

# **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.



**PLAY PICMONIC** 

### **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

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#### 2-3 mm

(2) Tutu beneath (3) Tree

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#### **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

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### **Partially Fixed**

Partially Fixed at base

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