

## 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.



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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](#)

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#### 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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