

# 2026 AOASM Annual Clinical Conference

## BREAKOUT: “Visceral MSK Mimickers”

### Chapman’s Points – ENT

TART	T1-4 and Vagus
Anterior Structure	Location
Eyes	Anterior humerus at level of surgical neck bilaterally
Middle ear	Superior to mid clavicle bilaterally
Pharynx	1 <sup>st</sup> rib at sternal border bilaterally
Tonsils	1 <sup>st</sup> ICS at sternal border bilaterally
Larynx	2 <sup>nd</sup> Costochondral junction bilaterally
Nasal Sinuses	Inferior to mid-clavicle AND superior to 2 <sup>nd</sup> rib at midclavicular line bilaterally
Posterior Structure	Location
Eyes	Squamous portion of occipital bone below nuchal line bilaterally
Ear	C1 bilaterally
Pharynx, tonsils, tongue, sinuses	C2 bilaterally

### Chapman’s Points – Cardio/Pulmonary

Cardio TART	T1-5 and Vagus
Pulmonary TART	T2-6 and Vagus
Anterior Structure	Location
Myocardium	2 <sup>nd</sup> ICS bilaterally
Bronchus	2 <sup>nd</sup> ICS bilaterally
Upper Lung	3 <sup>rd</sup> ICS bilaterally
Lower Lung	4 <sup>th</sup> ICS bilaterally
Posterior Structure	Location
Heart	T2-3 bilaterally
Upper Lung	T3-4 bilaterally
Lower Lung	T4-5 bilaterally

### Chapman's Points – Upper GI

<b>TART</b>	<b>T5-9 and Vagus</b>
<b>Anterior Structure</b>	<b>Location</b>
Esophagus	2 <sup>nd</sup> ICS bilaterally
Pylorus	Sternum midline
Stomach Acidity	Left 5 <sup>th</sup> ICS
Stomach Motility	Left 6 <sup>th</sup> ICS
Spleen	Left 7 <sup>th</sup> ICS
Small Intestines	8-10 <sup>th</sup> ICS bilaterally (Sympathetic innervation: T10-11)
Liver	Right 5 <sup>th</sup> ICS
Gallbladder/Liver	Right 6 <sup>th</sup> ICS
Pancreas	Right 7 <sup>th</sup> ICS
Appendix	Right tip of rib 12
<b>Posterior Structure</b>	<b>Location</b>
Stomach Acidity	Left T5
Stomach Motility	Left T6
Liver	Right T5-6
Gallbladder	Right T6
Spleen	Left T7
Pancreas	Right T7
Small Intestine	T8-10 bilaterally
Appendix	T11-12 bilaterally

### Chapman's Points – Urinary

<b>TART for kidneys, upper ureters</b>	<b>T10-11 and Vagus</b>
<b>TART for lower ureters, bladder, urethra</b>	<b>T12-L2 and S2-S4</b>
<b>Anterior Structure</b>	<b>Location</b>
Bladder	Umbilicus
Ureter (L and R)	L or R lateral umbilicus
Kidney	1" superior and 1" lateral to umbilicus bilaterally
Adrenal Glands	2" superior and 1" lateral to umbilicus bilaterally
Urethra	Lateral pubic tubercle bilaterally
<b>Posterior Structure</b>	<b>Location</b>
Kidney	L1 bilaterally
Bladder	L2 bilaterally
Urethra	L3 bilaterally

### Chapman's Points – Lower GI

TART for Iliocecal valve to proximal 2/3 of T. Colon	T10-T11 and Vagus
TART for Distal 1/3 of T. Colon to rectum	T12-L2 and S2-S4
Anterior Structure	Location
Iliocecal Valve	Greater trochanter bilaterally
Cecum	R proximal IT band
Ascending Colon	R mid IT band
Proximal 2/3 of Transverse Colon	R distal IT band
Hepatic Flexure	R Distal IT band
Distal 1/3 of Transverse Colon	L Distal IT band
Splenic Flexure	L Distal IT band
Descending Colon	L Mid IT band
Sigmoid Colon	L Proximal IT band
Rectum	Proximal inner thigh at lesser trochanter
Posterior Structure	Location
Large Intestine	Between L2-4 TPs and ipsilateral iliac crest
Rectum	On the inferior portion of the SI joint

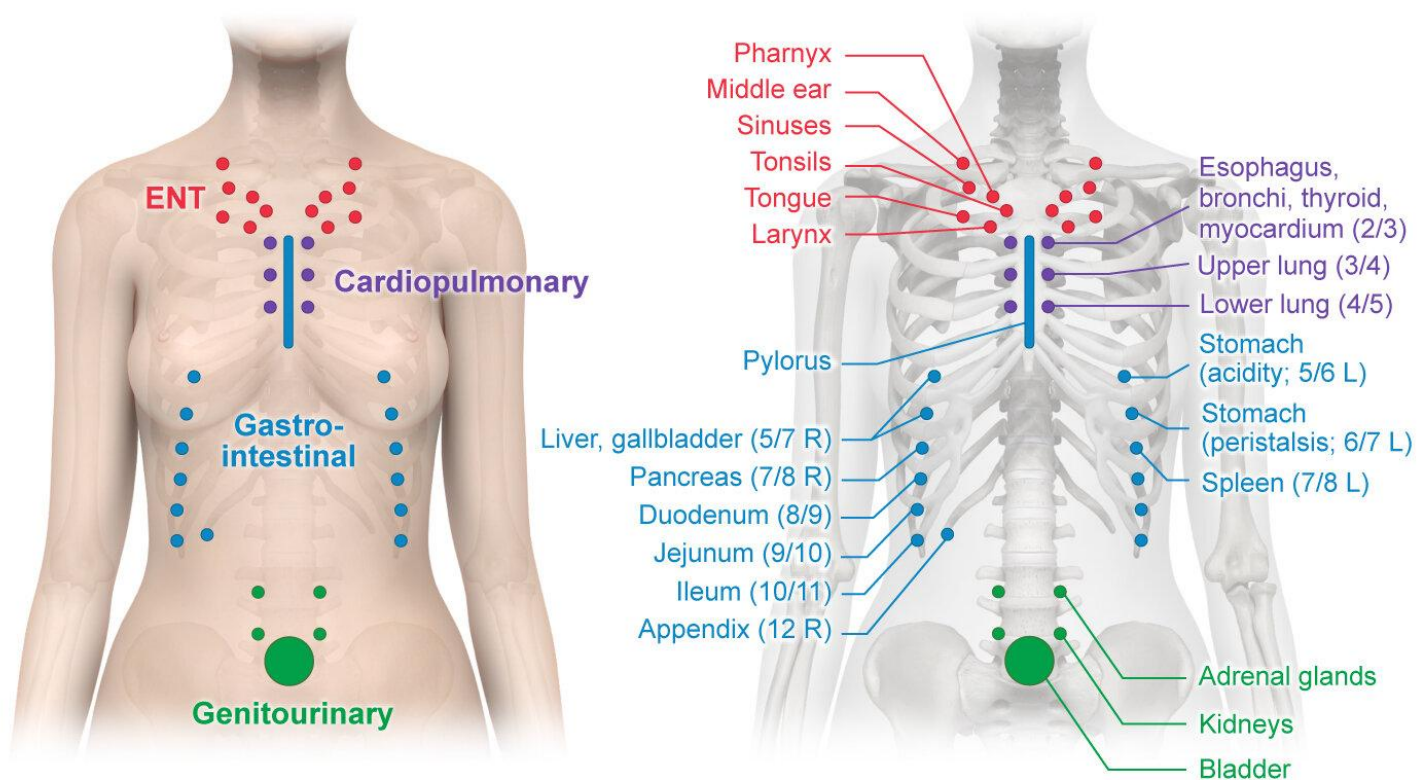
### Abdominal Sphincters

TART	T5-L2; Vagus; S2-4
Sphincters	Location
Pyloric Sphincter	Epigastric region
Hepatopancreatic Duct	Center of right upper quadrant
Duodenojejunal Flexure	Center of left upper quadrant
Ileocecal Valve	Center of right lower quadrant

### Abdominal Ganglia

TART	T5-L2; Vagus; S2-4
Ganglia	Location
Celiac Ganglion	¼ from xiphoid to umbilicus
Superior Mesenteric Ganglion	½ from xiphoid to umbilicus
Inferior Mesenteric Ganglion	¾ from xiphoid to umbilicus

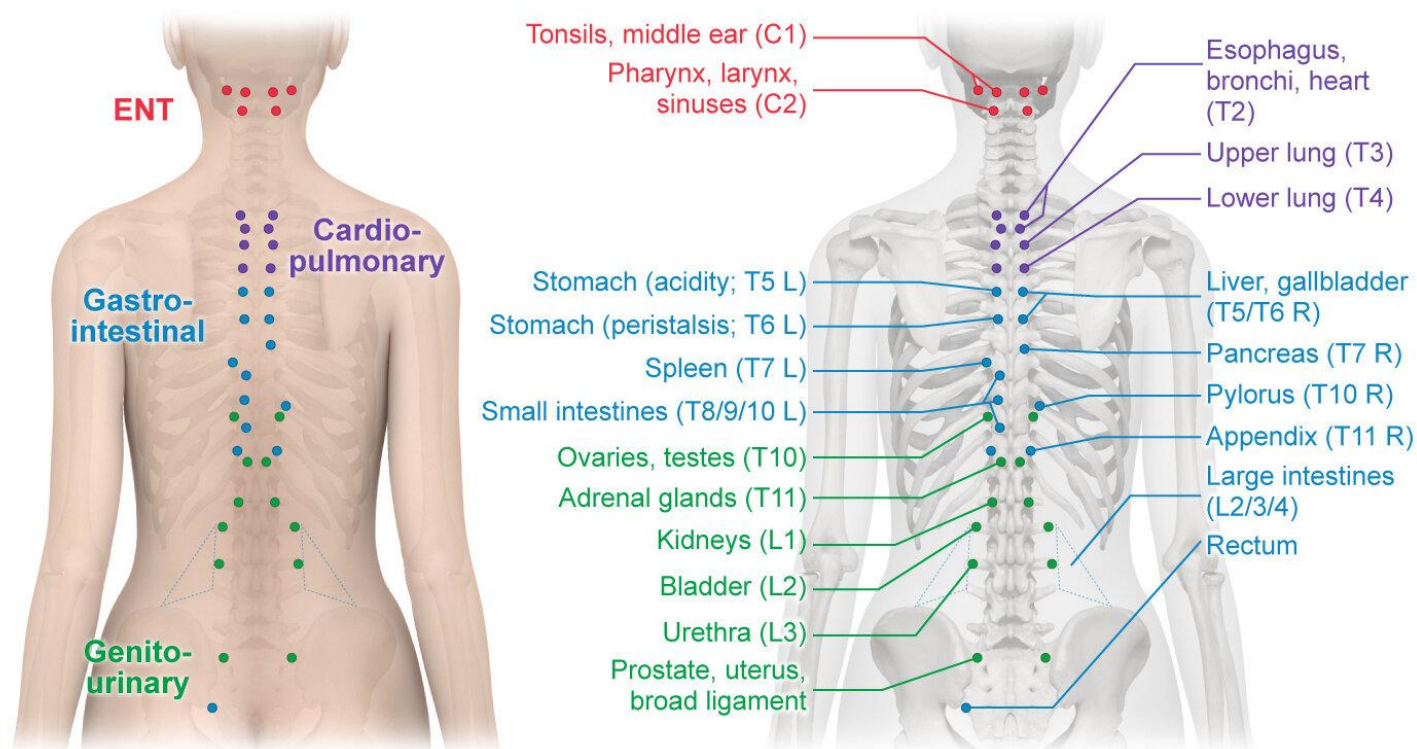
## Anterior Chapman points



Most anterior Chapman points are located near the associated organ and are bilateral unless specified with (L) or (R).

