumborum