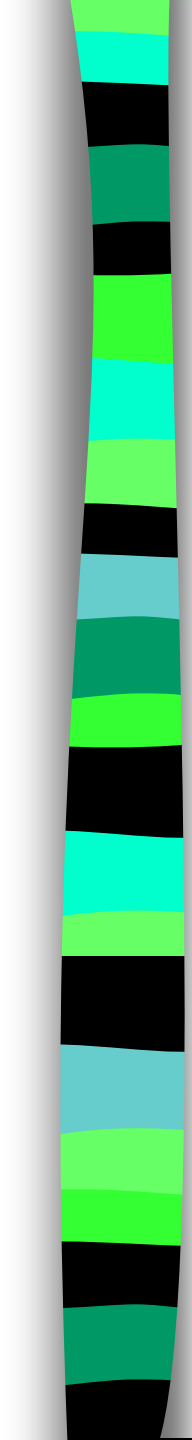


14a A&P:

Skeletal System - Bony Landmark Palpation



14a A&P: Skeletal System - Bony Landmark Palpation

Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
20 minutes	Quiz
<u>35 minutes</u>	Bony Landmark Palpation
60 minutes	Total

You may have to borrow few minutes from “b” class to get this done.

14a A&P: Skeletal System – Bony Landmark Palpation

Class Reminders

In Class 14b:

- Partial SOAP notes with first and last names, date, Subjective, and Assessment. Signatures and dates on intake form.

Assignments:

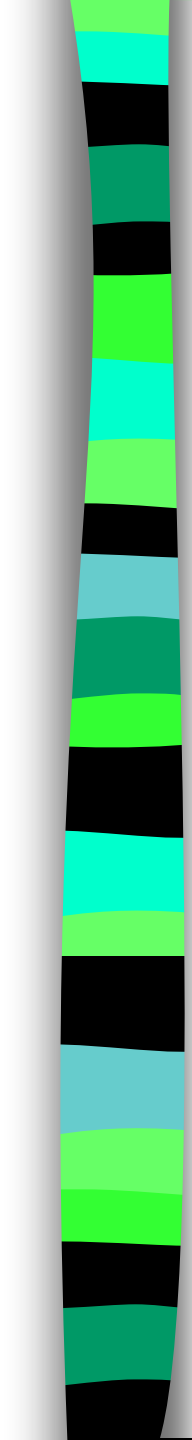
- 17a Review Questions (A: 131-140)

Quizzes and Exams:

- 17a Quiz
- 18a Kinesiology Quiz
- 19a Quiz
- 21a Exam

Preparation for upcoming classes:

- 15a H&H: Compassionate Care for All People
 - Trail Guide: sternocleidomastoid and levator scapula
 - Salvo: Pages 416-417 and 461-492
 - Packet E-19-20
 - Packet A-137
- 15b Swedish: Technique Demo and Practice - Chest and Arms
 - Packet F: 47-50



Classroom Rules

Punctuality - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

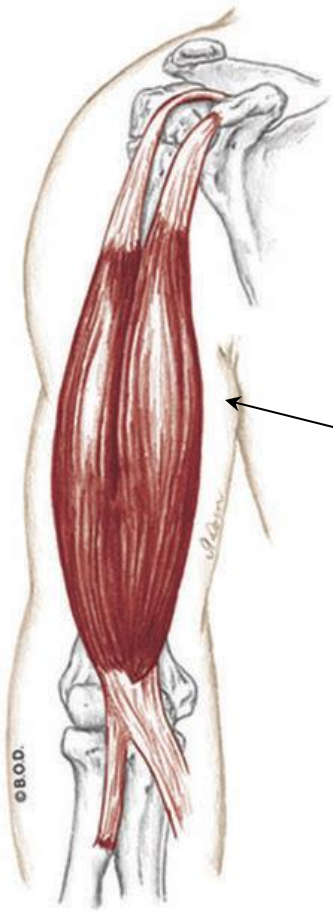
The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

You will receive one verbal warning, then you'll have to leave the room.

Biceps Brachii

Trail Guide, Page 95

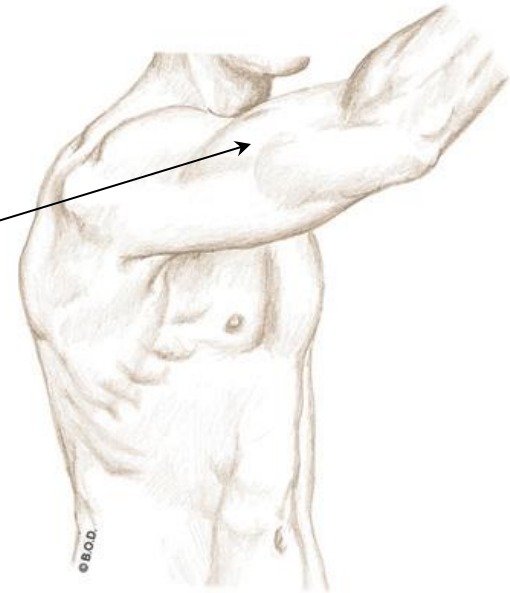


Anterior View

Biceps brachii lies superficially on the anterior arm.

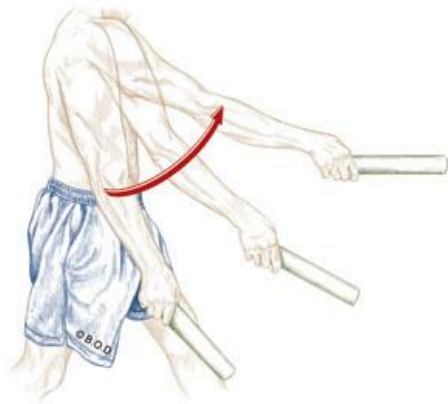
The proximal tendon of the long head of biceps brachii runs through the intertubercular groove.

When do you use your biceps brachii?

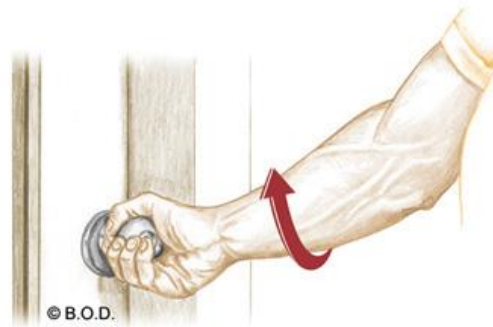


Anterolateral View

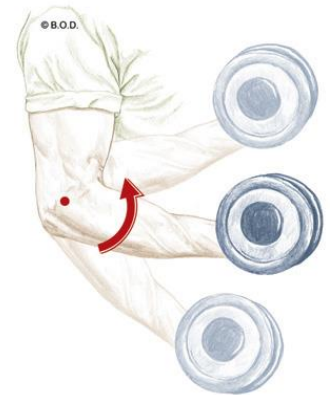
Actions of the Biceps Brachii



Glenohumeral flexion



Radioulnar supination



Humeroulnar flexion

Biceps Brachii, page 95

A

Flex the elbow or humeroulnar joint

Supinate the forearm or radioulnar joint

Flex the shoulder or glenohumeral joint

O

Short head:

Coracoid process of scapula

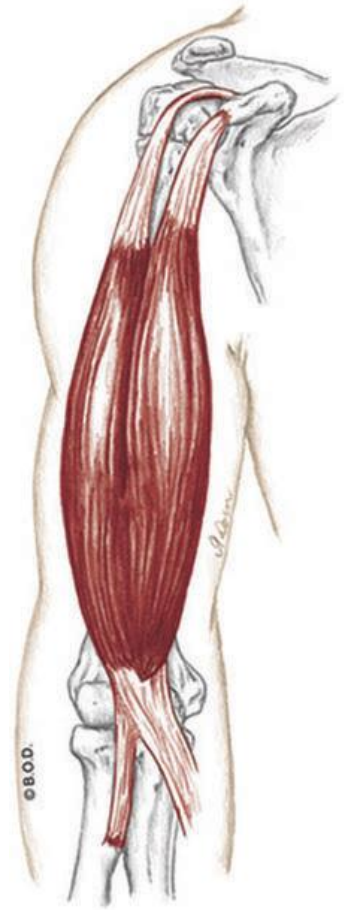
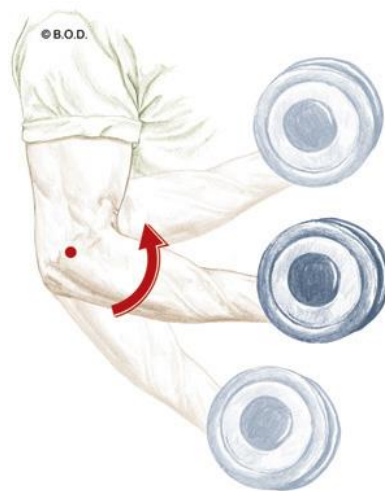
Long head:

Supraglenoid tubercle of scapula

I

Tuberosity of the radius

Aponeurosis of the biceps brachii



Anterior View

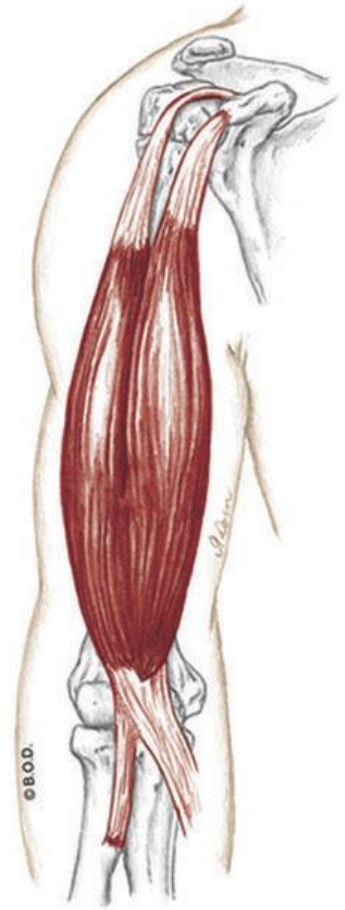
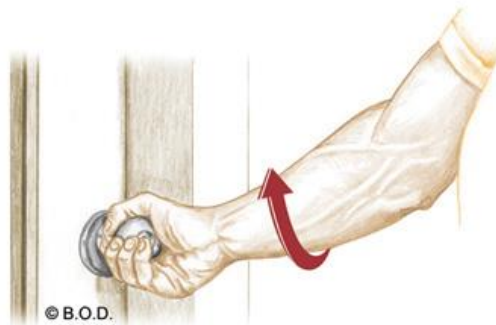
Biceps Brachii, page 95

- A** **Flex** the elbow or humeroulnar joint
Supinate the forearm or radioulnar joint
Flex the shoulder or glenohumeral joint

O *Short head:*
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I Tuberosity of the radius
Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

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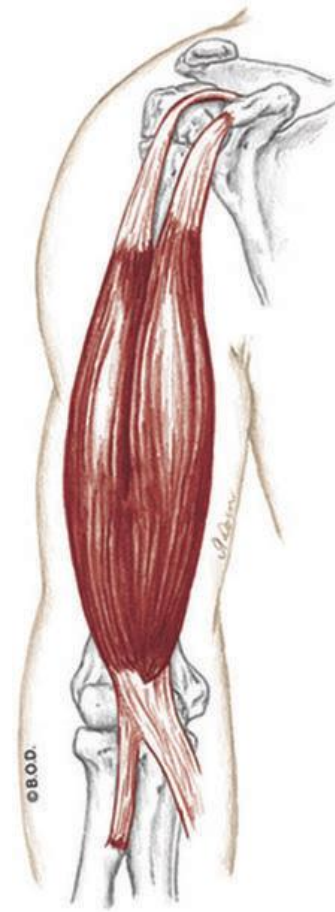
O

Short head:
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I

Tuberosity of the radius
Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

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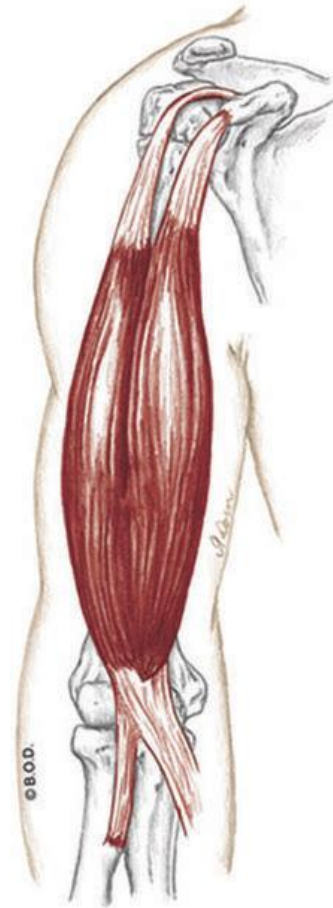
Long head:

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Tuberosity of the radius

Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

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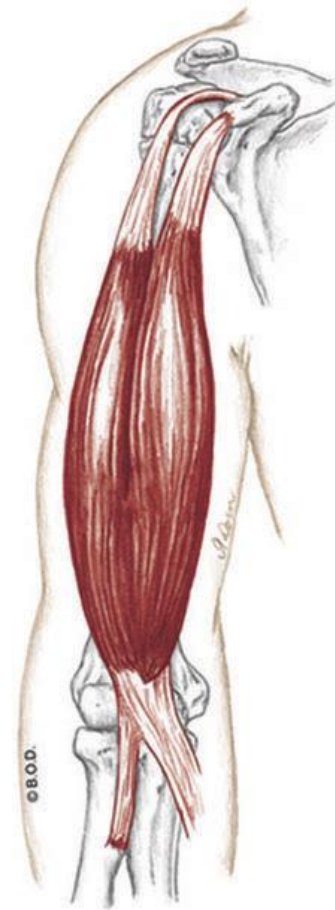
Long head:

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Anterior View

Biceps Brachii, page 95

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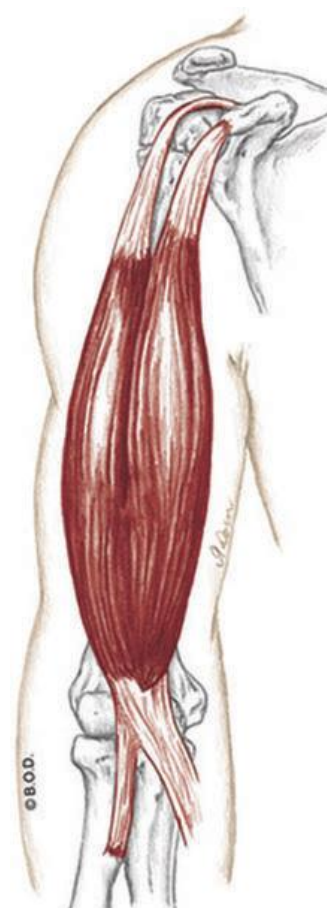
Long head:

Supraglenoid tubercle of scapula

I

Tuberosity of the radius

Aponeurosis of the biceps brachii



Anterior View

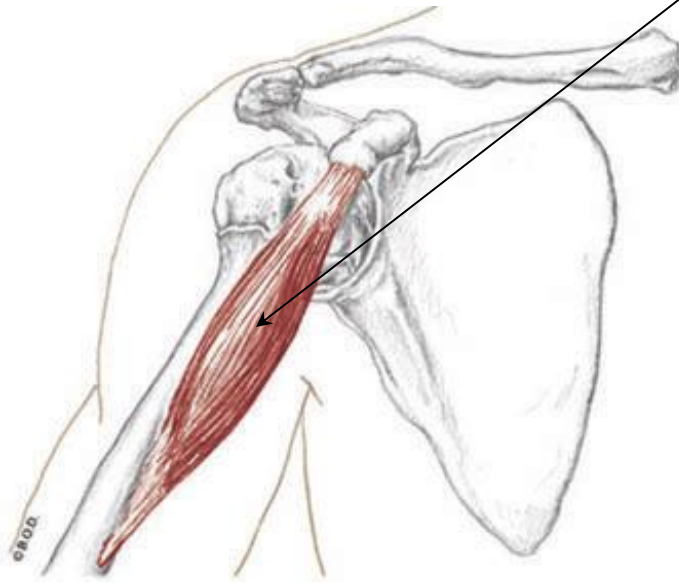
Coracobrachialis

Trail Guide, Page 99

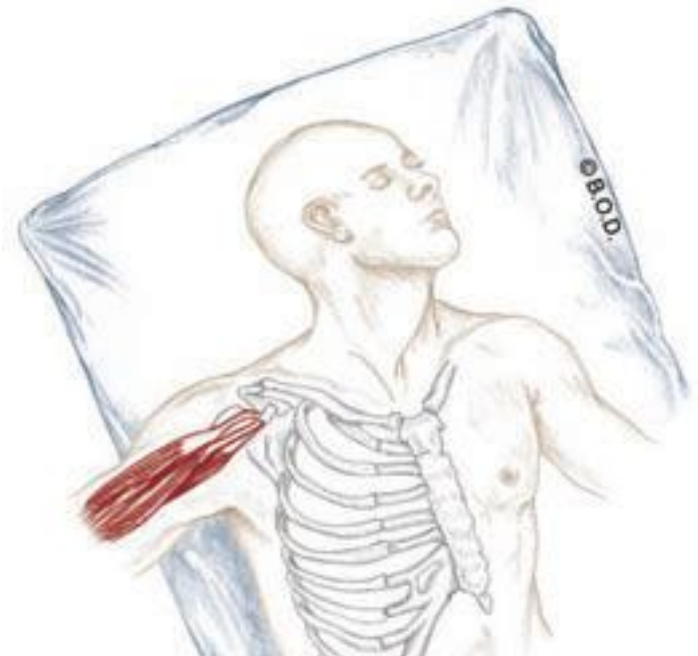
Coracobrachialis

is a small, tubular muscle located in the axilla, or armpit.

Let's take a closer look at the axilla . .



Anterior View



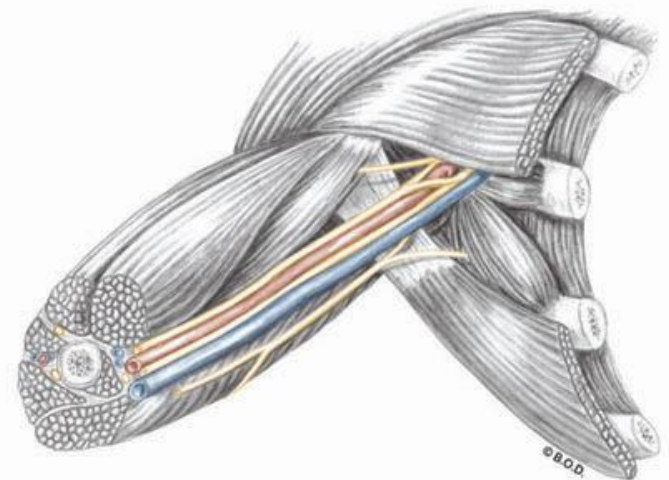
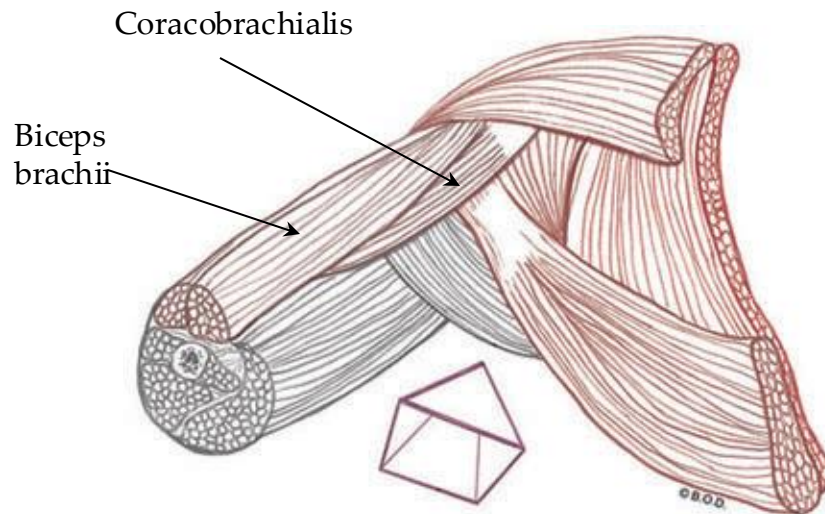
Axilla

Trail Guide, Page 100

The **axilla** is a cone-shaped area commonly called the armpit.

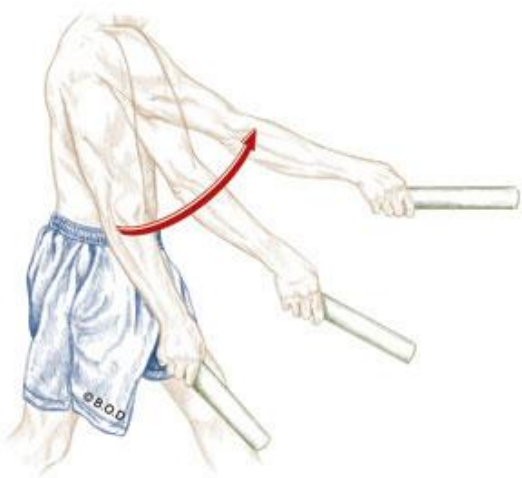
It is formed by four walls:

- Lateral wall: biceps brachii and coracobrachialis
- Posterior wall: subscapularis and latissimus dorsi/teres major
- Anterior wall: pectoralis major
- Medial wall: rib cage and serratus anterior



Anterolateral View

Actions of the Coracobrachialis



Glenohumeral flexion



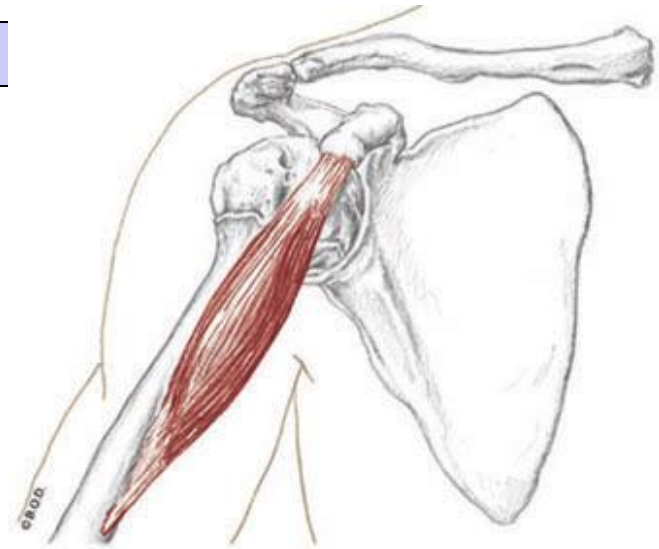
Glenohumeral adduction

Coracobrachialis, page 99

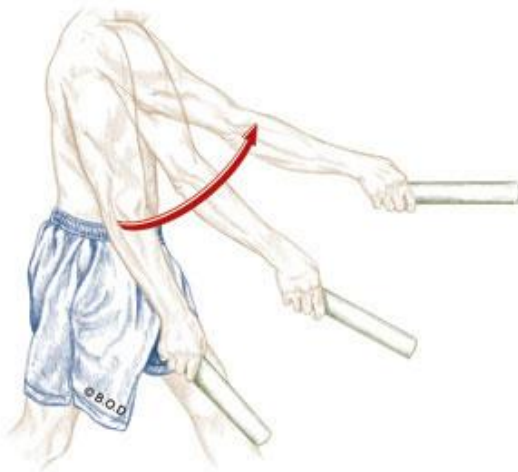
A Flex the shoulder or glenohumeral joint
Adduct shoulder or glenohumeral joint

O Coracoid process of scapula

I Medial surface of mid-humeral shaft



Anterior View

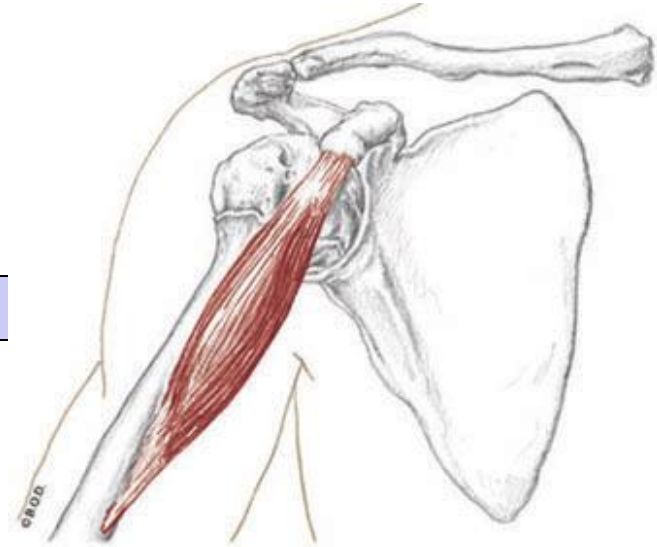


Coracobrachialis, page 99

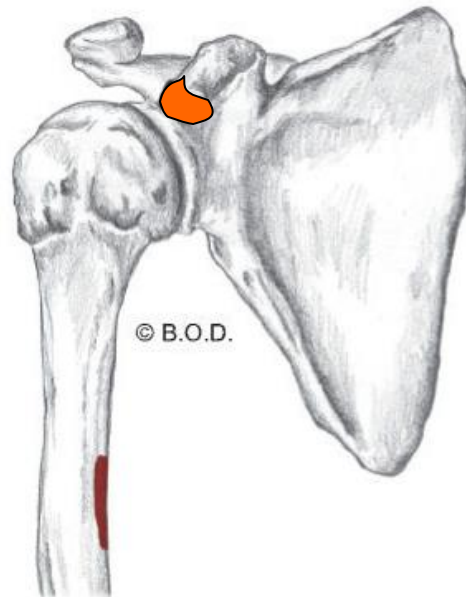
- A** Flex the shoulder or glenohumeral joint
Adduct shoulder or glenohumeral joint

O Coracoid process of scapula

I Medial surface of mid-humeral shaft



Anterior View

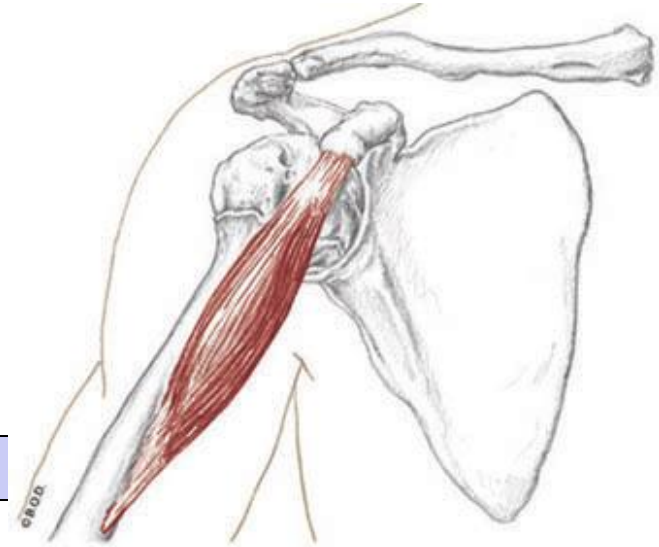


Coracobrachialis, page 99

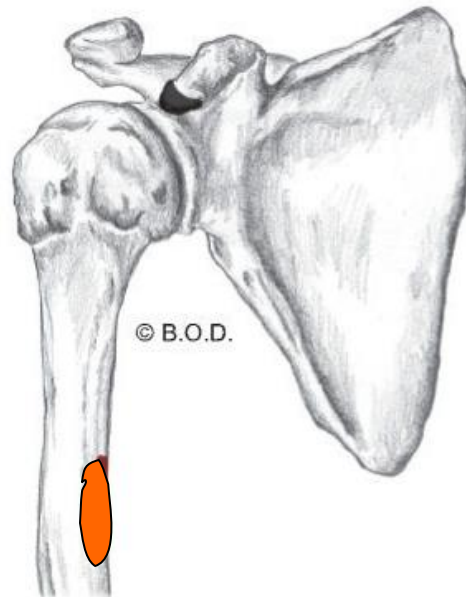
A Flex the shoulder or glenohumeral joint
Adduct shoulder or glenohumeral joint

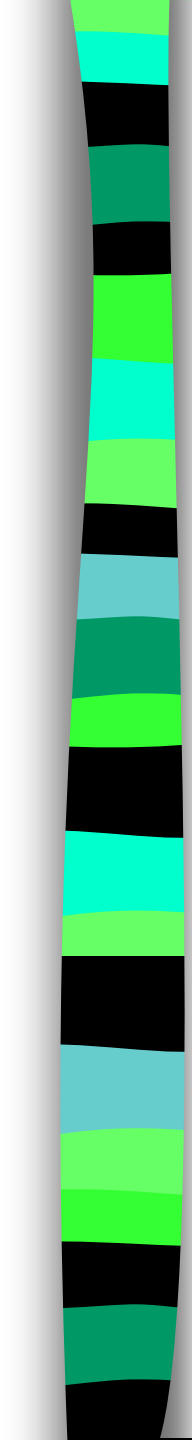
O Coracoid process of scapula

I Medial surface of mid-humeral shaft



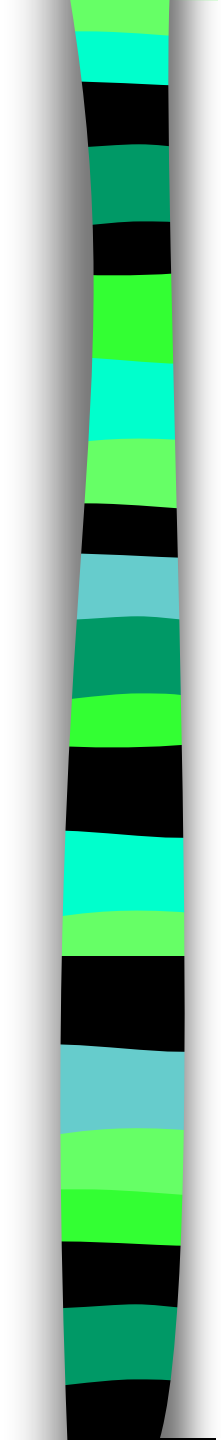
Anterior View





14a A&P: Skeletal System - Bony Landmark Palpation

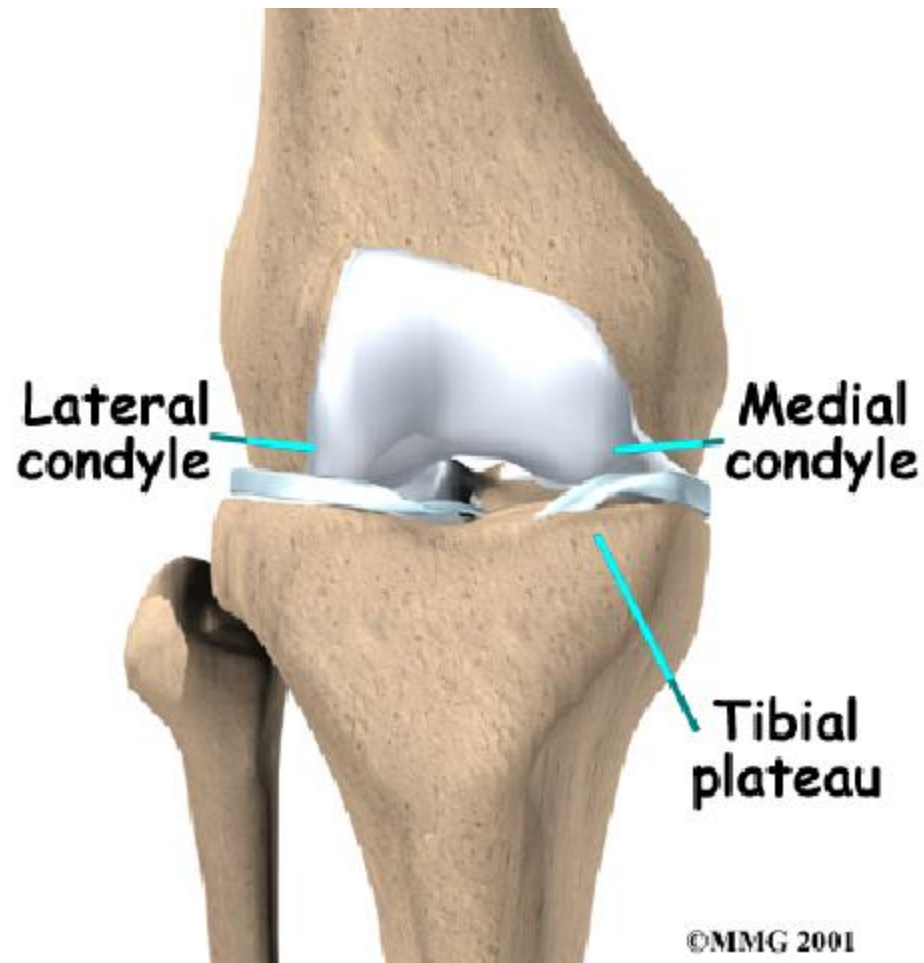
E-19



Bony Markings

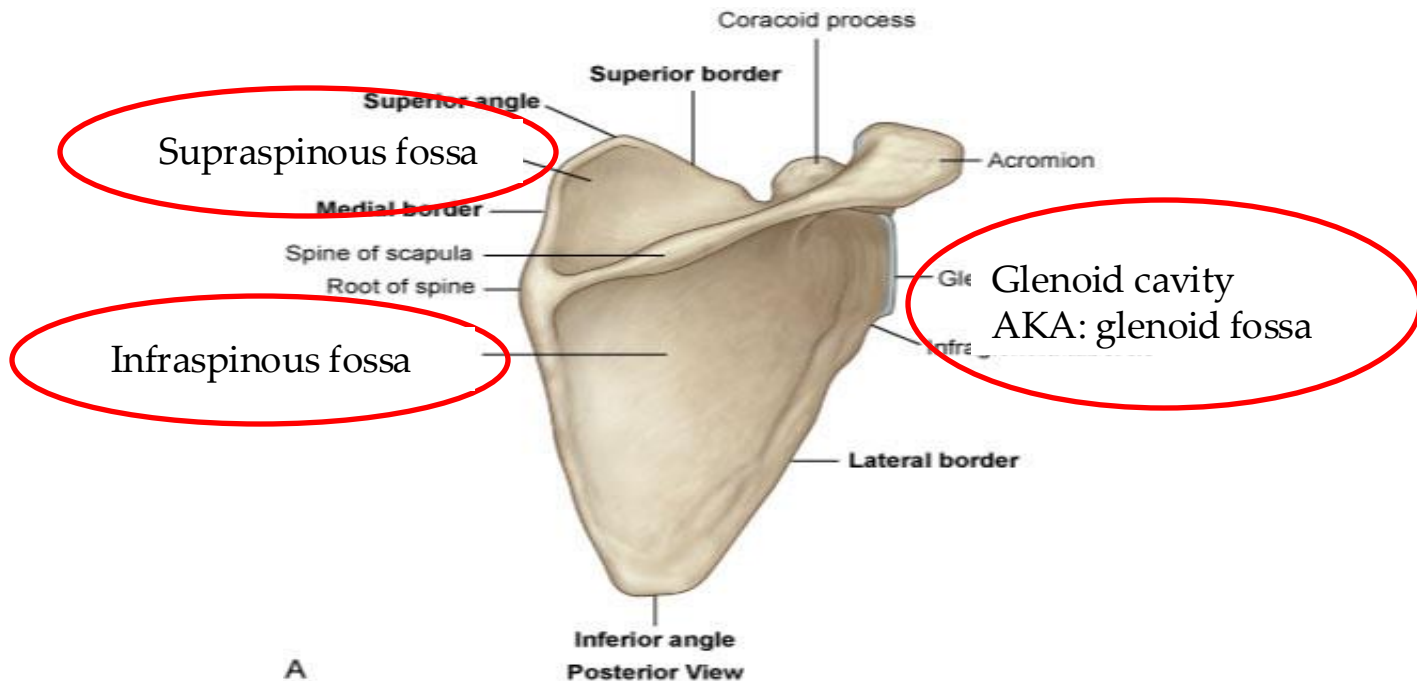
Bony Markings

Condyle Rounded projection that forms a joint.



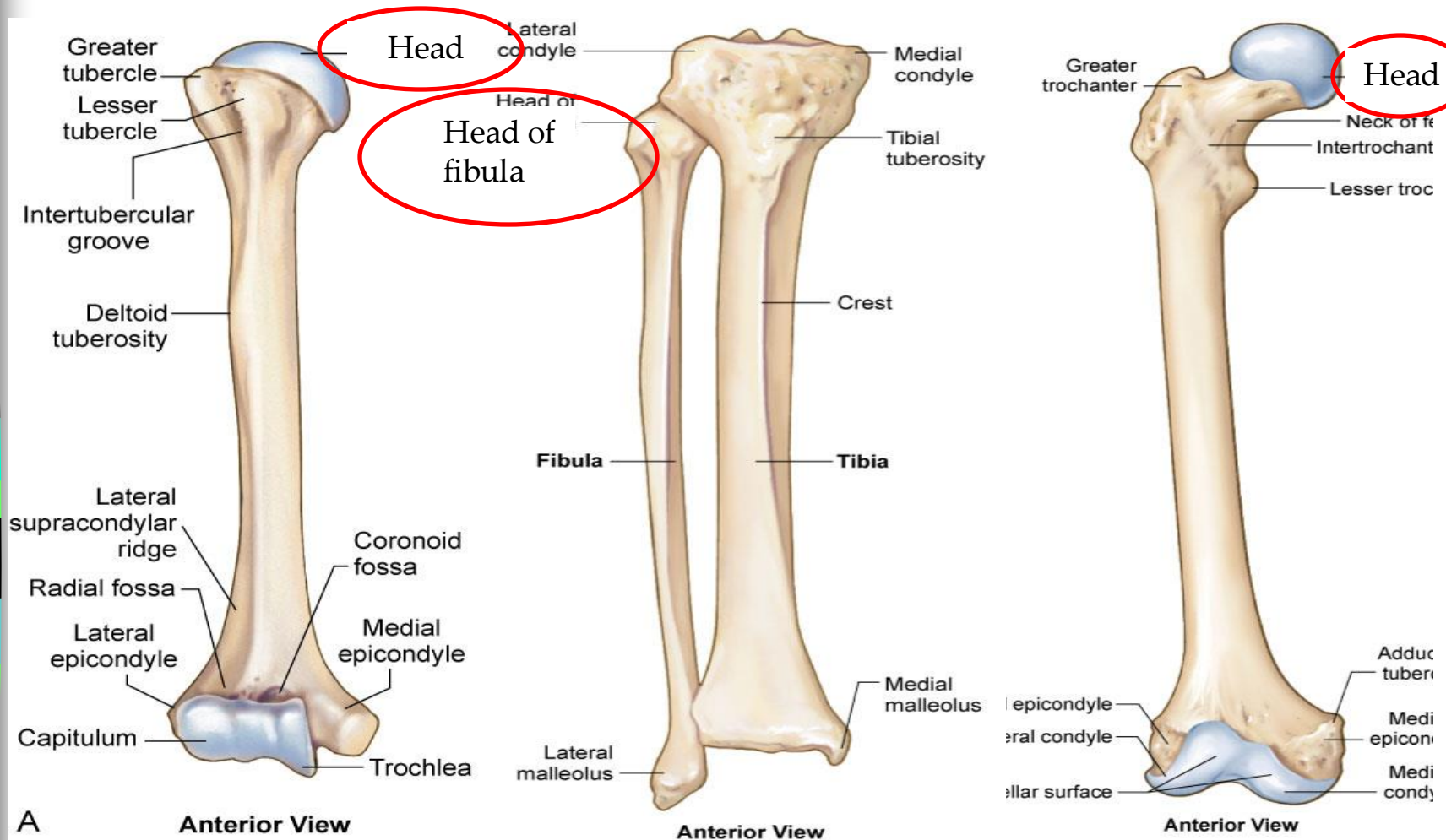
Bony Markings

Fossa Shallow depression in a bone.



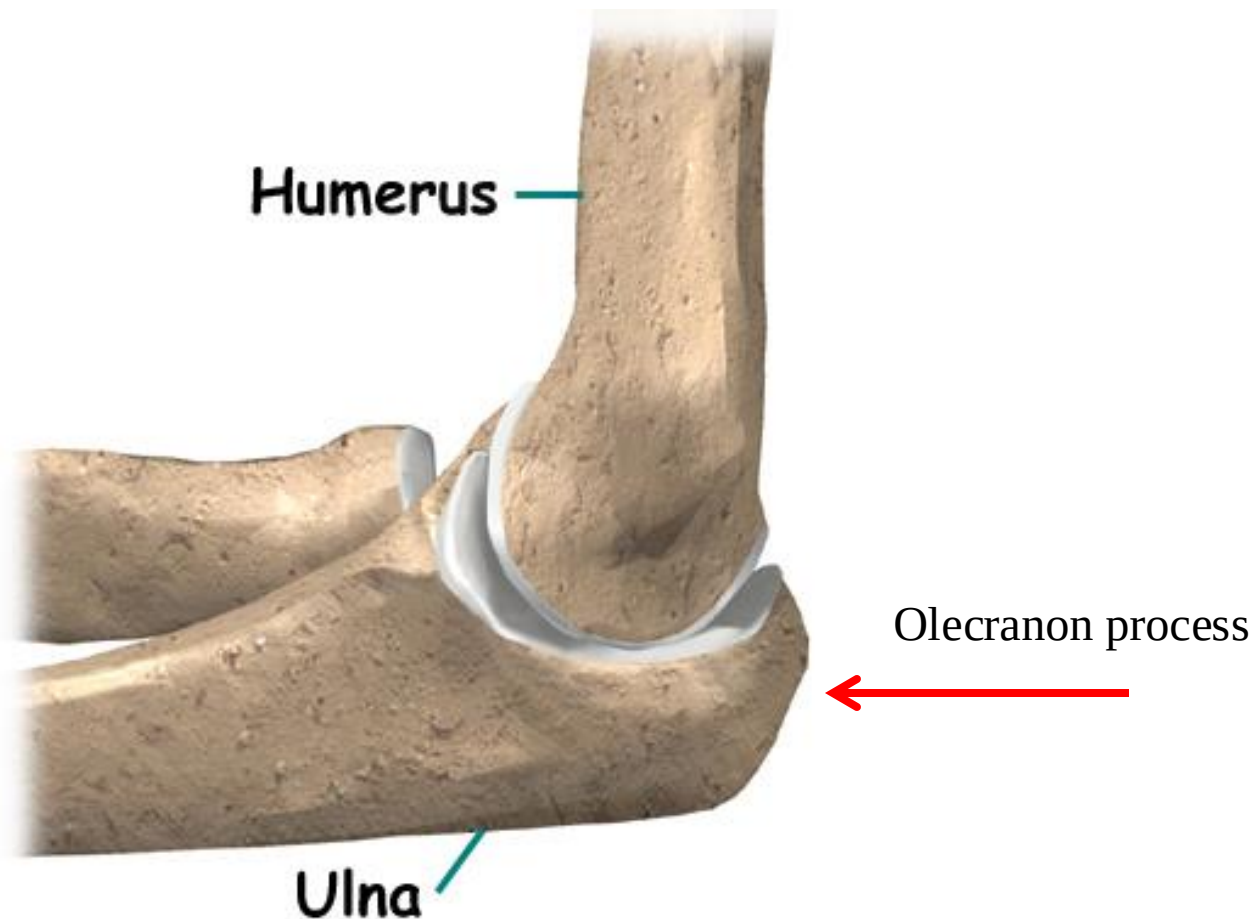
Bony Markings

Head Rounded end of a bone. Example: head of the humerus.



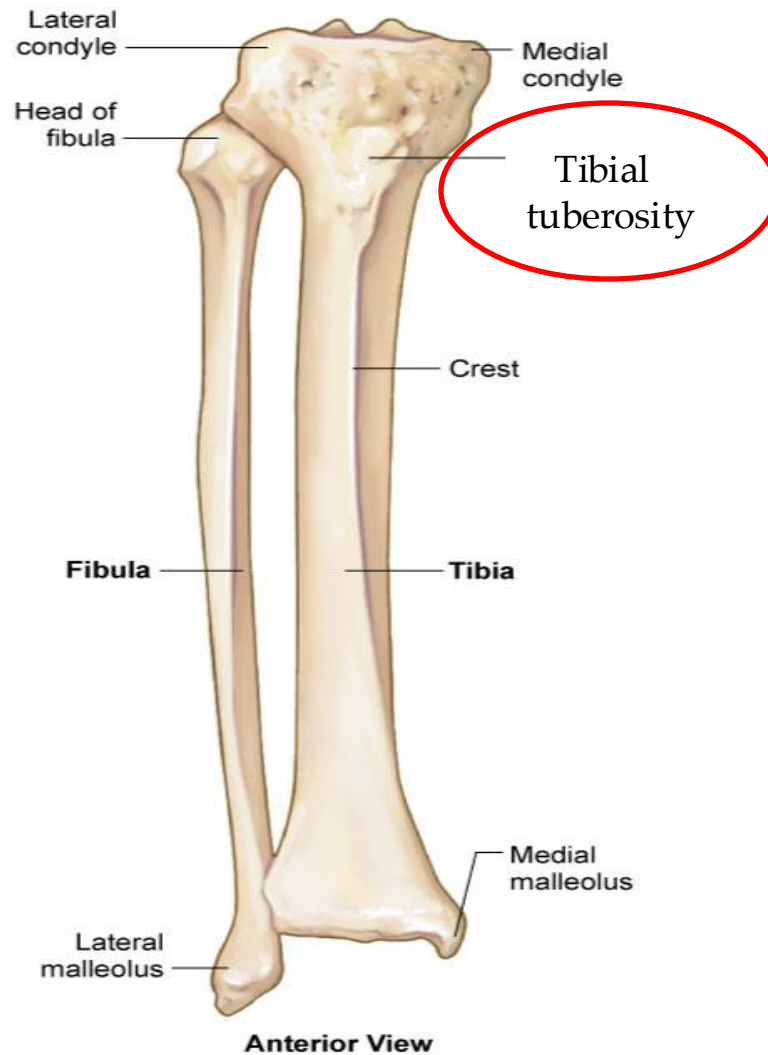
Bony Markings

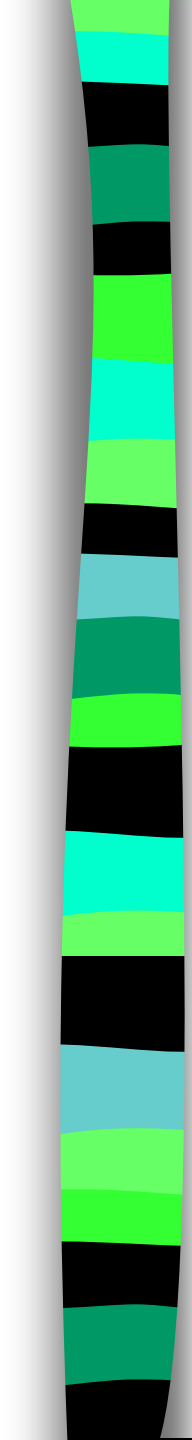
Process General term for any prominence or prolongation from a bone.



Bony Markings

Tuberosity Large, rounded rough projection.

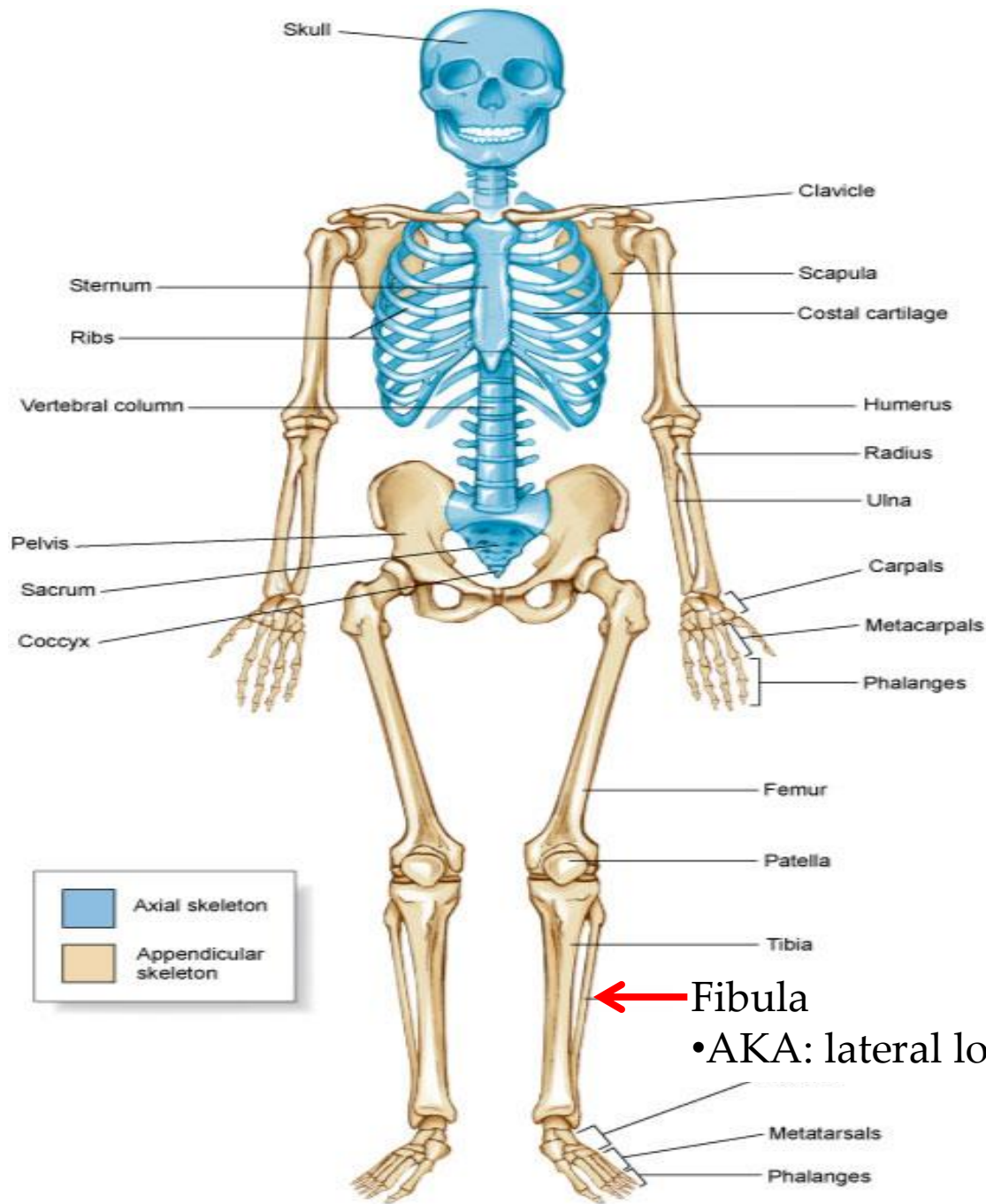




Palpation

Setting up the room. You'll need:

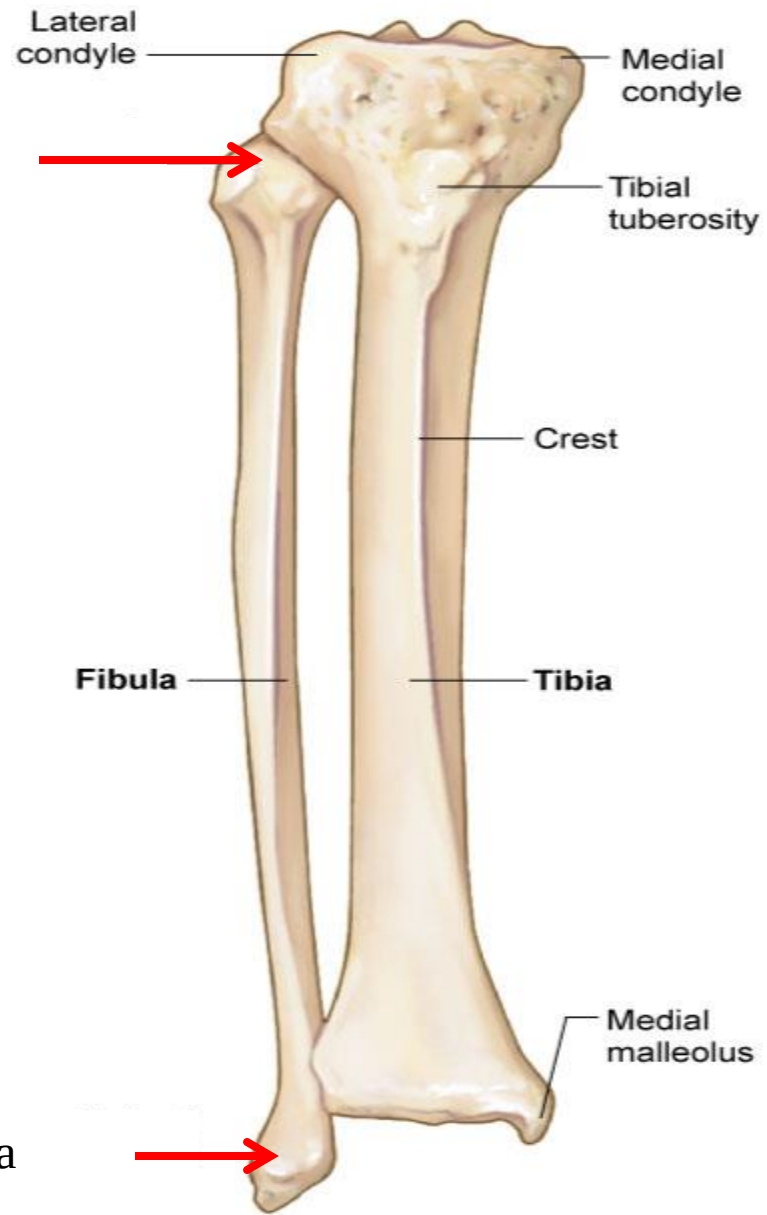
- A group of three people
- A massage table
- Face cradle with face cradle cover (set aside for now)
- Bolster



Fibula

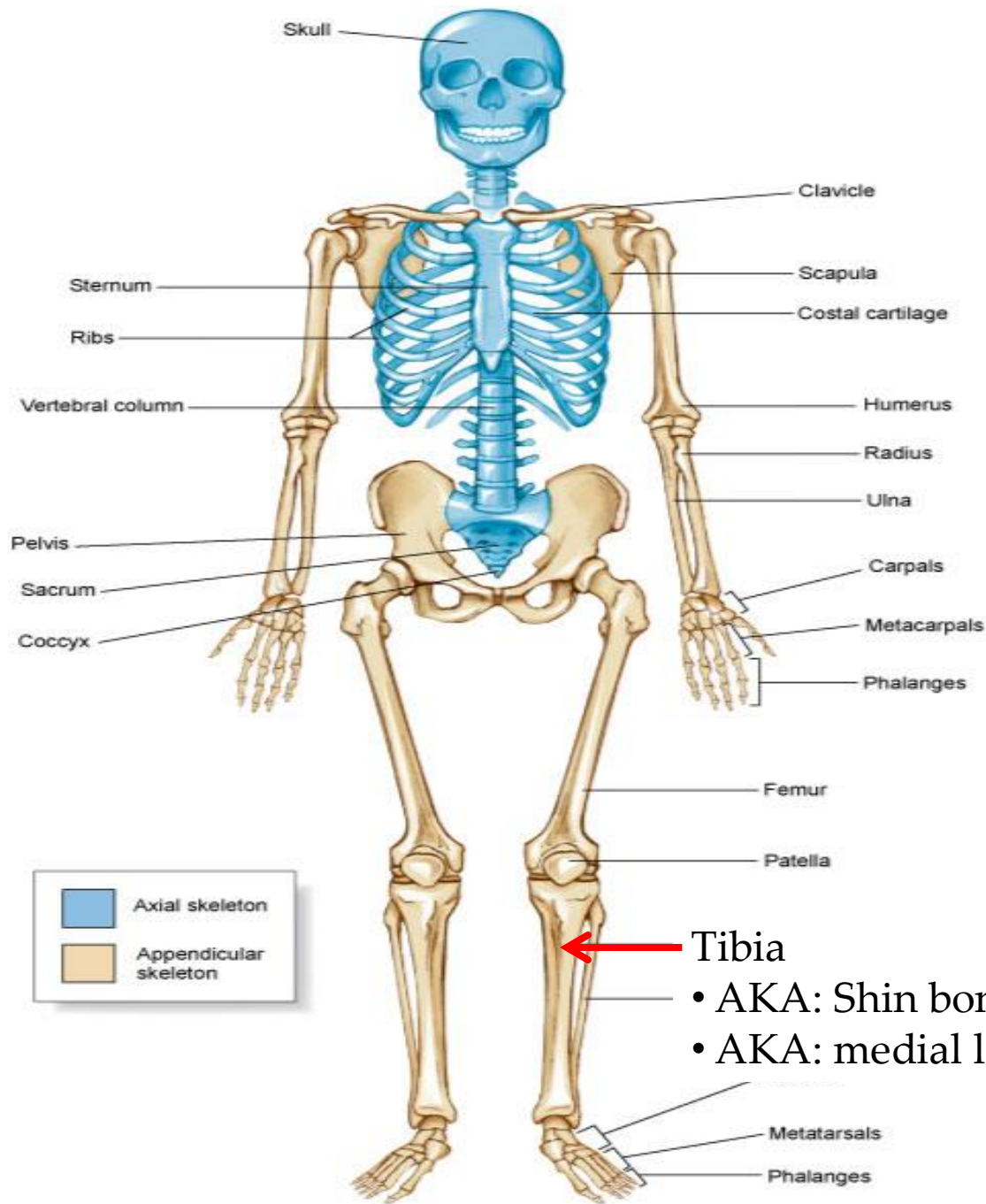
•AKA: lateral lower leg bone

Head of the Fibula



Lateral Malleolus of the Fibula

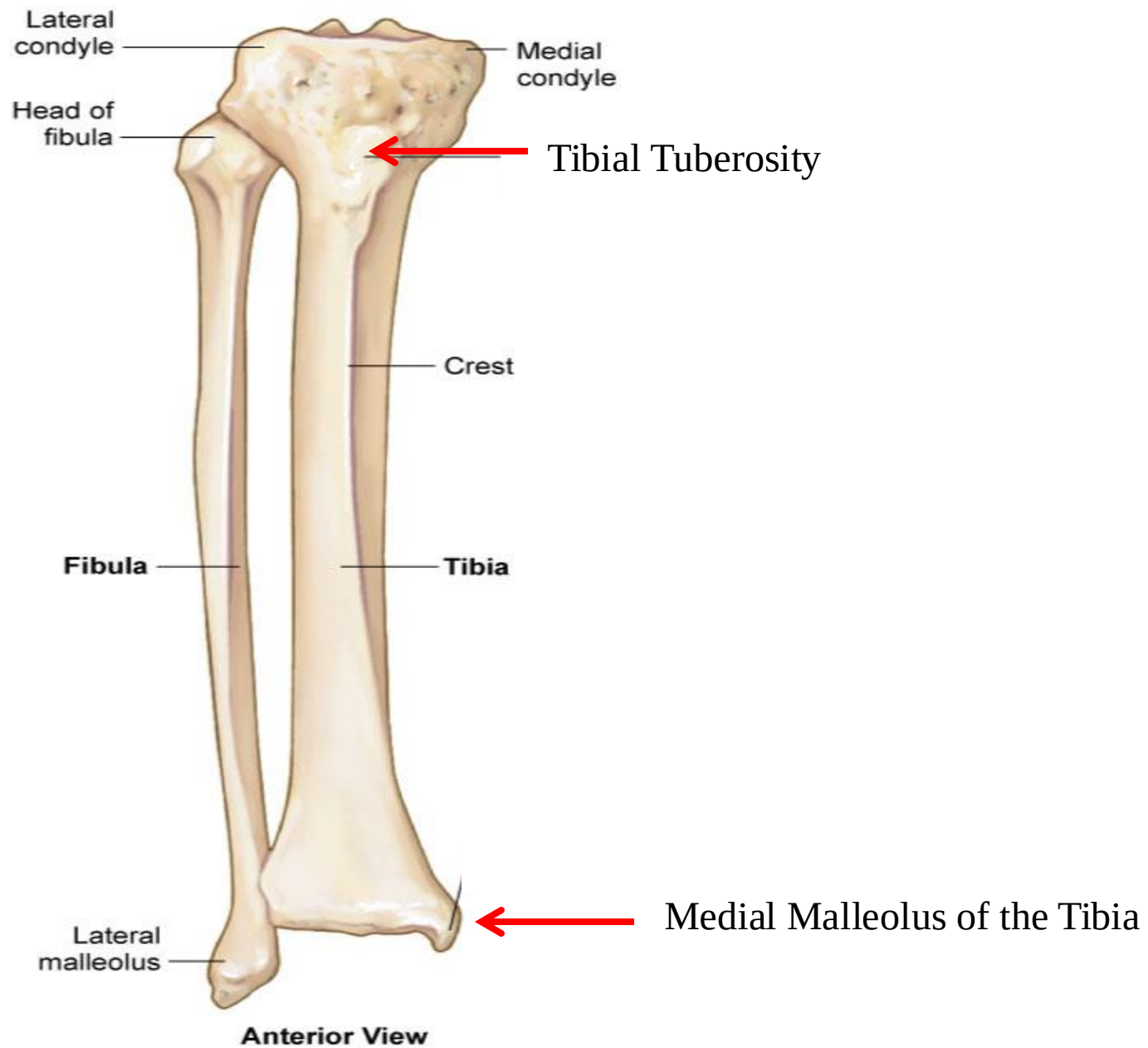
Anterior View

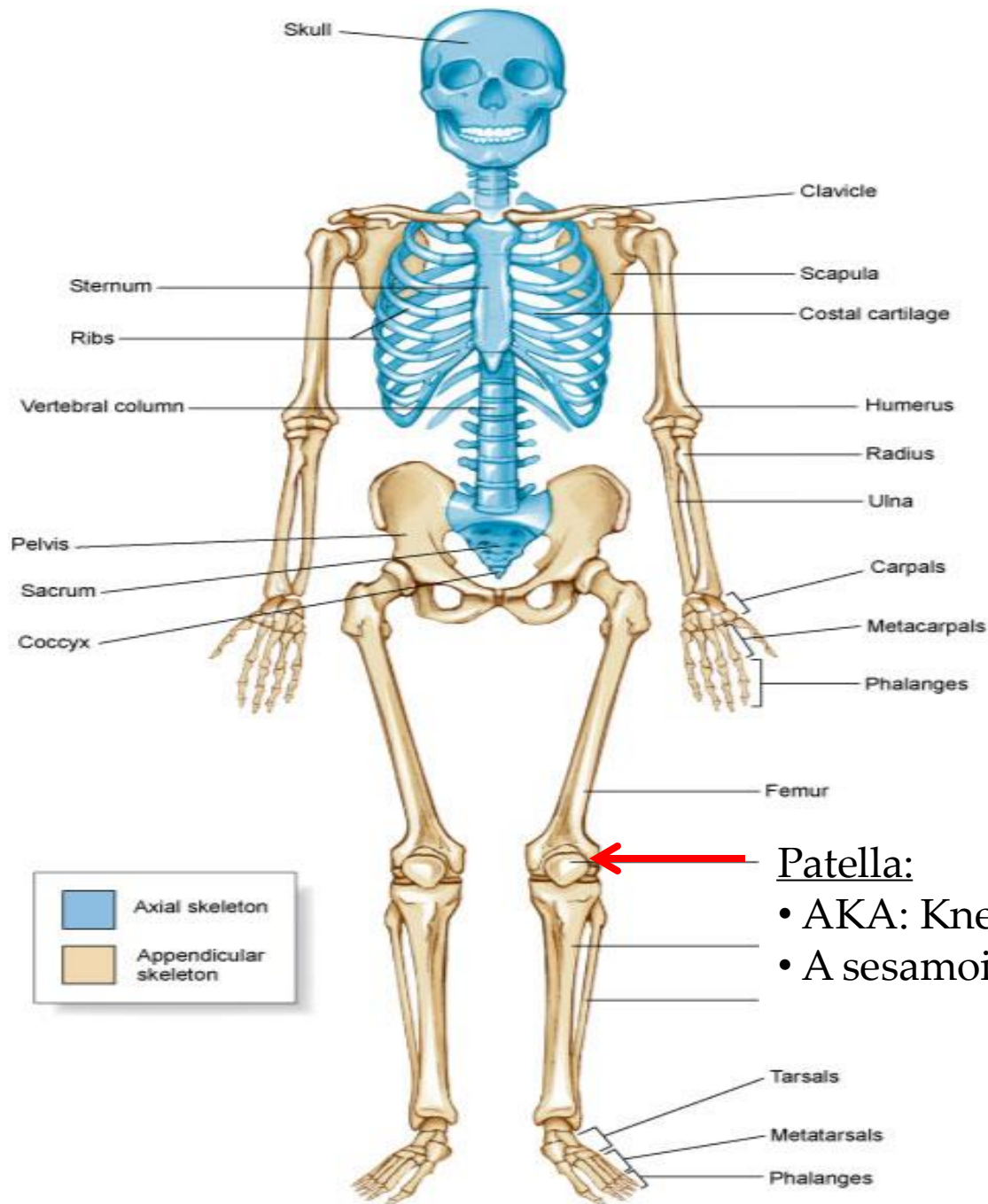


Tibia

- AKA: Shin bone

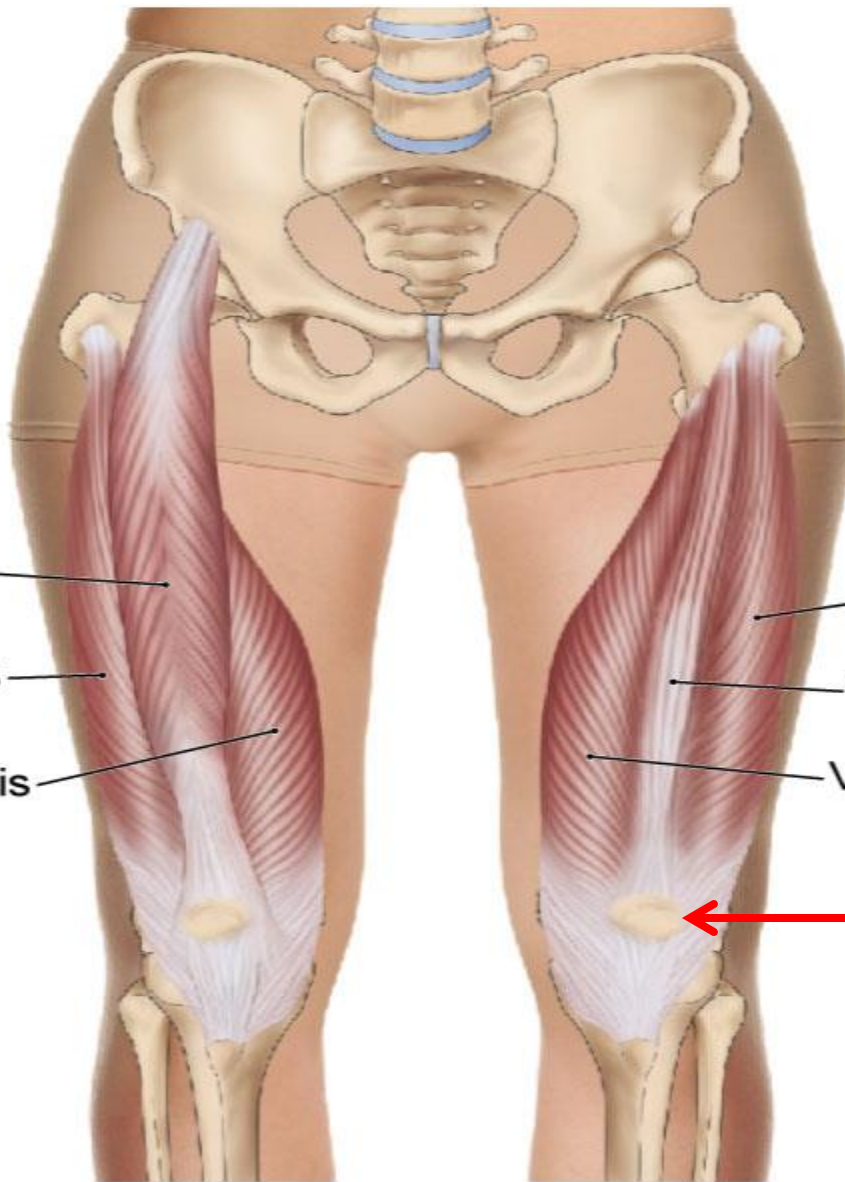
- AKA: medial lower leg bone





Patella:

- AKA: Kneecap
- A sesamoid bone

An anatomical illustration showing the anterior view of the human leg. The image displays the pelvic girdle at the top, with the femur (thigh bone) and patella (kneecap) visible. The quadriceps muscles are shown in a reddish-pink color with white connective tissue. On the left side, the Rectus femoris is the most anterior muscle, followed by the Vastus lateralis on the outer side and the Vastus medialis on the inner side. On the right side, the Vastus lateralis is on the outer side, followed by the Vastus intermedius in the middle and the Vastus medialis on the inner side. A red arrow points to the patella on the right side. Labels with leader lines identify each muscle. A decorative vertical bar with horizontal stripes in green, yellow, and black is on the far left.

Rectus femoris

Vastus lateralis

Vastus medialis

Vastus lateralis

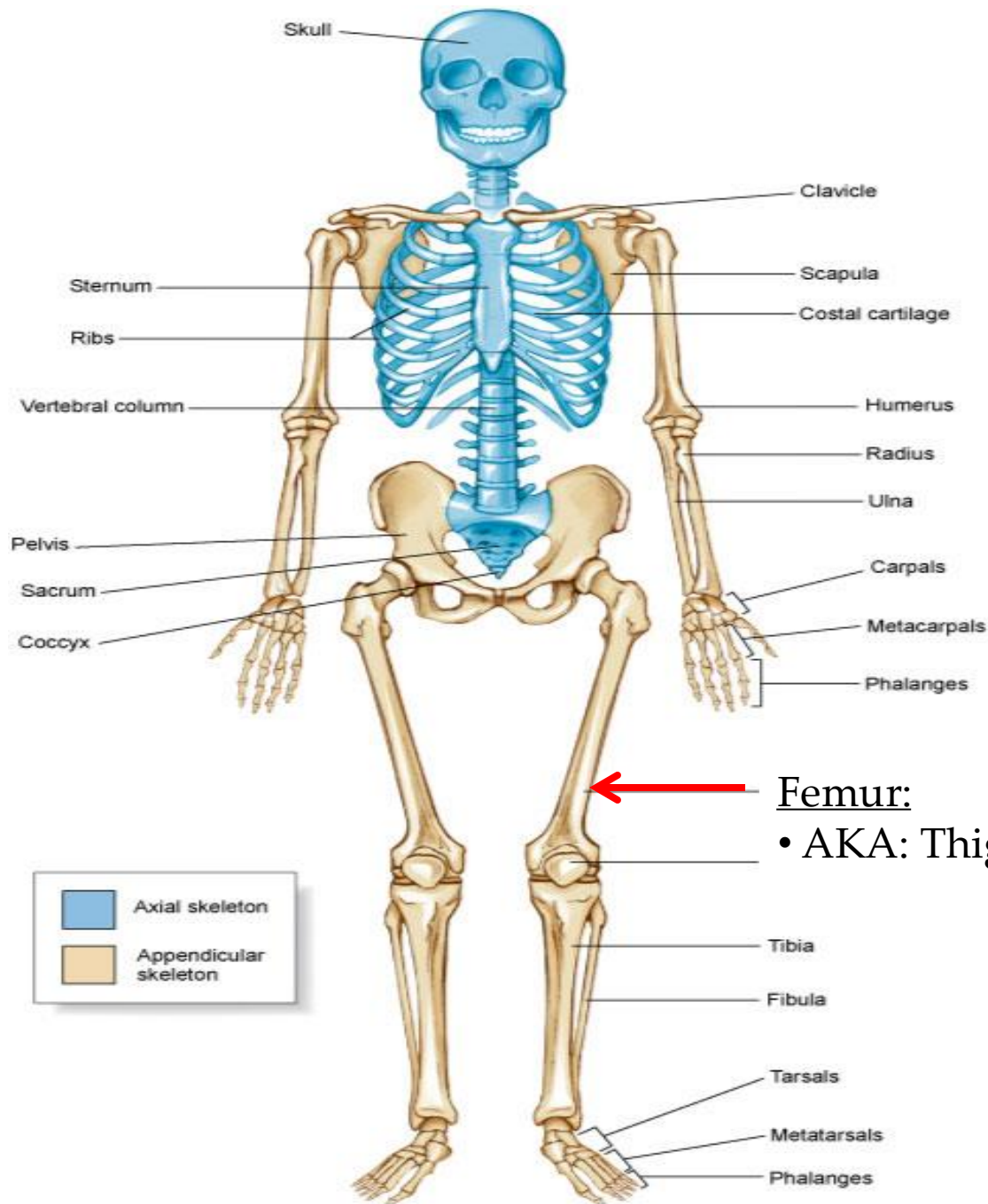
Vastus intermedius

Vastus medialis

← Patella:

- AKA: Kneecap
- A sesamoid bone

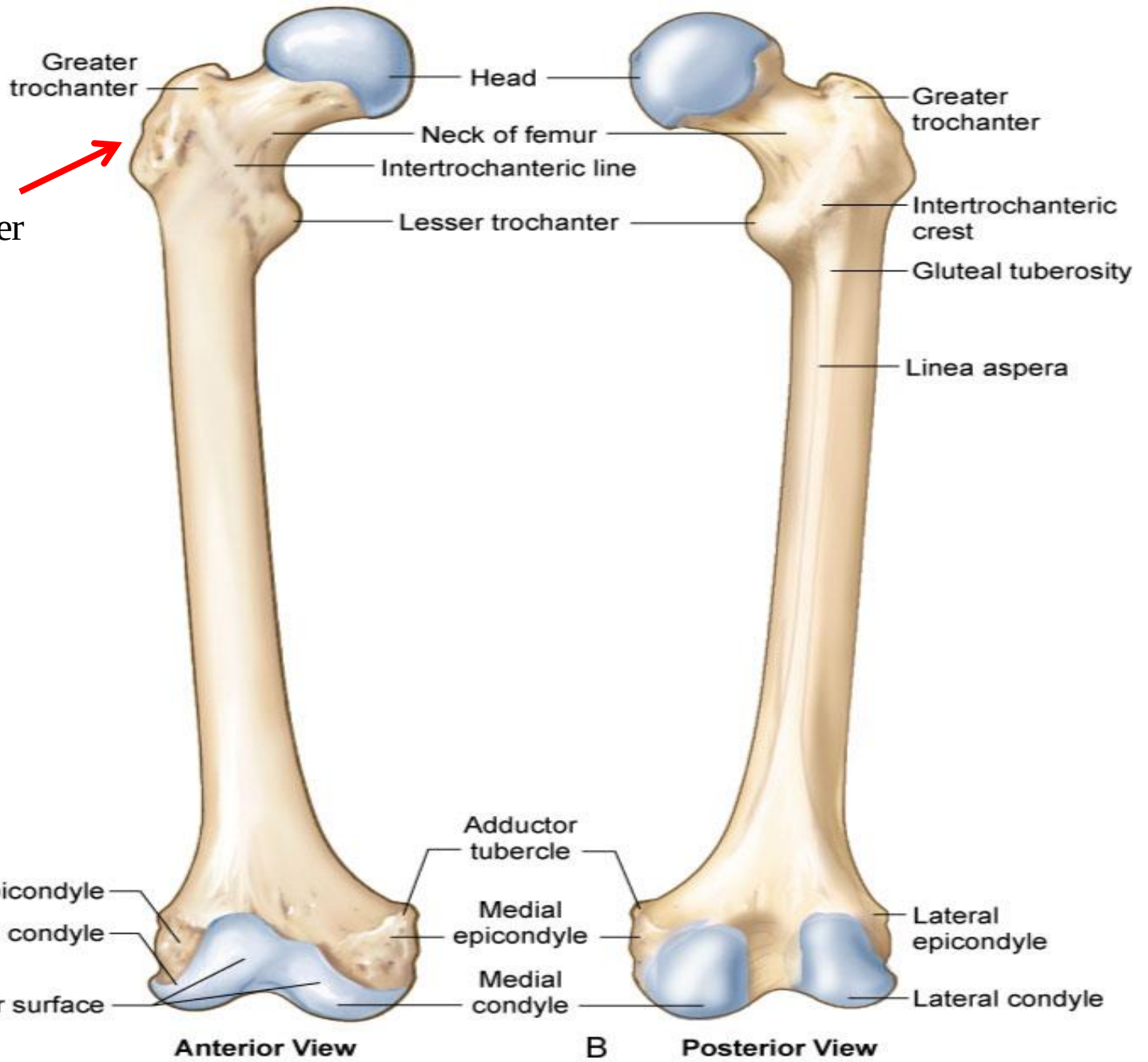
Anterior View



Femur:

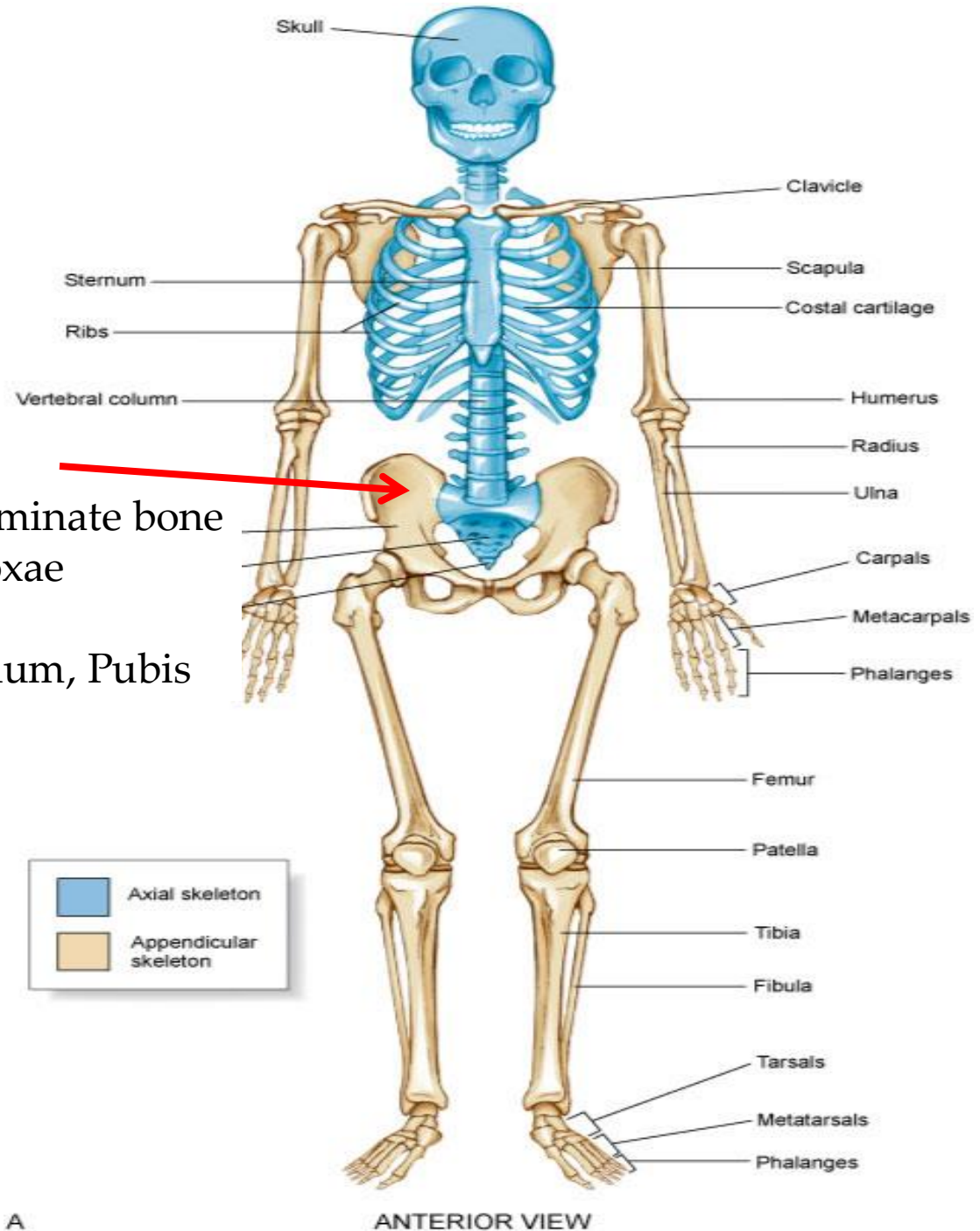
- AKA: Thigh bone

Greater
Trochanter



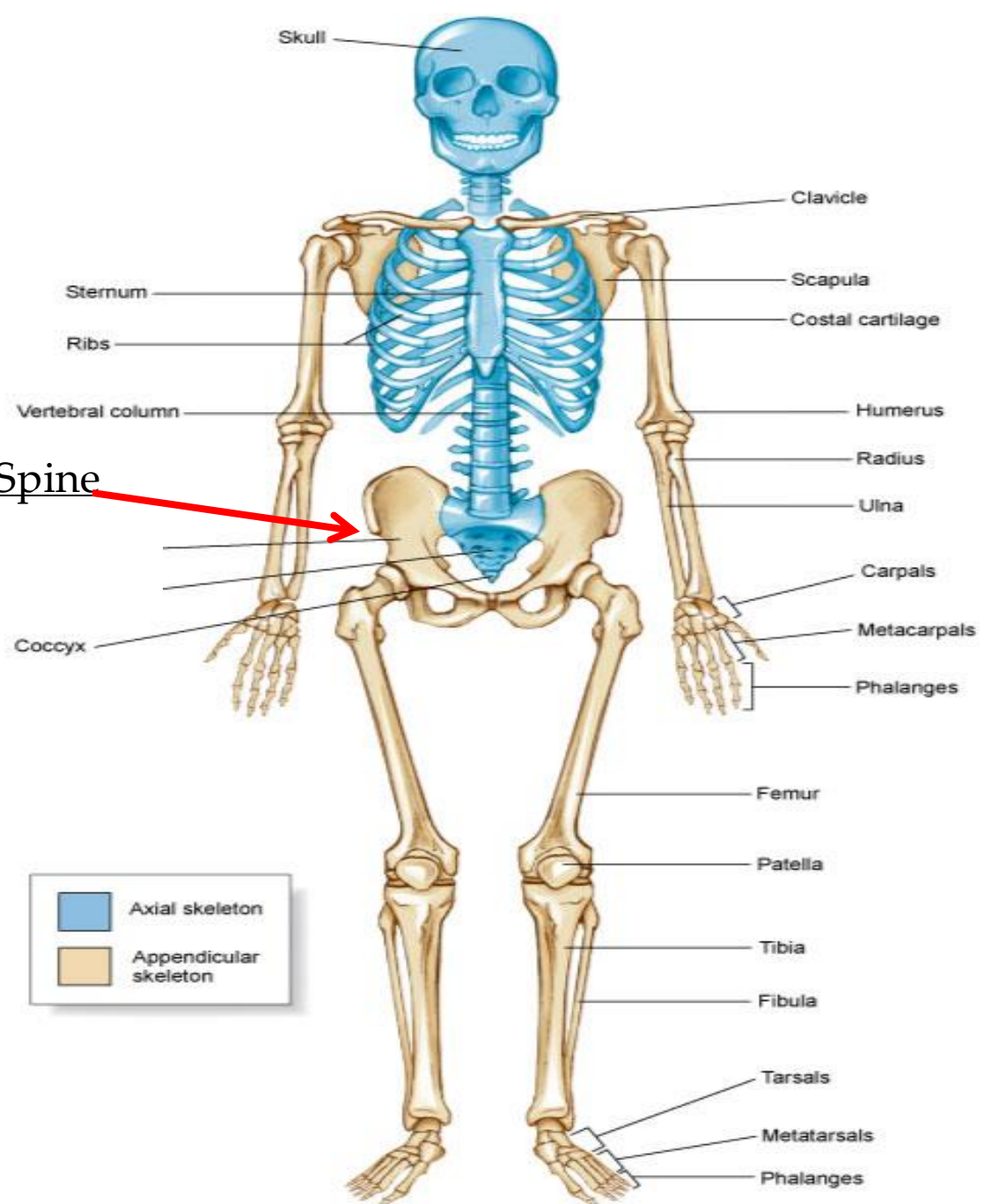
Pelvic Bone

- AKA: innominate bone
- AKA: os coxae
- Ilium, Ischium, Pubis



Anterior Superior Iliac Spine

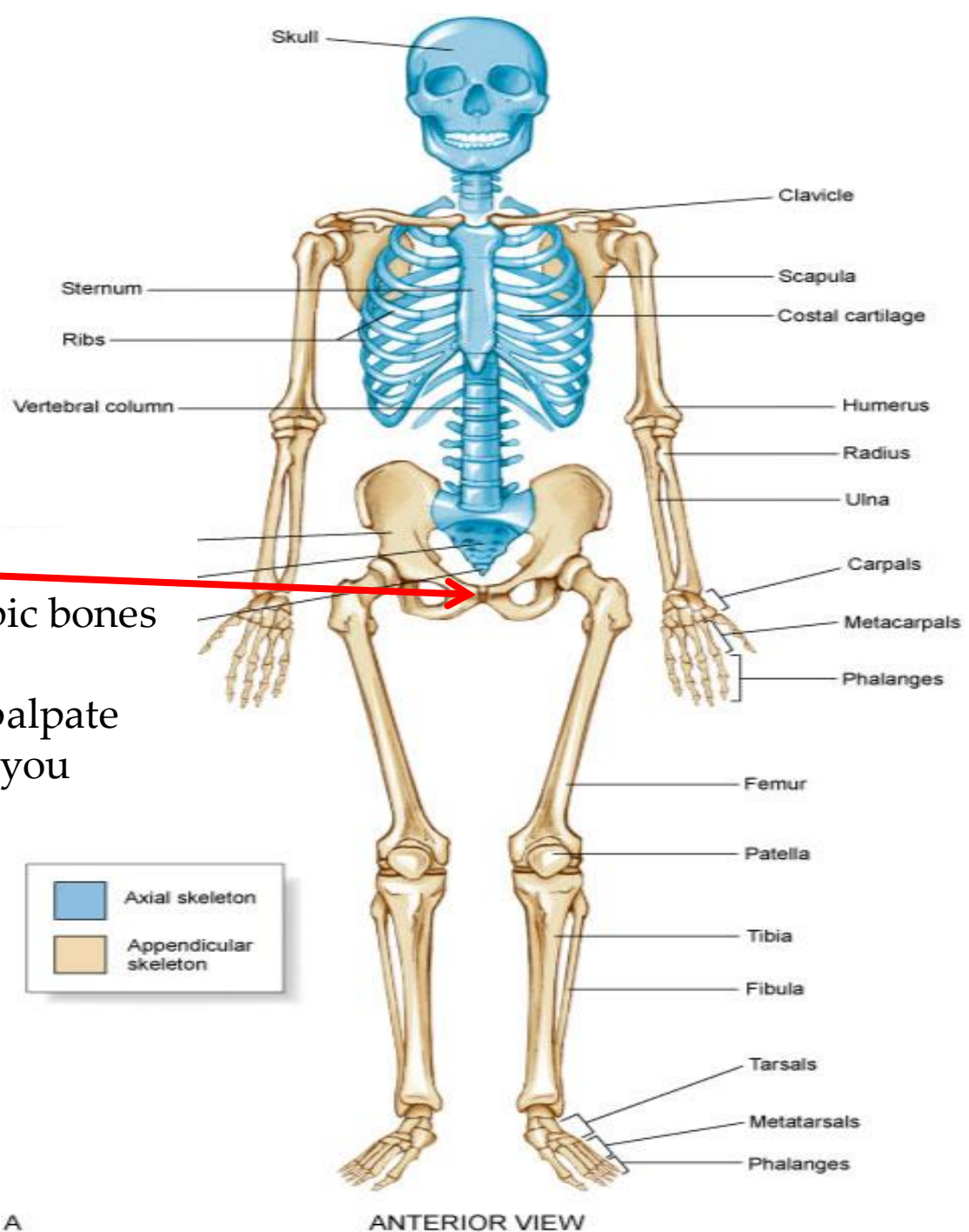
- AKA: ASIS
- AKA: Hip pointers

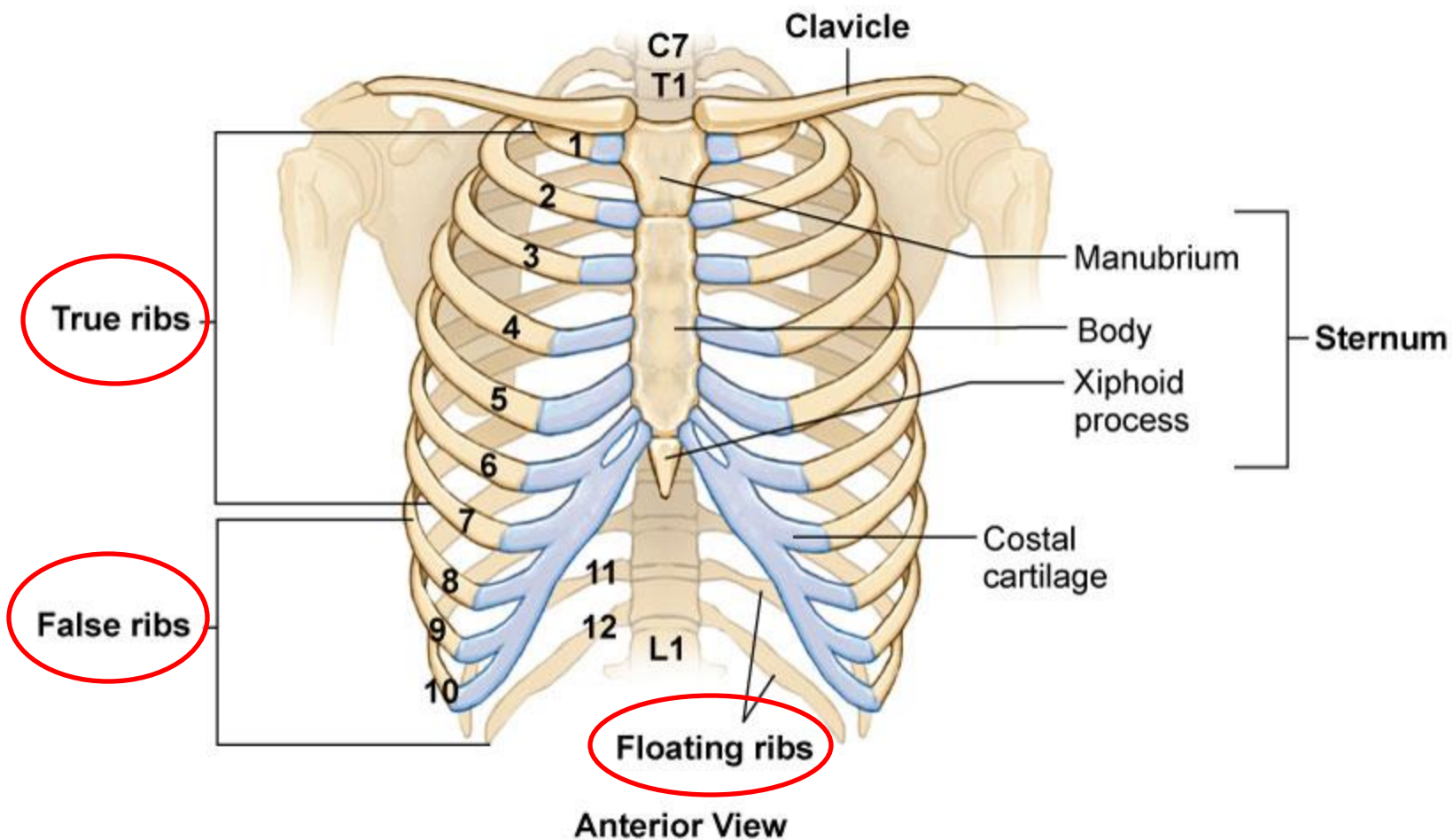


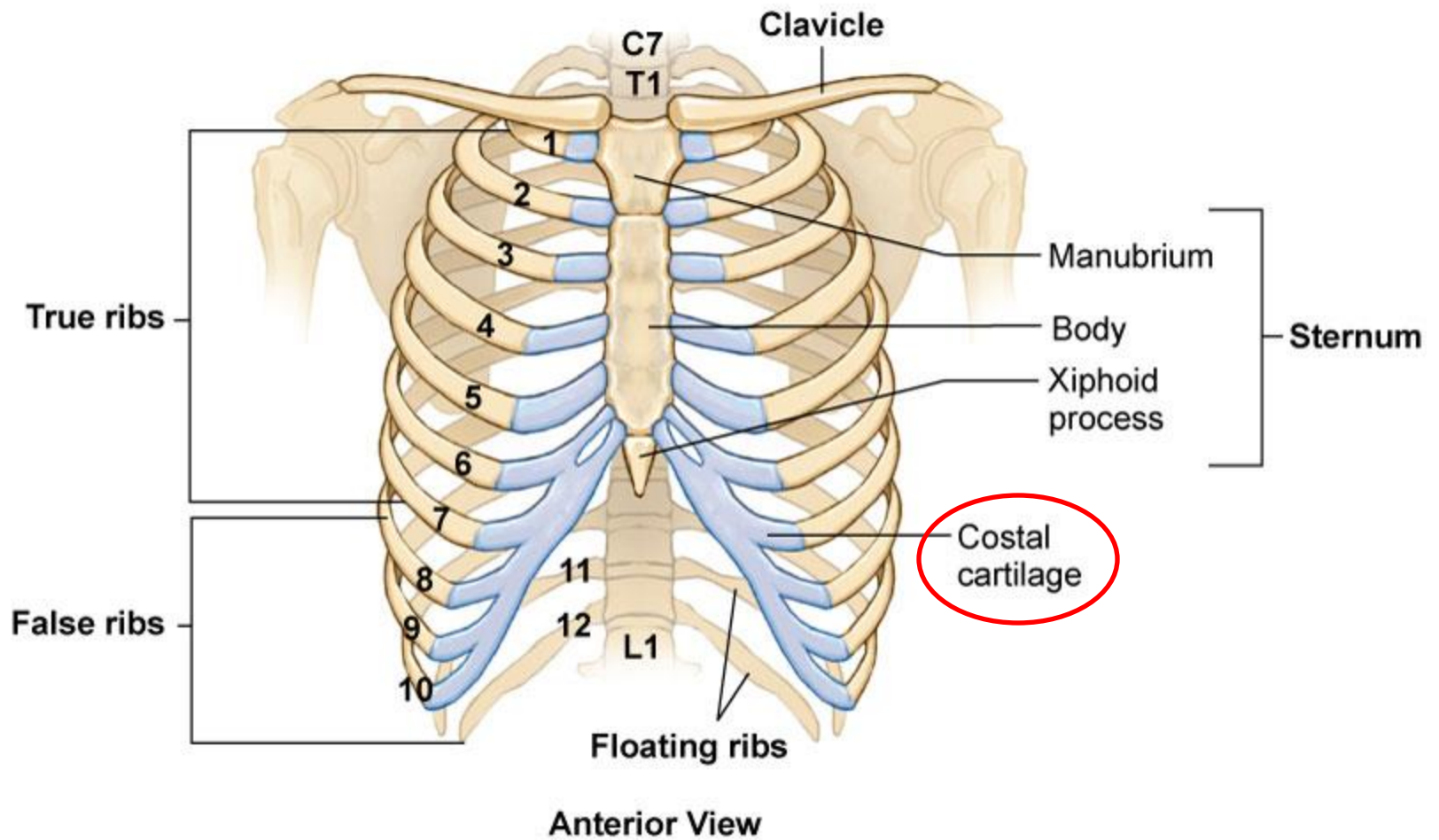
Pubic Symphysis

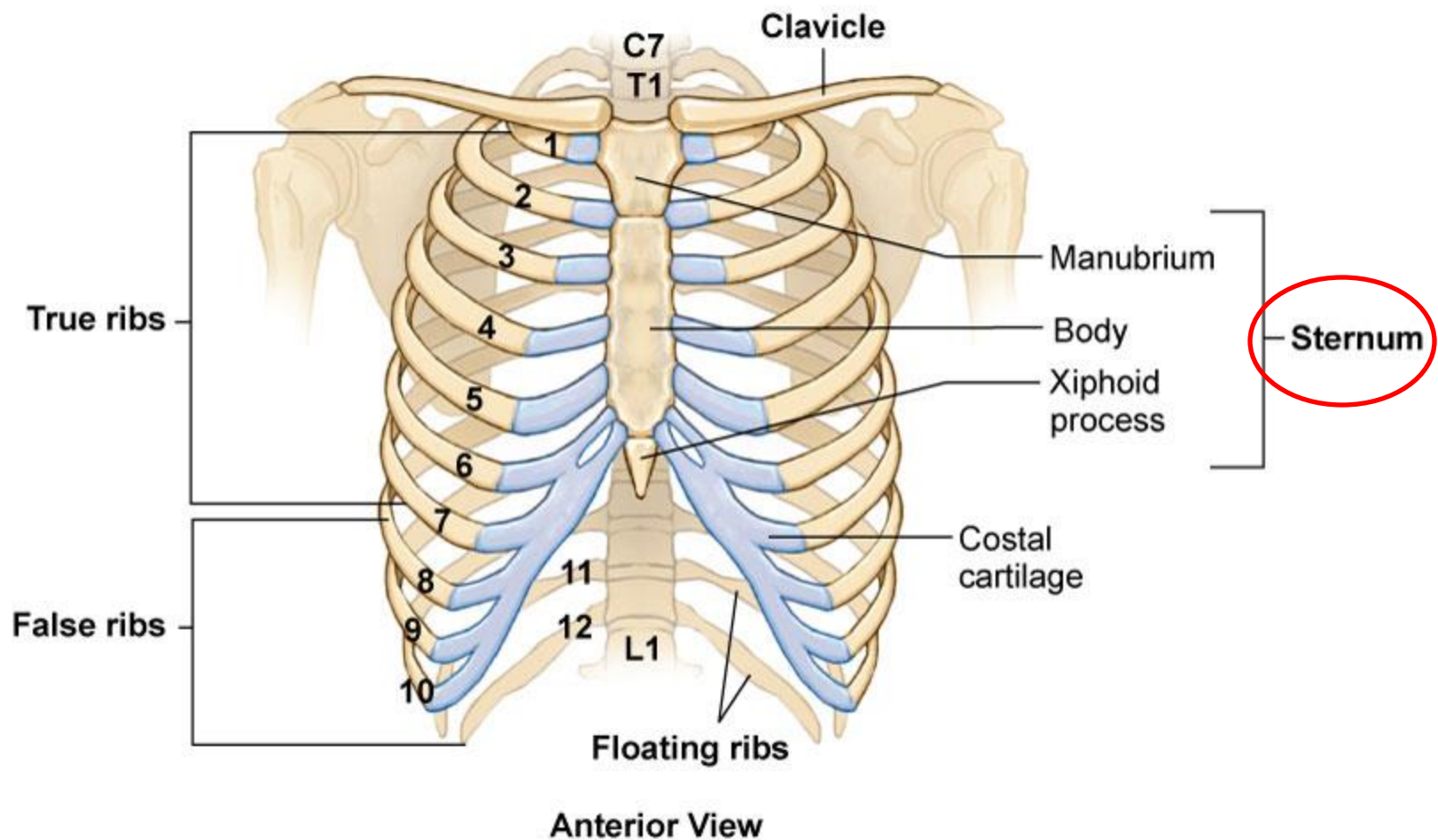
- AKA: joint between pubic bones

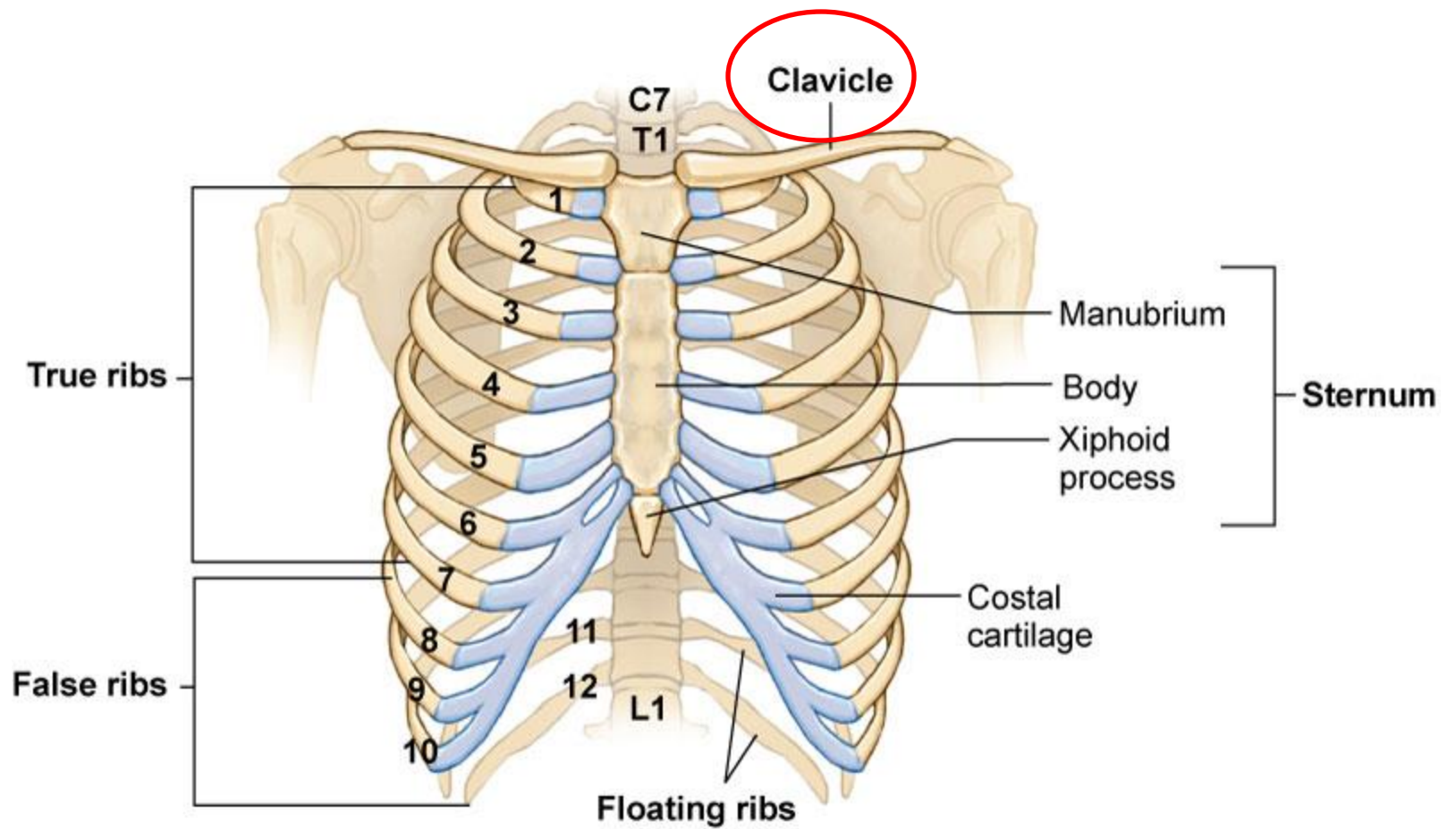
• NOTE: let the receiver palpate this on themselves while you palpate it on yourself