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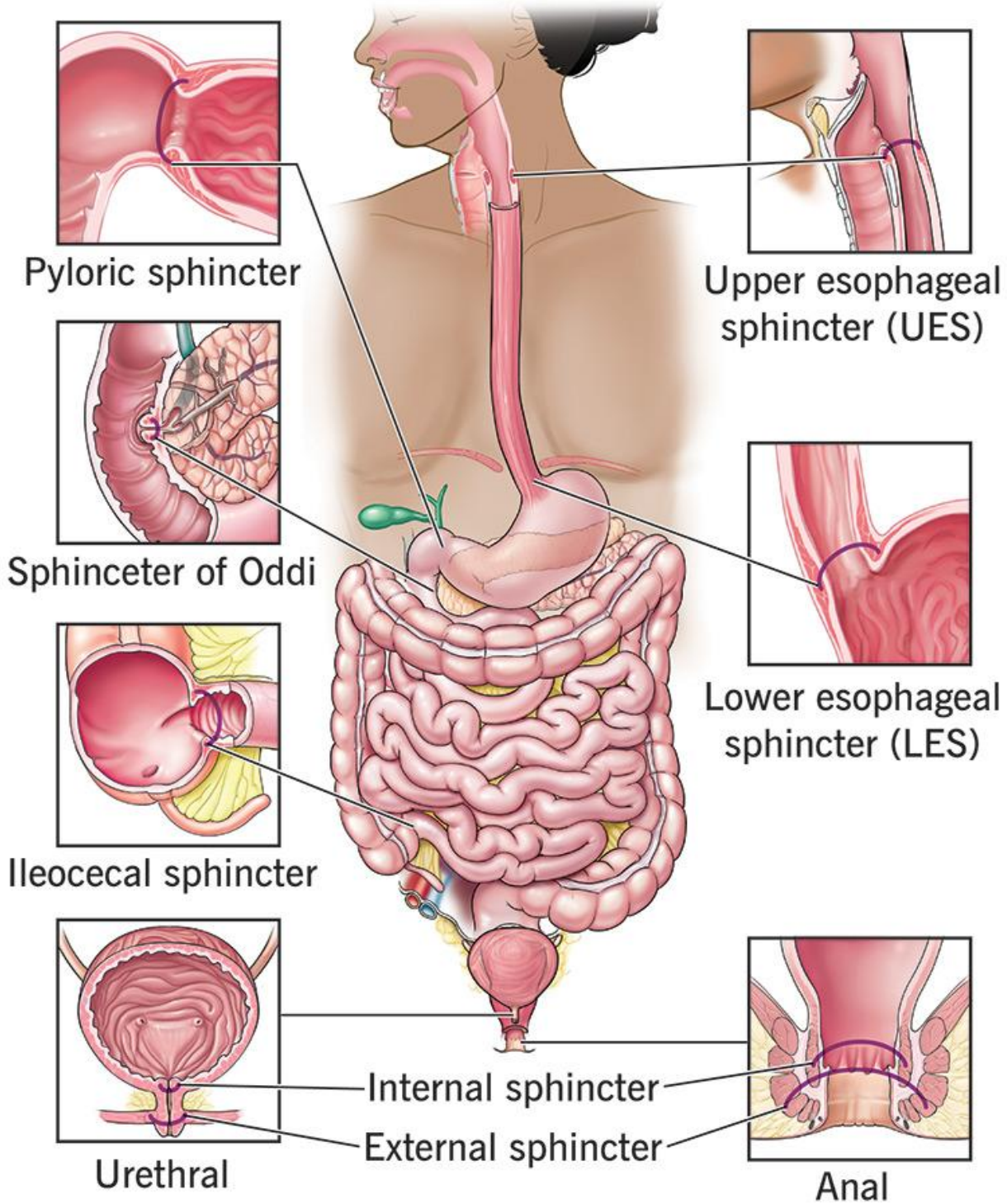
## Posterior Chapman points



