

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 out 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](#)

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](#)

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Discretely Palpable

[Paw Discretely 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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