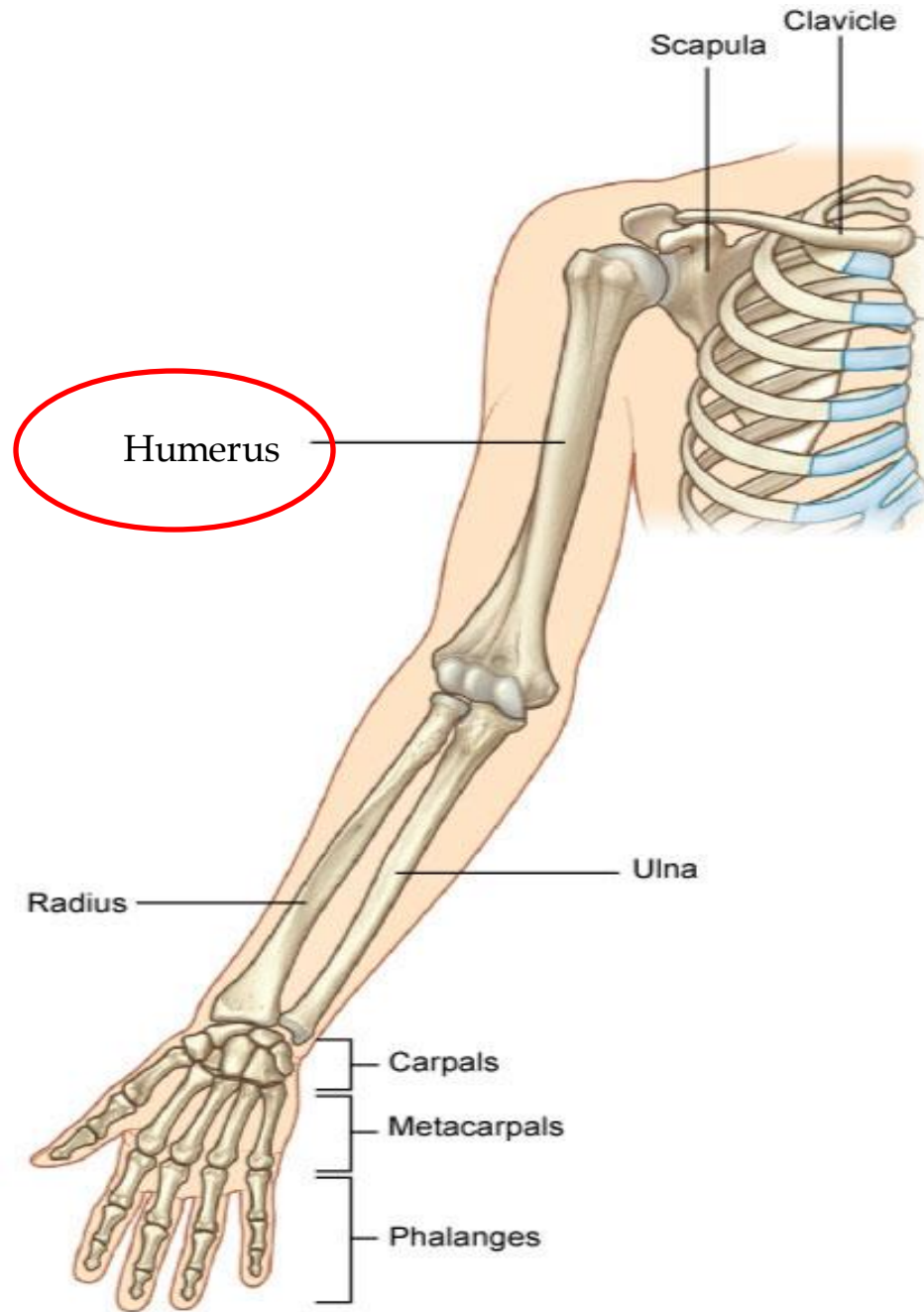




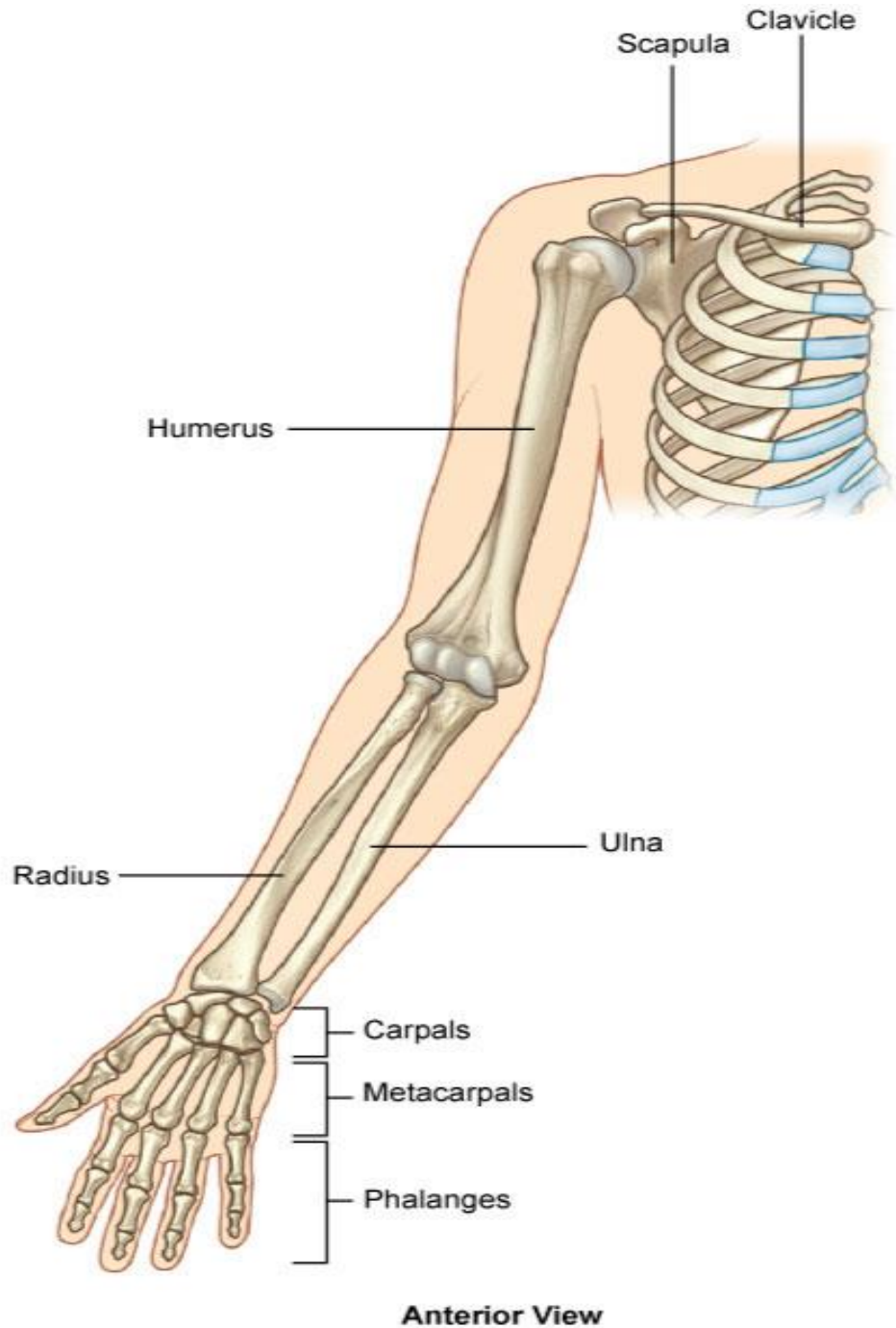
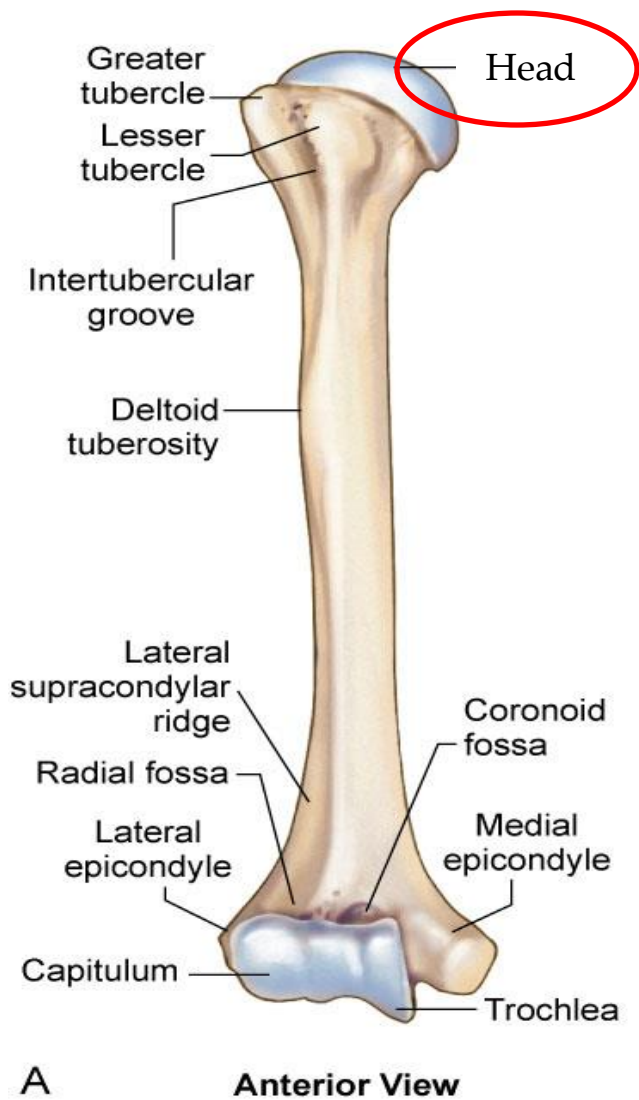