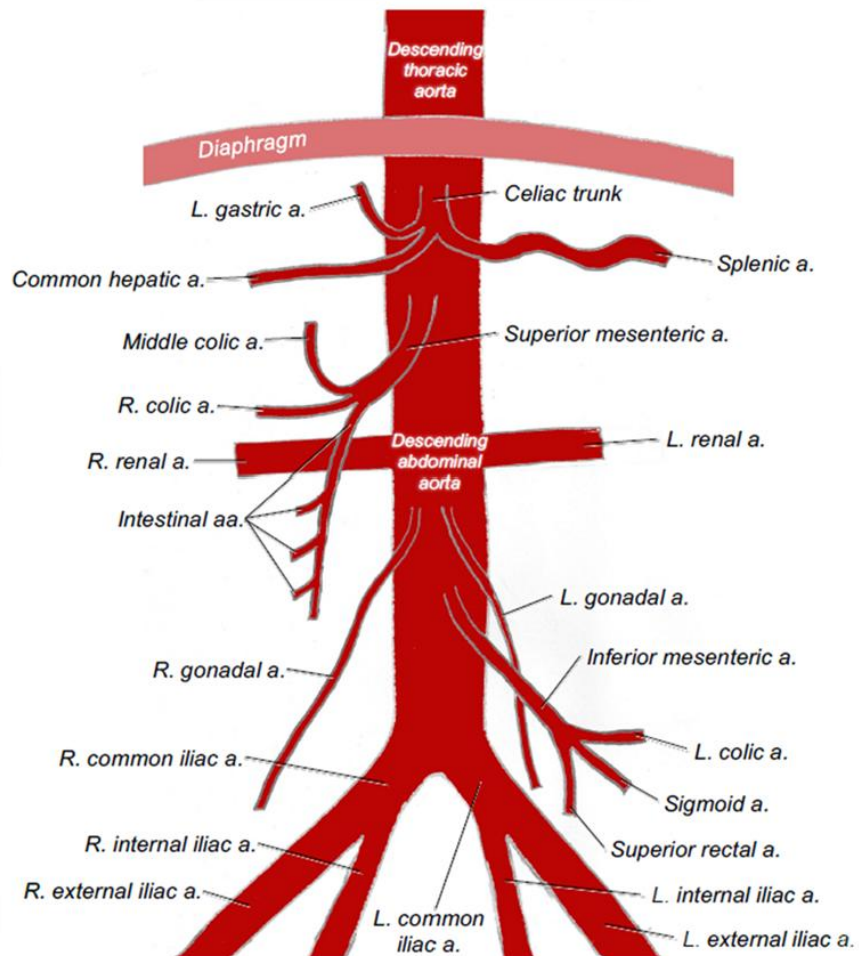
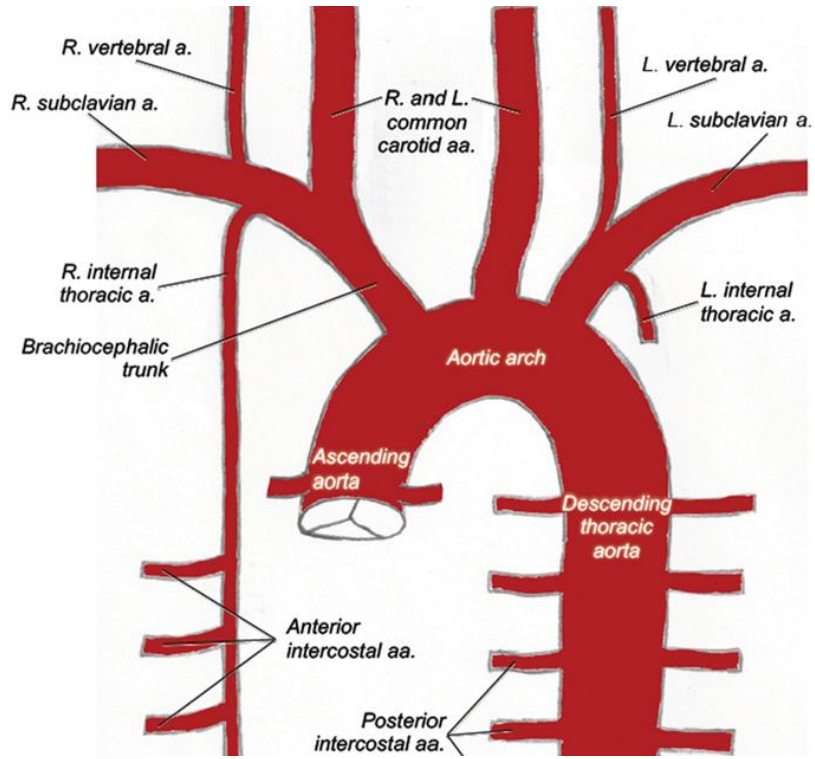
Chapman points are bilateral unless specified with (L) or (R).

