Chapman’s Points Overview

Chapman's points or Chapman’s reflex points are palpable areas of fascial tissue abnormality that develop secondarily to irritation or dysfunction of a target organ, and they are often considered to be a visceral reflex. They are characteristically small, smooth and firm areas that are 2-3mm in size and partially fixed at their base. They are discretely palpable, and are described as tapioca-like or BB-like. To remember the exact locations of multiple Chapman’s points throughout the body, check our our series of related Picmonics.



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Pathophysiology

Fascial Tissue Abnormality
Fascial-fashion dress torn
Deep to the skin layers are the fascial layers that are believed to be the inflammatory area connected to each Chapman’s point.

Develops Secondary to Irritation or Dysfunction
2nd Irritation
Chapman’s points are believed to develop as a result of inflammation, irritation or dysfunction of their related target organ and are only palpable if present.

Visceral Reflex
Visceral-visor Reacting
Chapman’s points are believed to be a visceral-somatic reflex of the organs of the body.

Characteristics

Small, Smooth, Firm
Small, Smooth, and Firm pool ball
They are characteristically small, smooth and firm areas that are 2-3mm in size and partially fixed at their base. They are discretely palpable, and are described as tapioca-like or BB-like.

2-3 mm
(2) Tutu beneath (3) Tree
They are characteristically small, smooth and firm areas that are 2-3mm in size and partially fixed at their base. They are discretely palpable, and are described as tapioca-like or BB-like.

Discretely Palpable
Paw Discreetly Palpating
Points are only palpable if disease process, irritation or inflammation of a target organ is present.

Tapioca or BB-Like
Tapioca and BB
They are characteristically small, smooth and firm areas that are 2-3mm in size and partially fixed at their base. They are discretely palpable, and are described as tapioca-like or BB-like.

Partially Fixed
Partially Fixed at base
They are characteristically small, smooth and firm areas that are 2-3mm in size and partially fixed at their base. They are discretely palpable, and are described as tapioca-like or BB-like.

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