Course Information Sheet

Course Title: Clinical Guide to Musculoskeletal Palpation

Course Description: Musculoskeletal palpation, used in examining the size, consistency, texture, location, and tenderness of anatomical structures, is recognized by medical professionals as a method for detecting and treating a variety of injuries and medical conditions. A comprehensive guide supported by photos that demonstrate palpation techniques of surface body landmarks, Clinical Guide to Musculoskeletal Palpation assists students and health care professionals in becoming proficient in surface palpation techniques, which are a prerequisite for working in the manual therapy professions. The most comprehensive resource of its kind, this text should be required reading for all practitioners, instructors, and students in the manual therapy professions. This is a lend/lease eligible program. After you take the test, you have the option to return the book to us for a $50 refund, which brings your total price down to $45. Cut & paste this URL into your browser for details: http://exerciseetc.com/correspond.html#how

Learning Objectives:

After completing this course, you will be able to:

1. Learn the definition and goals of palpation.
2. Understand the importance of psychomotor skill with palpation.
3. Understand the use of palpation to assess the degree of tissue irritability and the importance of adequate knowledge of anatomy.
4. Be able to use the anatomical relationship terms when discussing palpation of injured tissues.
5. Understand palpation of the skin and know what information is provided about skin integrity, temperature, edema, tissue mobility, hydration, and trophic changes.
6. Gain a brief introduction into the palpation of bones, muscles, tendons, ligaments, nerves, distal pulses, bursae, joint capsules, and plica.
7. Learn the function and anatomy of the skull and face, including bones, muscles, arteries, and nerves.
8. Learn the correct techniques for palpation of the external occipital protuberance, orbital rim, nasal bone, zygomatic arch, mastoid process, mandibular condyle, mandibular angle, hyoid bone, and the following muscles: suprahyoids, infrahyoids, masseter, temporalis, medial pterygoid, and lateral pterygoid.
9. Learn how to correctly palpate the carotid pulse.
10. Work through a case study of injury to the head and face.
11. Learn the function of the shoulder girdle complex, as well as the bony, soft tissue, and neurovascular anatomy.
12. Learn the proper technique for palpating the medial, superior, inferior, and lateral border of the scapula.
13. Learn palpation technique for the spine of the scapula, acromion process, subacromial space, coracoid process, greater tubercle of the humerus, intertubercular groove of the humerus, lesser tubercle of the humerus, and deltoid tuberosity.
14. Know the muscle origin, insertion, innervation and action of the axioscapular and scapulohumeral muscles and the appropriate palpation techniques for each.

15. Be able to determine the type of tissue involved as well as possible diagnosis based on case history and palpation for a case study involving the shoulder.

16. Understand the function and anatomy of the pectoral and axillary region including bony, soft tissue and neurovascular anatomy.

17. Know how to palpate the clavicle, sternum, ribs, intercostal spaces, pectoralis major, pectoralis minor, serratus anterior, and the subclavius.

18. Be able to determine the cause of injury and diagnosis of an injury to the pectoral and axillary region based on a case study.

19. Learn the function and anatomy of the elbow and forearm.

20. Know how to palpate the anatomical structures of the elbow and forearm, and how to apply that knowledge to a case study to determine the cause of injury.

21. Know the origin, insertion, innervation, and joint action of the muscles of the elbow and forearm.

22. Learn the function and anatomy of the wrist and hand.

23. Know how to palpate the anatomical structures of the hand and wrist, including the anatomical snuff box, bones, muscles, and arteries.

24. Utilize the knowledge of function, anatomy, and palpation to solve a case study involving the hand and wrist.

25. Understand the function of the cervical spine, thoracic spine, and rib cage, and the bony, soft tissue, and neurovascular anatomy.

26. Learn how to palpate the bony and soft tissue anatomy of the cervical spine, thoracic spine, and rib cage.

27. Apply the knowledge of the cervical spine, thoracic spine, and rib cage in a case study.

28. Understand the function and anatomy of the lumbar and sacral spine including bones, soft tissues, and neurovascular structures.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.
Instructor/Author Credentials:

Michael Masaracchio, PT, PhD, OCS, SCS, FAAOMPT, is an associate professor and coordinator of the anatomy lab in the department of physical therapy at Long Island University in Brooklyn. He is board certified in orthopedics and sport physical therapy by the American Physical Therapy Association. A long-time practicing physical therapist, he is currently the senior staff physical therapist at Masefield Cavallaro Physical Therapy, where he specializes in the examination and treatment of orthopedic and sport-related pathologies. In addition to completing his manual therapy fellowship from Regis University, Dr. Masaracchio has been reappointed to the Specialization Academy of Content Experts for the sport physical therapy examination. He has published a randomized clinical trial in the Journal of Orthopaedic and Sports Physical Therapy (March 2013) on the use of thoracic spine thrust manipulation in the management of mechanical neck pain. Dr. Masaracchio has also coauthored two other articles, one on the management of medial collateral ligament injury of the knee in a 13-year-old soccer player (International Journal of Sports Physical Therapy, May 2009) and a review article on the causes and prevention of pediatric and adolescent sports injuries (Orthopaedic Physical Therapy Practice, July 2008).

Chana Frommer, PT, DPT, OCS, SCS, RISPT, CCI, is an adjunct associate professor in the department of physical therapy at Long Island University in Brooklyn. She is board certified in orthopedics and sports by the American Physical Therapy Association. A long-time practicing physical therapist, she is currently a clinical director at All Seasons Orthopedics and Sports Physical Therapy, where she specializes in the examination and treatment of orthopedic and sport-related pathologies. Dr. Frommer has recently been reappointed to the Specialization Academy of Content Experts for both the orthopedic and sports physical therapy examinations and is a Registered International Sports Physical Therapist. She is also certified as a clinical instructor (CCI) from the American Physical Therapy Association and serves as an instructor and mentor for physical therapy students during their clinical rotations. Dr. Frommer has been the lead author on a case study that addressed the management of a medial collateral ligament injury of the knee in a 13-year-old soccer player (International Journal of Sports Physical Therapy, May 2009) as well as a review article on the causes and prevention of pediatric and adolescent sports injuries (Orthopaedic Physical Therapy Practice, July 2008).

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