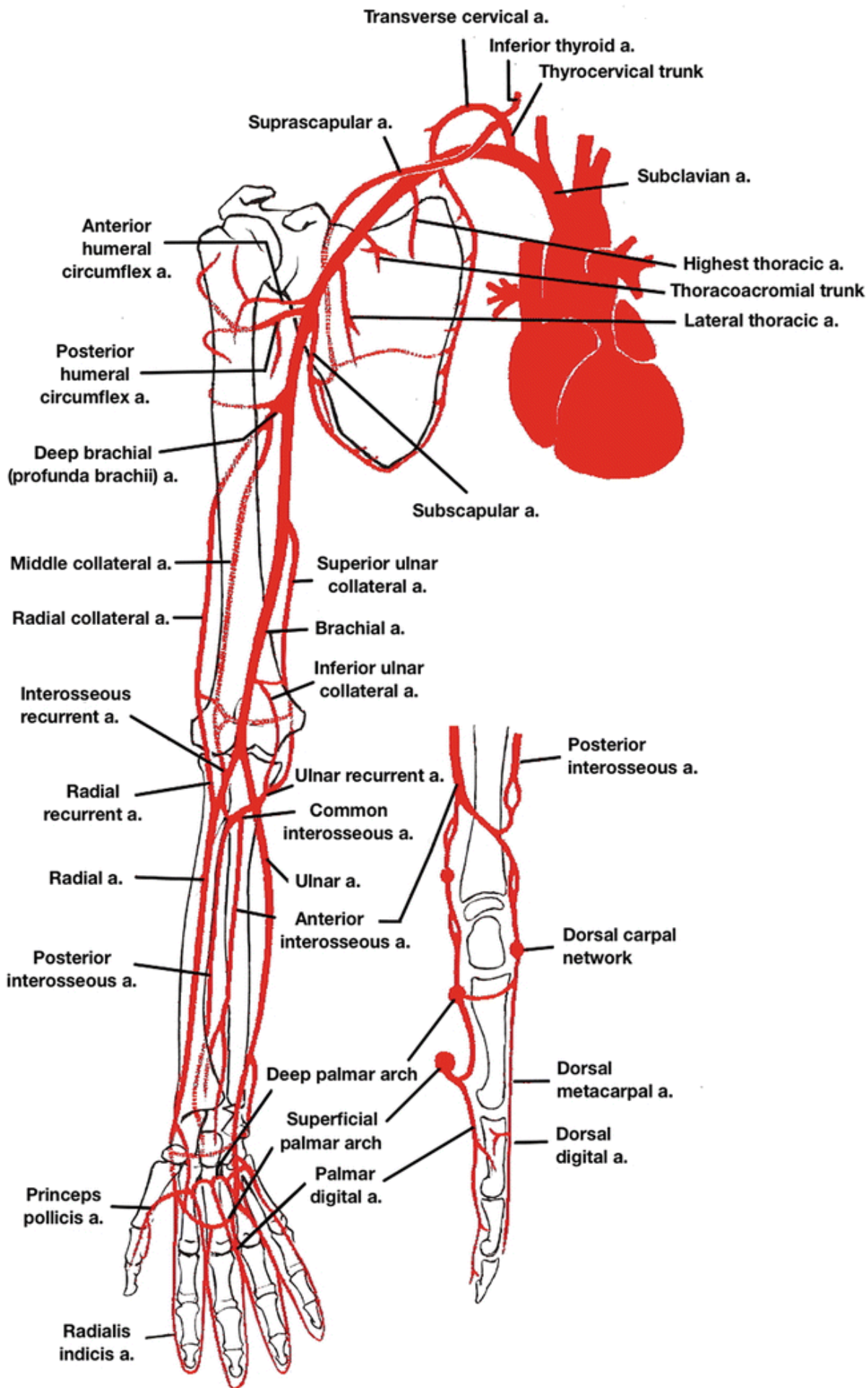
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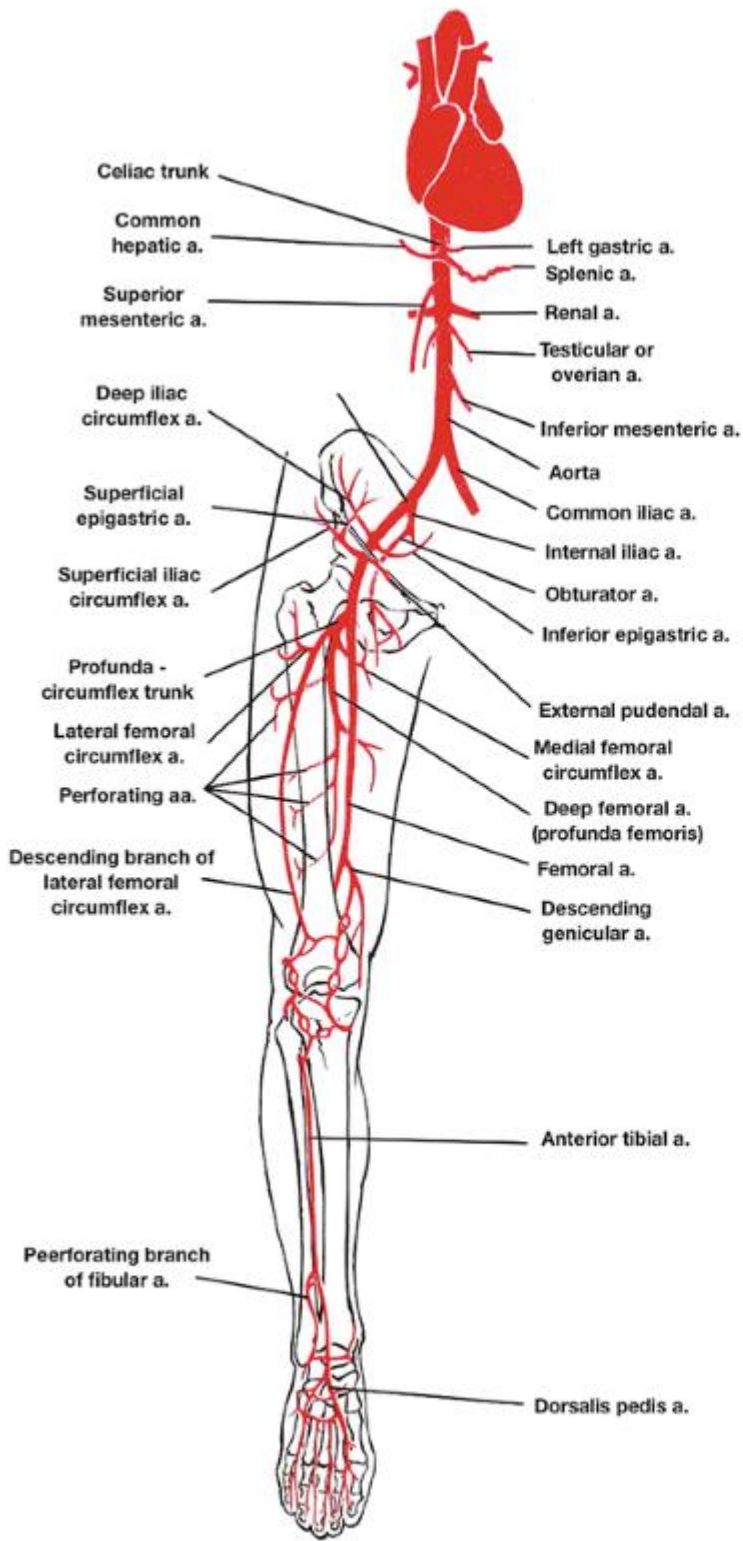
# Sphincters



