

SOFT TISSUE TEXTURE GUIDE

	Description	Adjectives
-1/5	Very soft, lacking tone or firmness.	Hollow, hypotonic
0/5	Normal tone, firm yet supple. Modest pressure can penetrate entire muscle.	Pliable, relaxed.
1/5	Minimal tension. Moderate pressure can penetrate entire muscle, but tension exists.	Stressed.
2/5	Mild tension. Able to penetrate $\frac{3}{4}$ of muscle.	Tense, congested.
3/5	Moderate tension. Able to penetrate $\frac{1}{2}$ of muscle. Scattered nodules may be present.	Stiff, taut, hypertonic.
4/5	Severe tension. Able to penetrate $\frac{1}{4}$ of muscle. Large nodules, taut fibers, and latent trigger points may be present.	Knotted, tight, constricted.
5/5	Extremely severe tension. Very hard to the touch. Little or no penetration possible. Large nodules, very taut fibers, and active trigger points may be present.	Hard, solid, contracted, impenetrable.

***Please note that this scale is a subjective attempt to quantify tension observed in the client's soft tissue.**

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