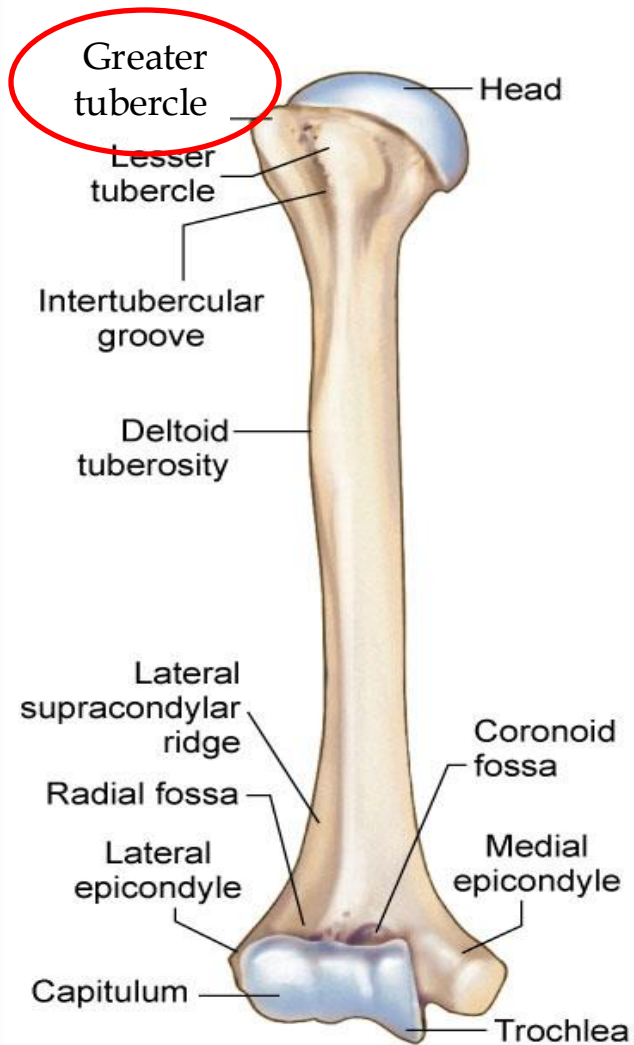


Anterior View

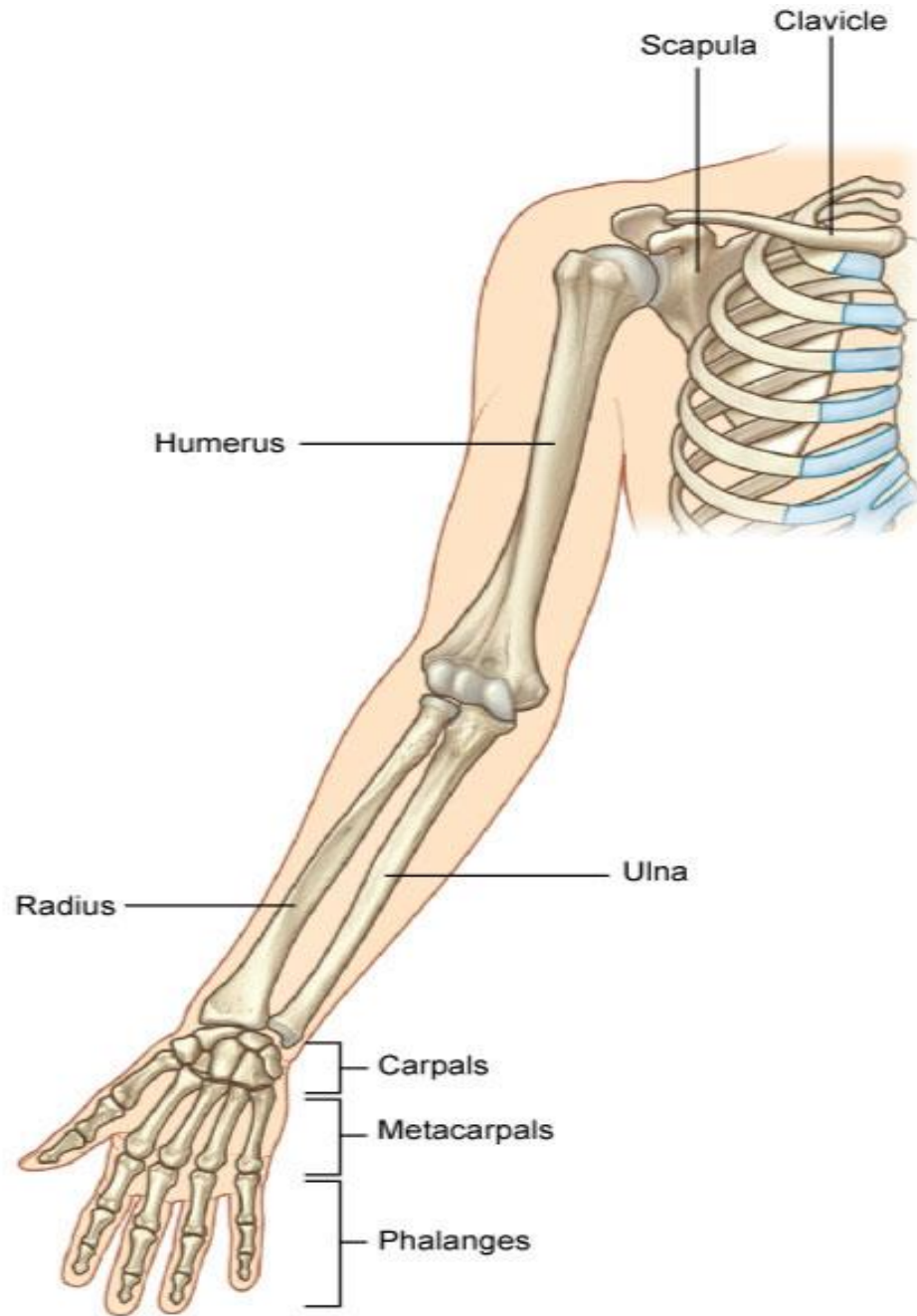


Anterior View

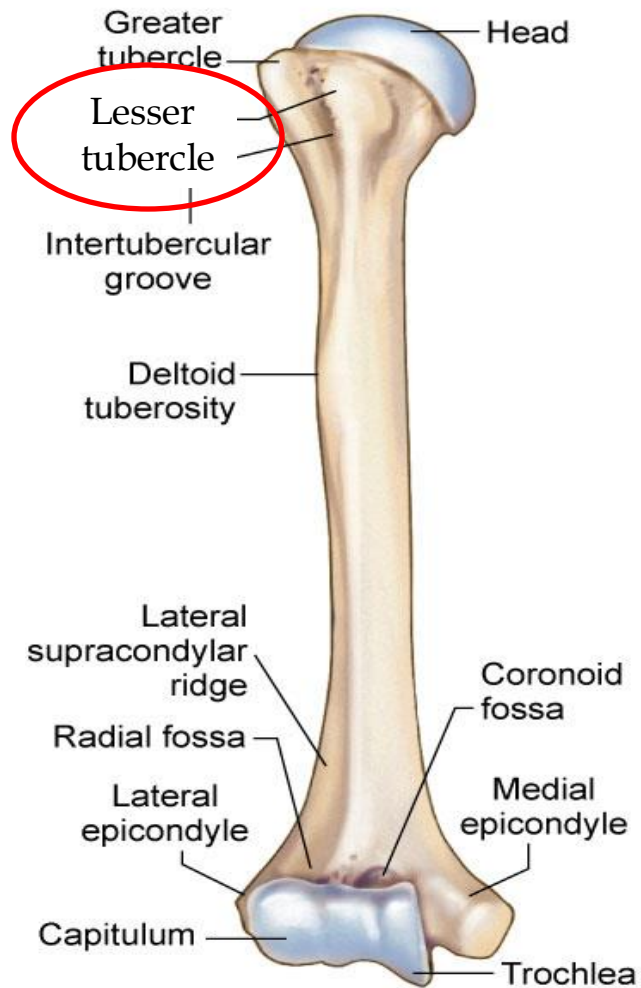




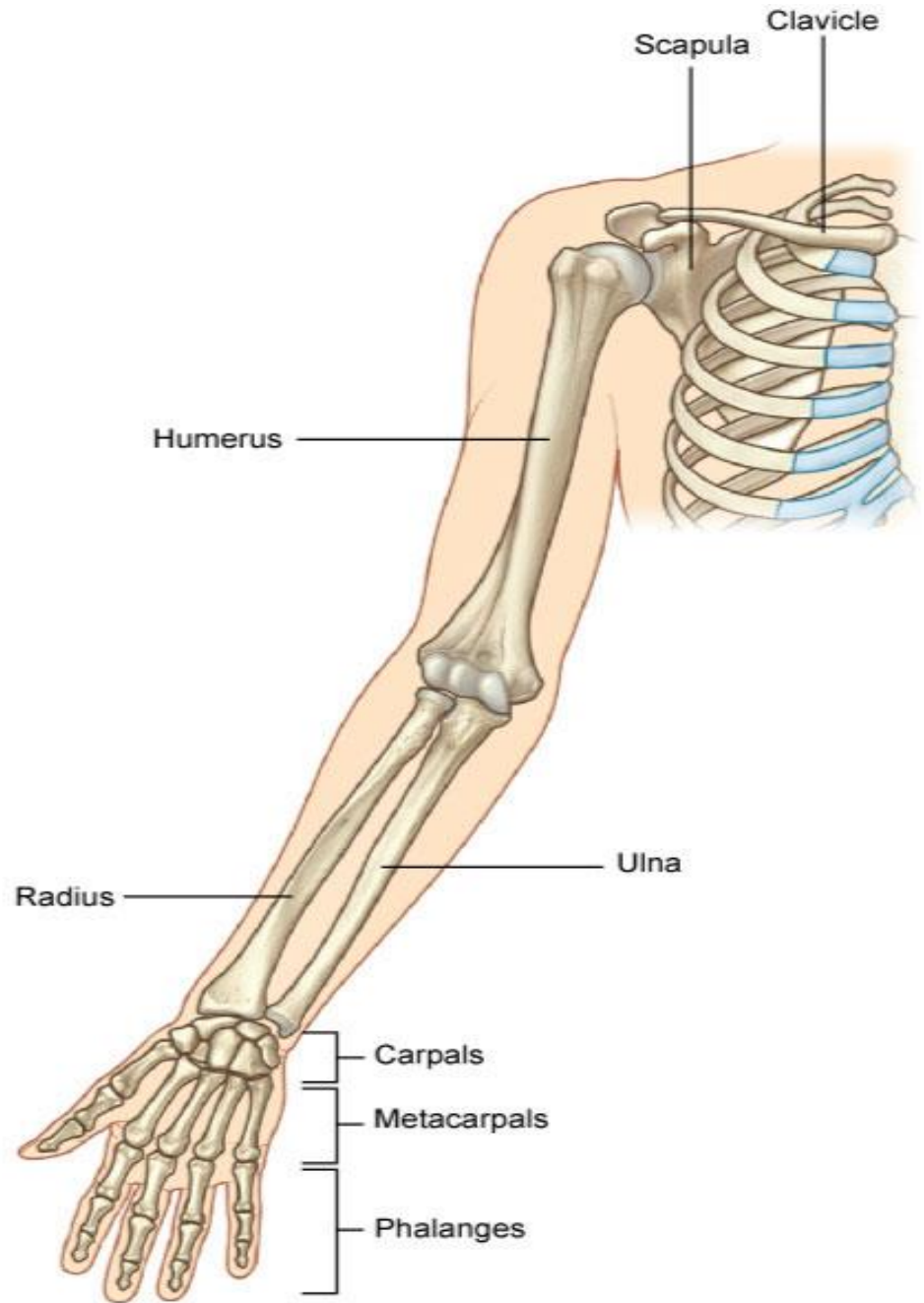
A Anterior View



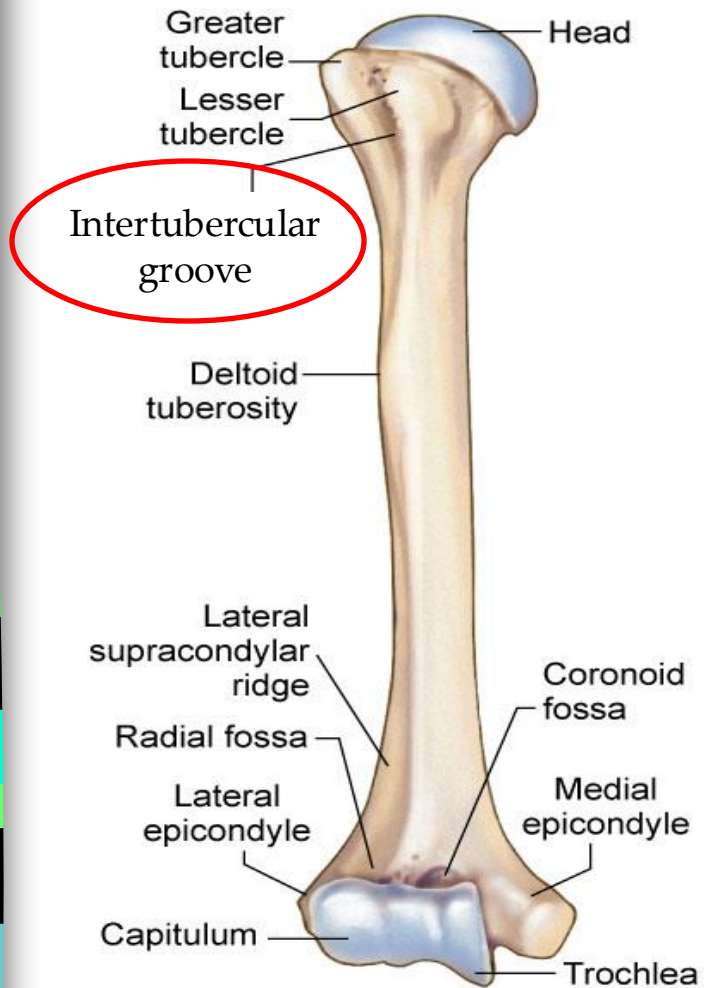
Anterior View



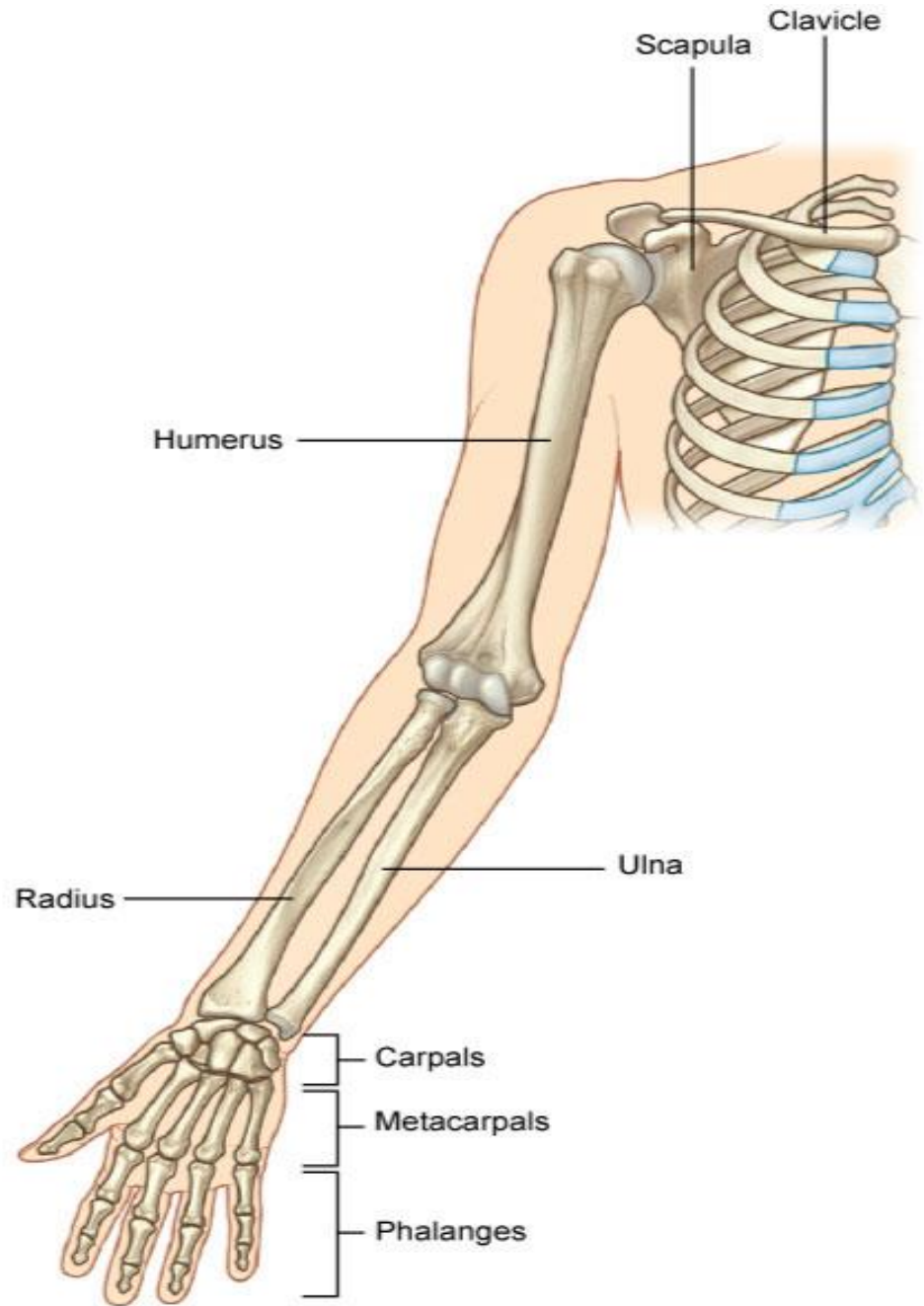
A Anterior View



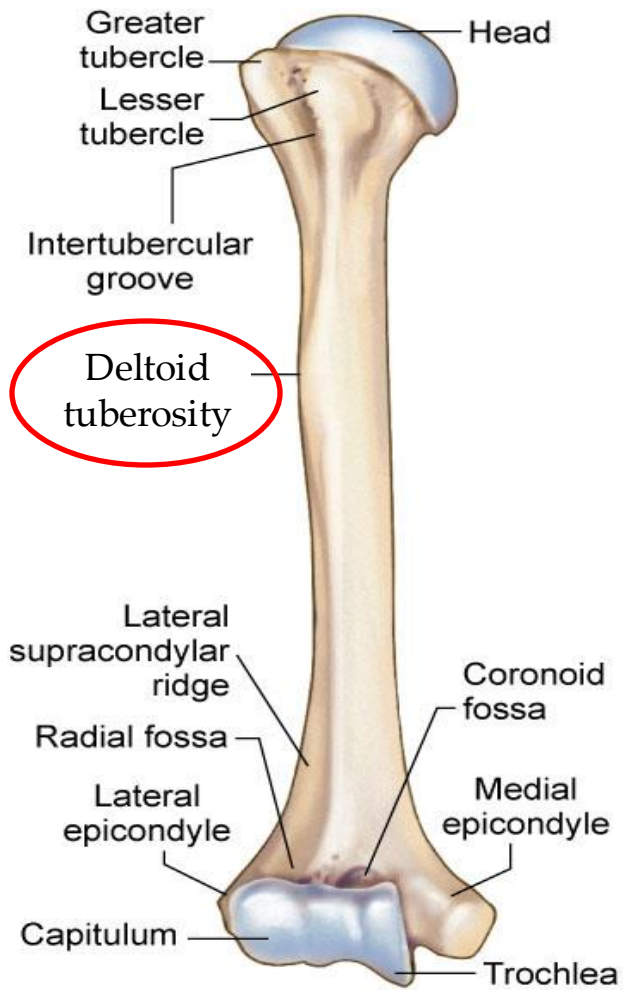
Anterior View



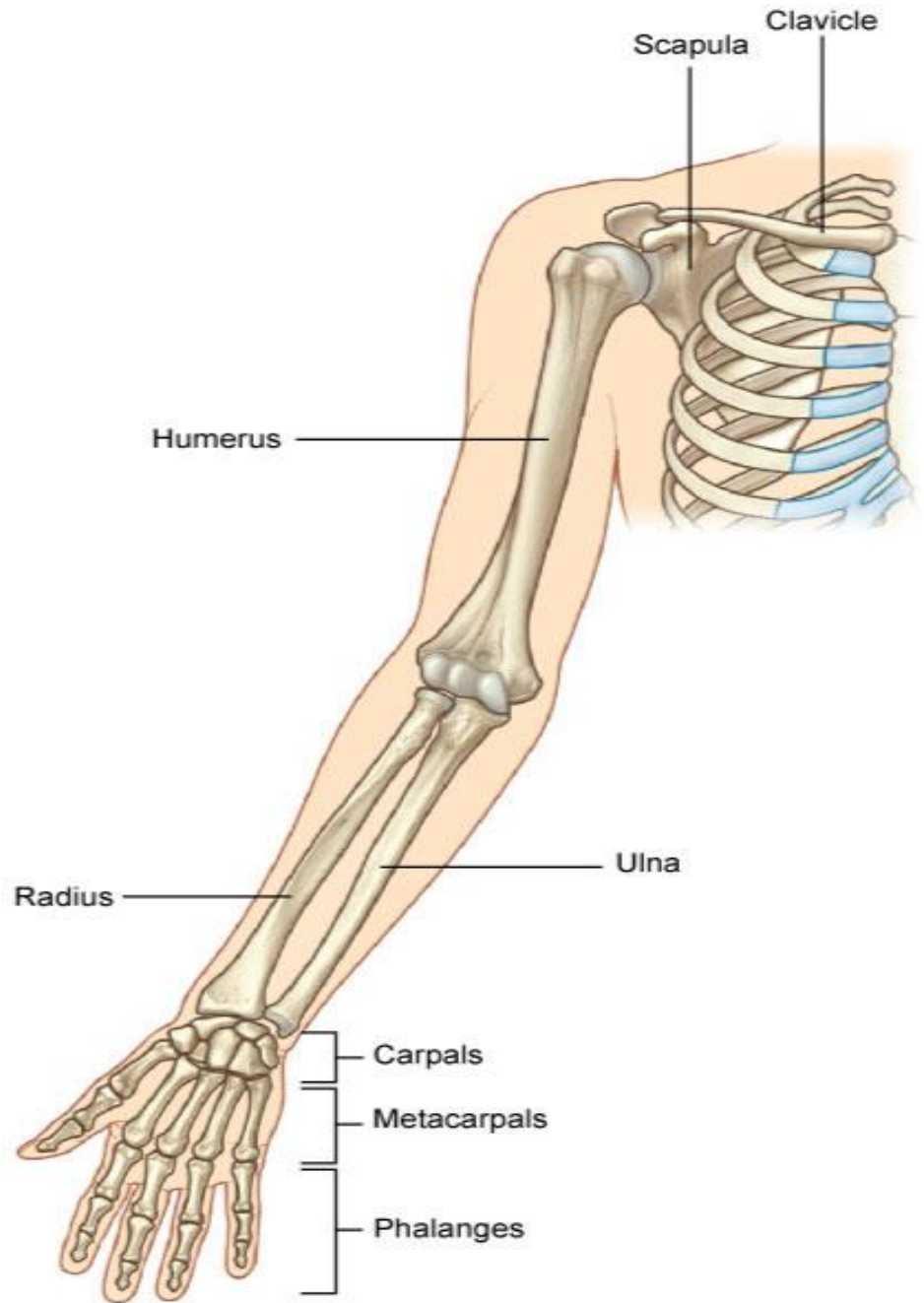