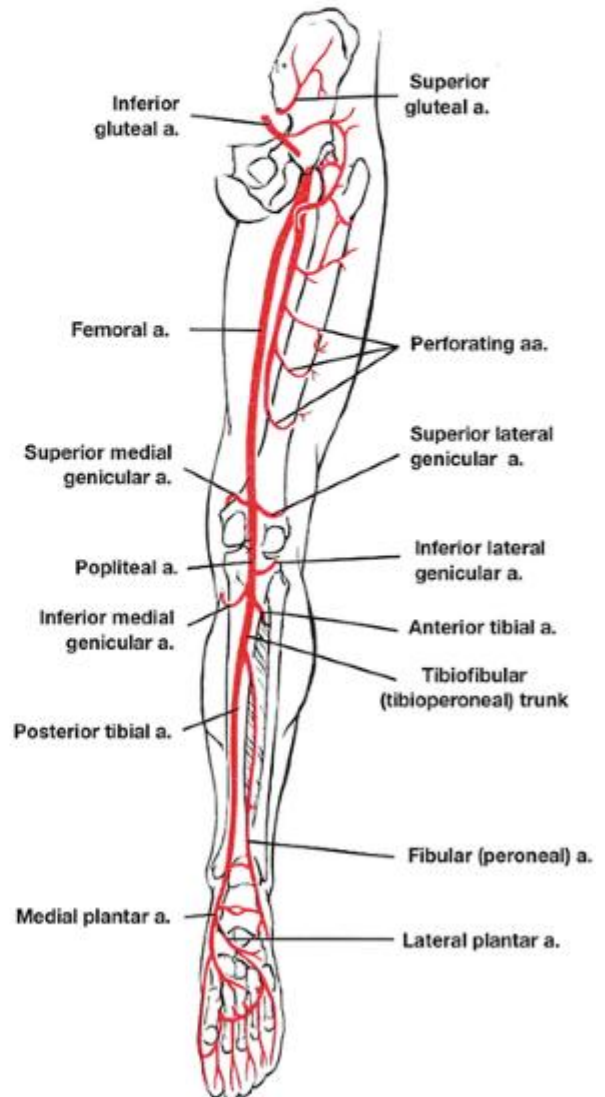
# Vascular







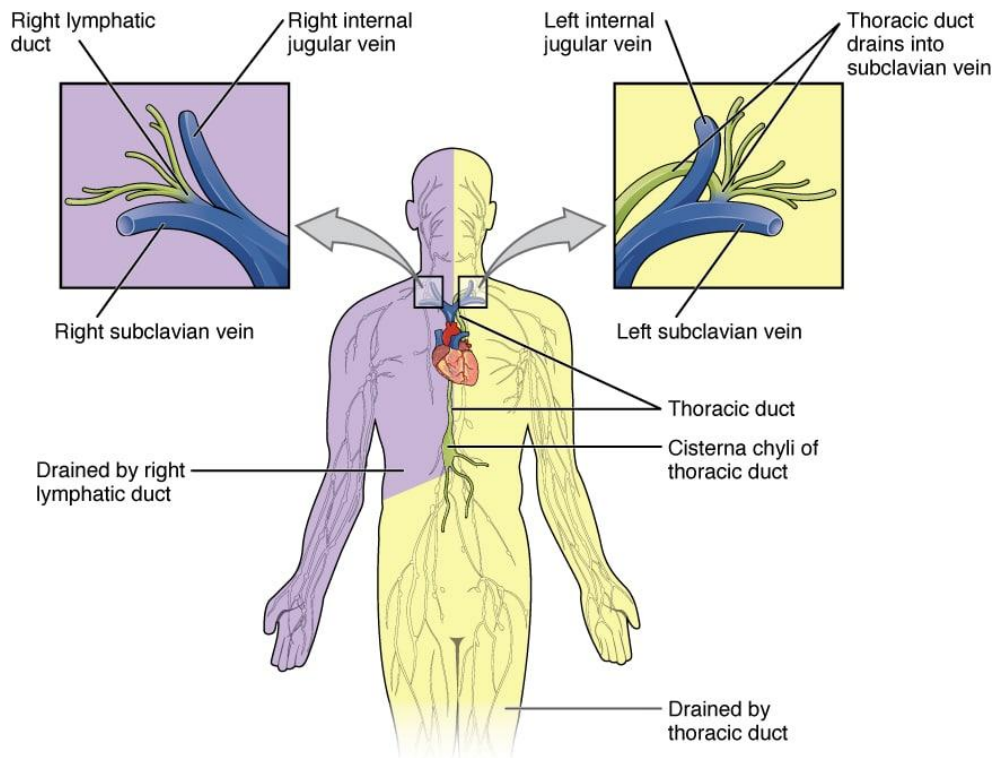
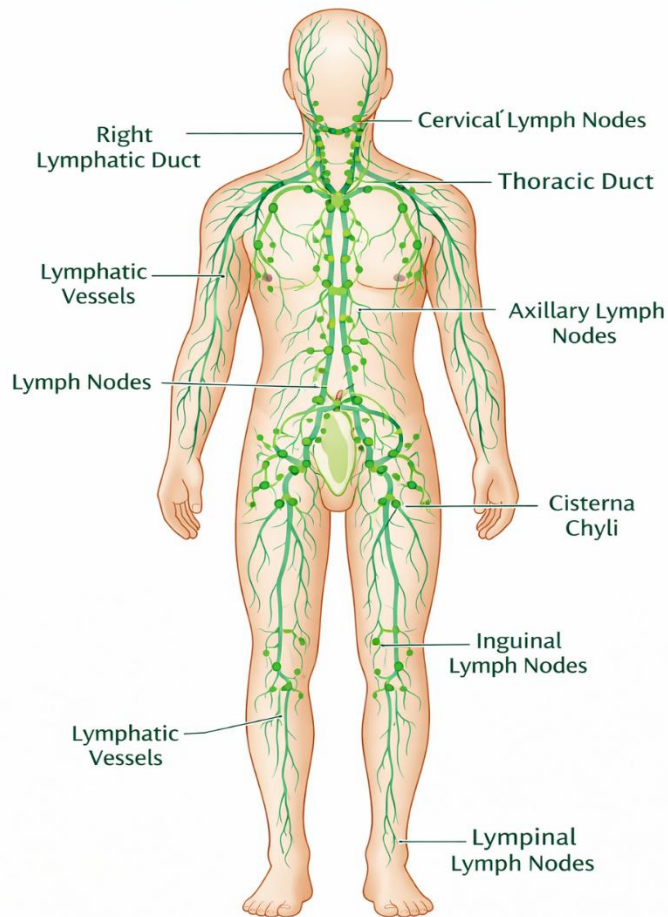
ANTERIOR



POSTERIOR

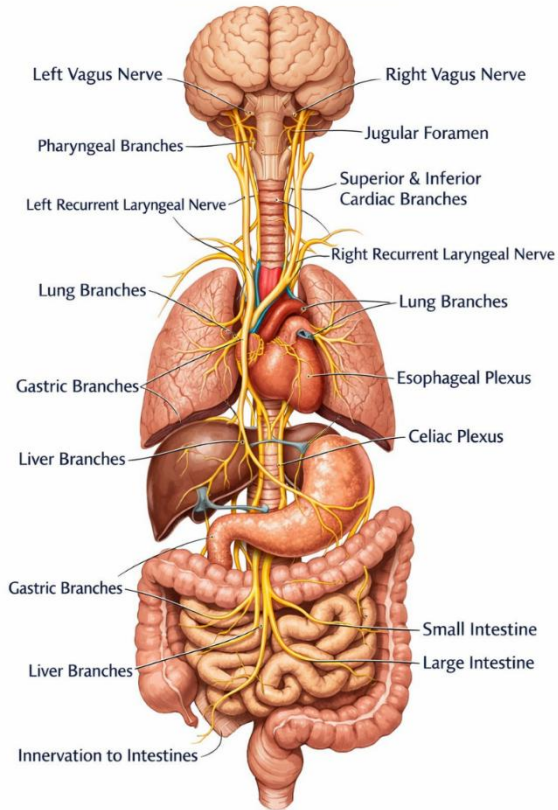
# Lymphatics

## LYMPHATIC FLOW



# Nerves

## VAGUS NERVE (CRANIAL NERVE X)



## PATH OF THE PHRENIC NERVE