A Anterior View



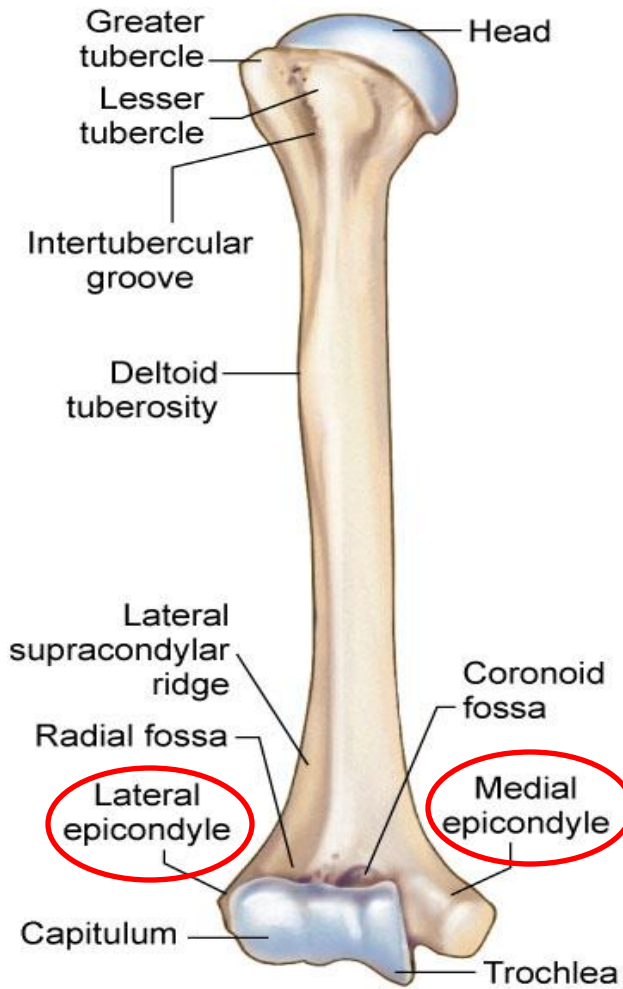
Anterior View



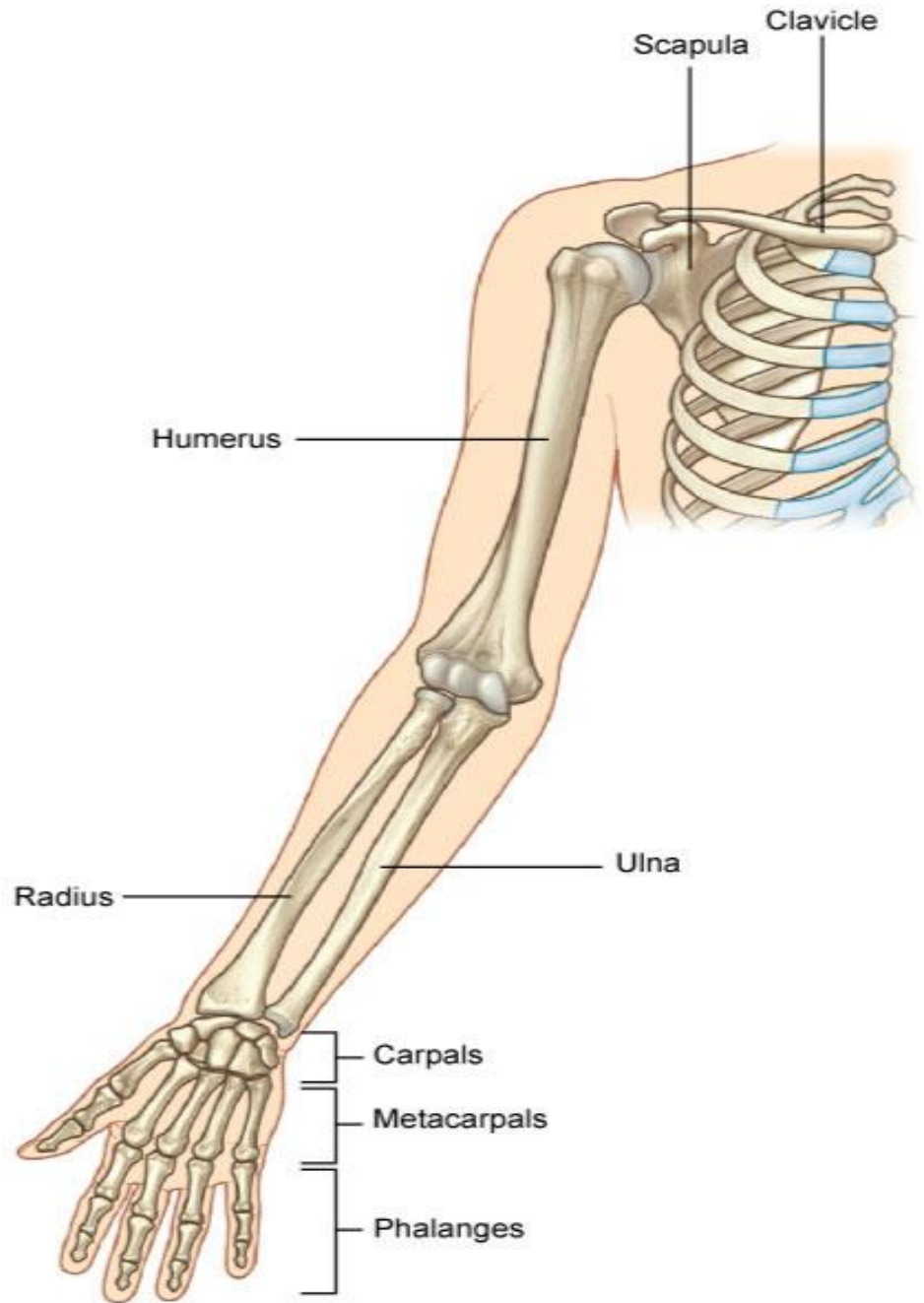
A Anterior View



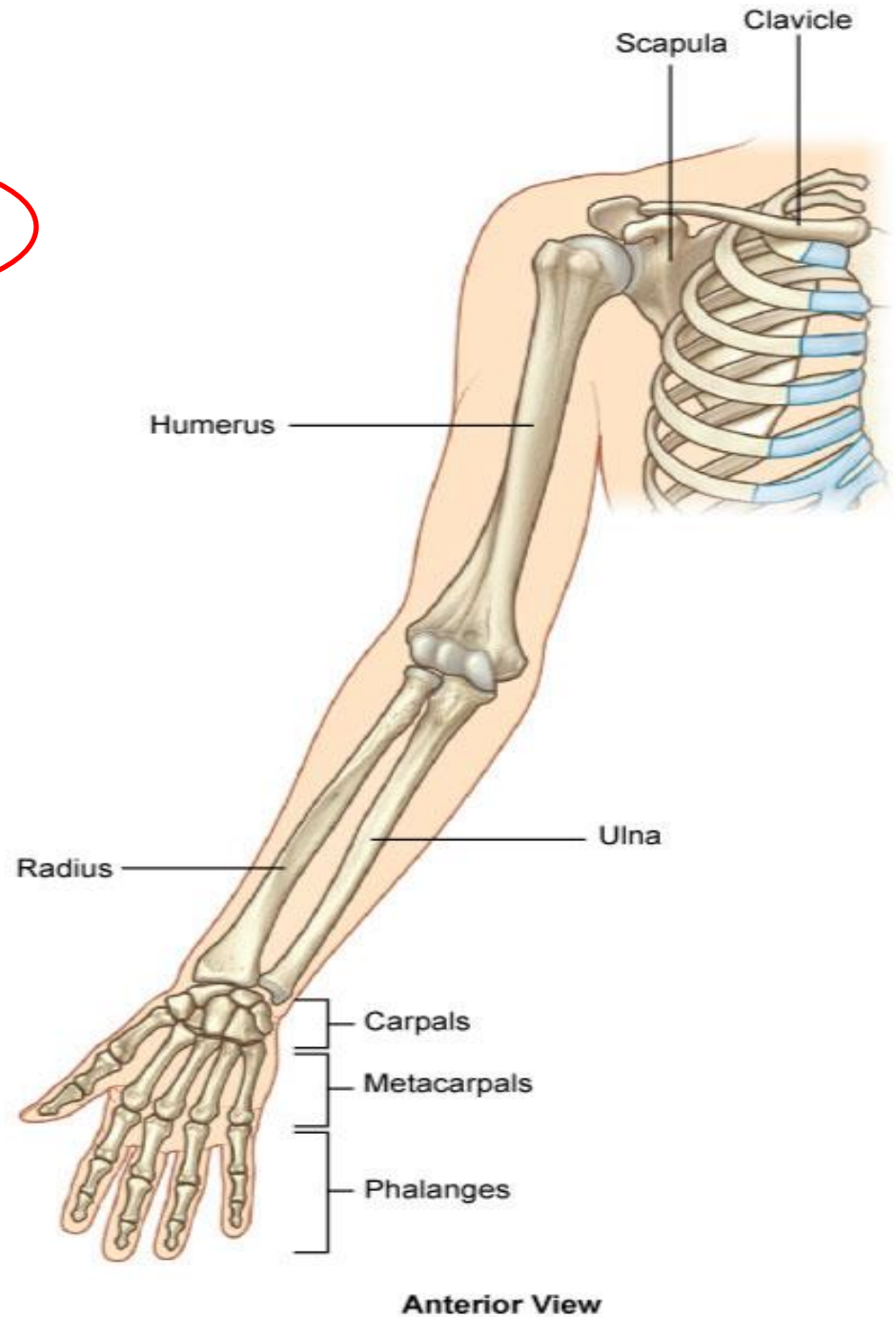
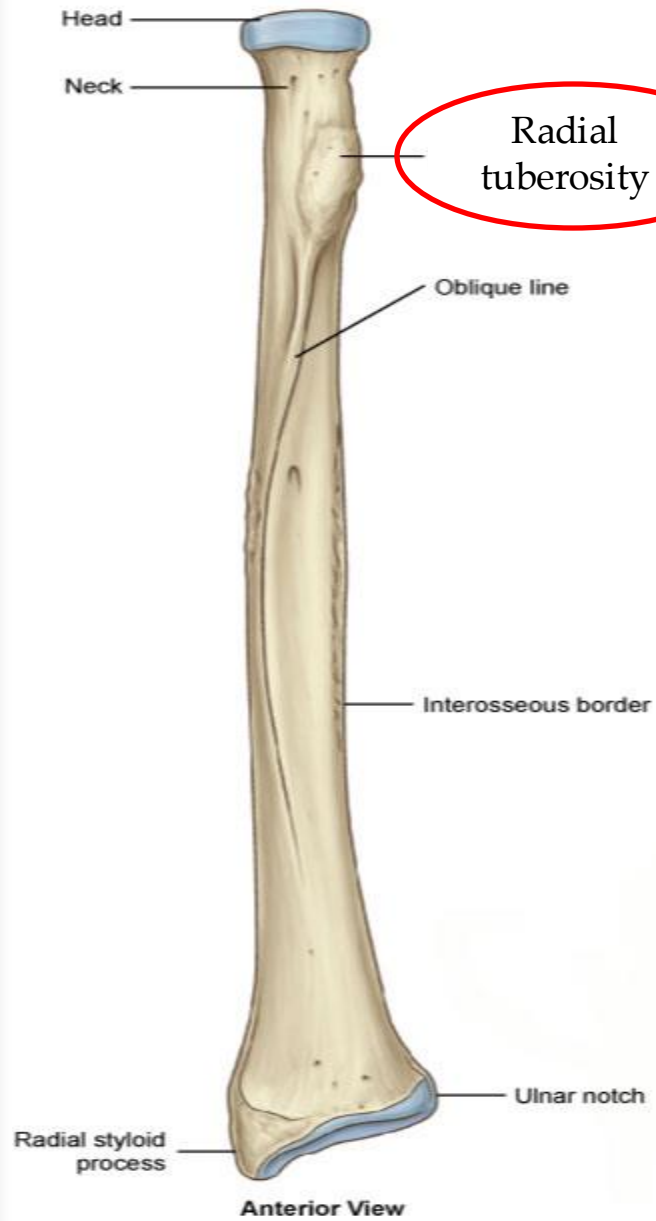
Anterior View

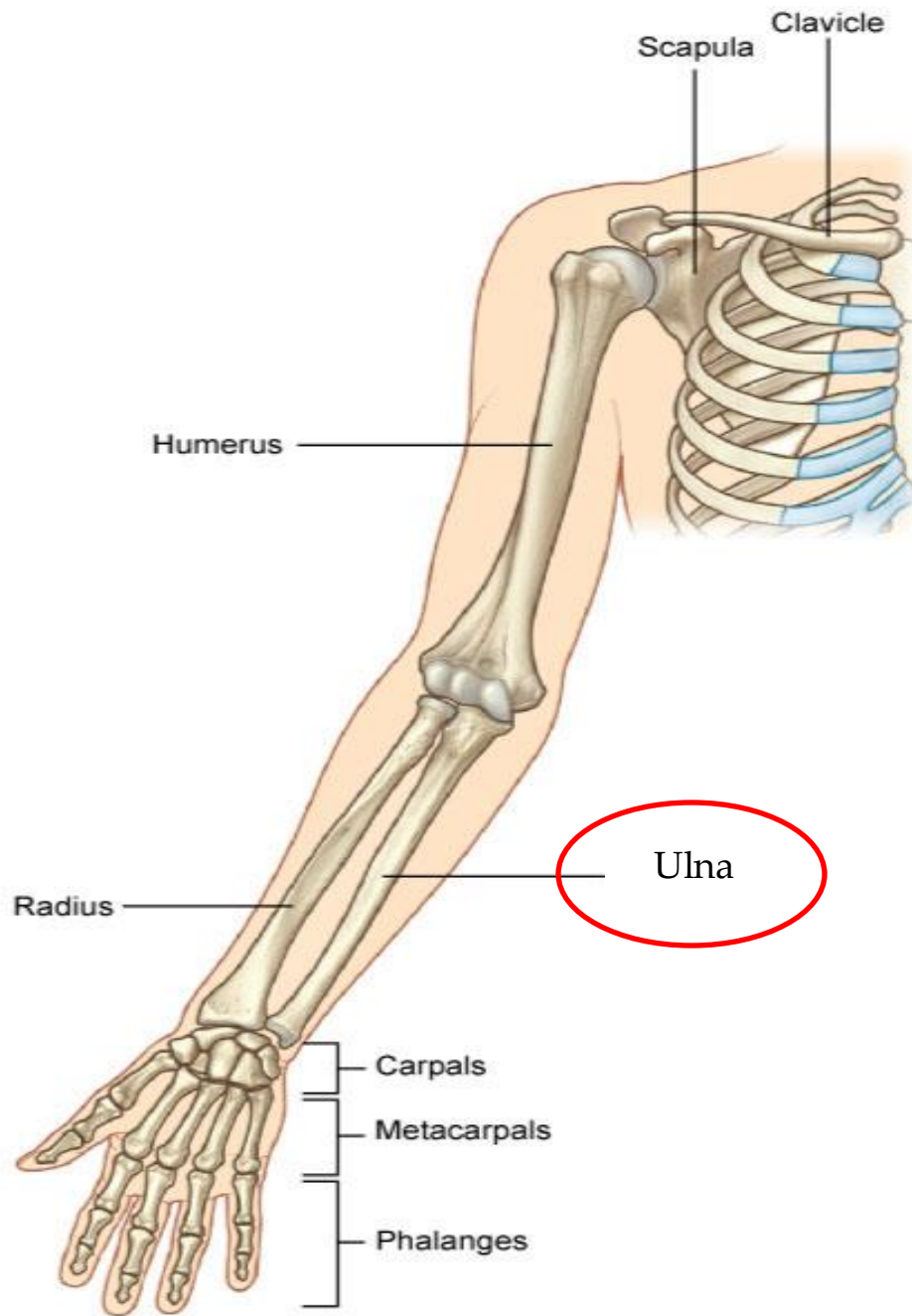


A Anterior View

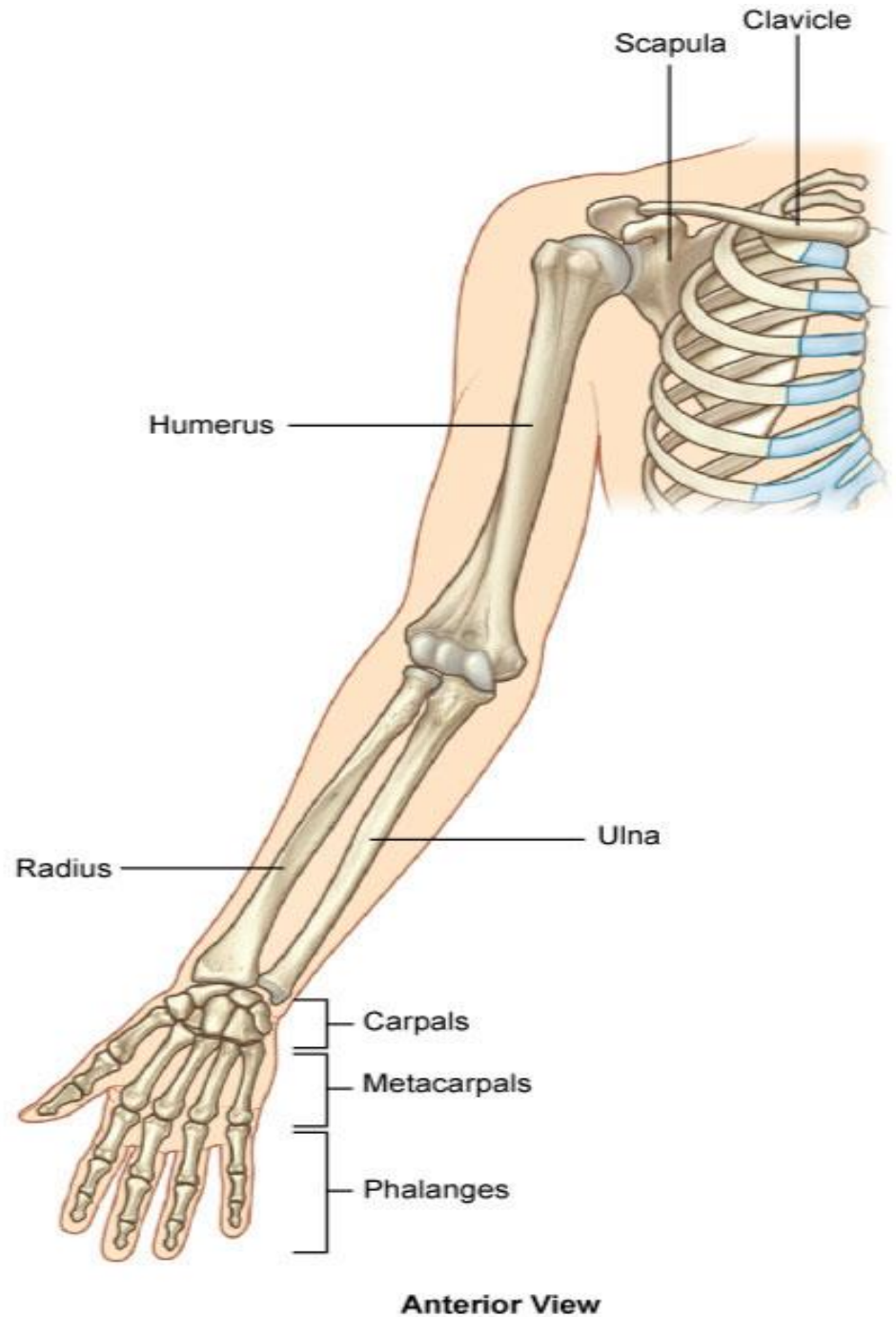
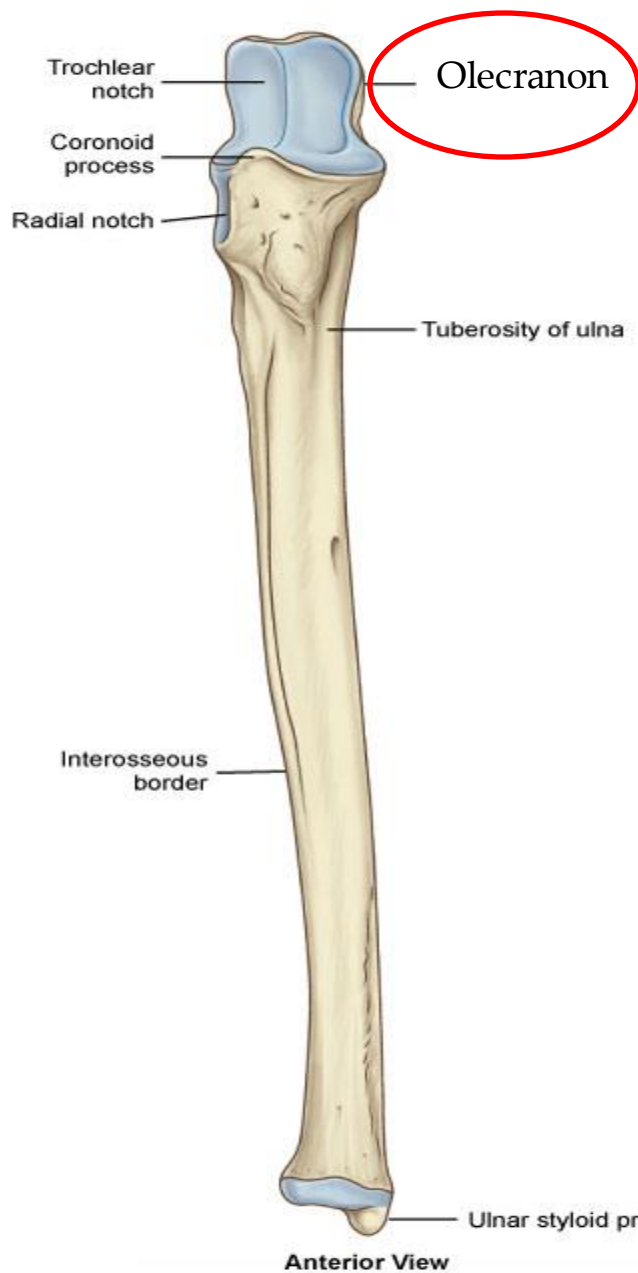


Anterior View



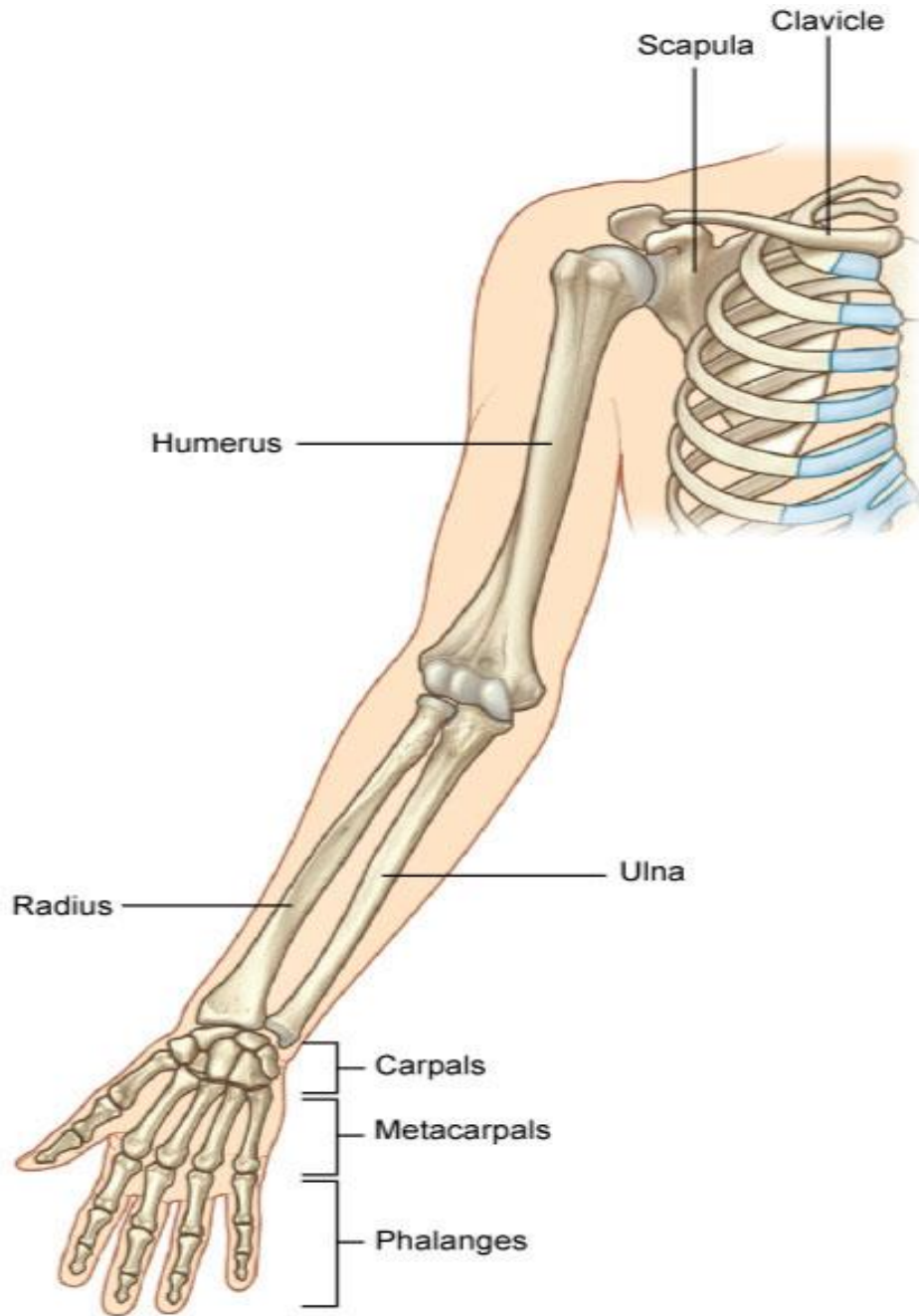


Anterior View

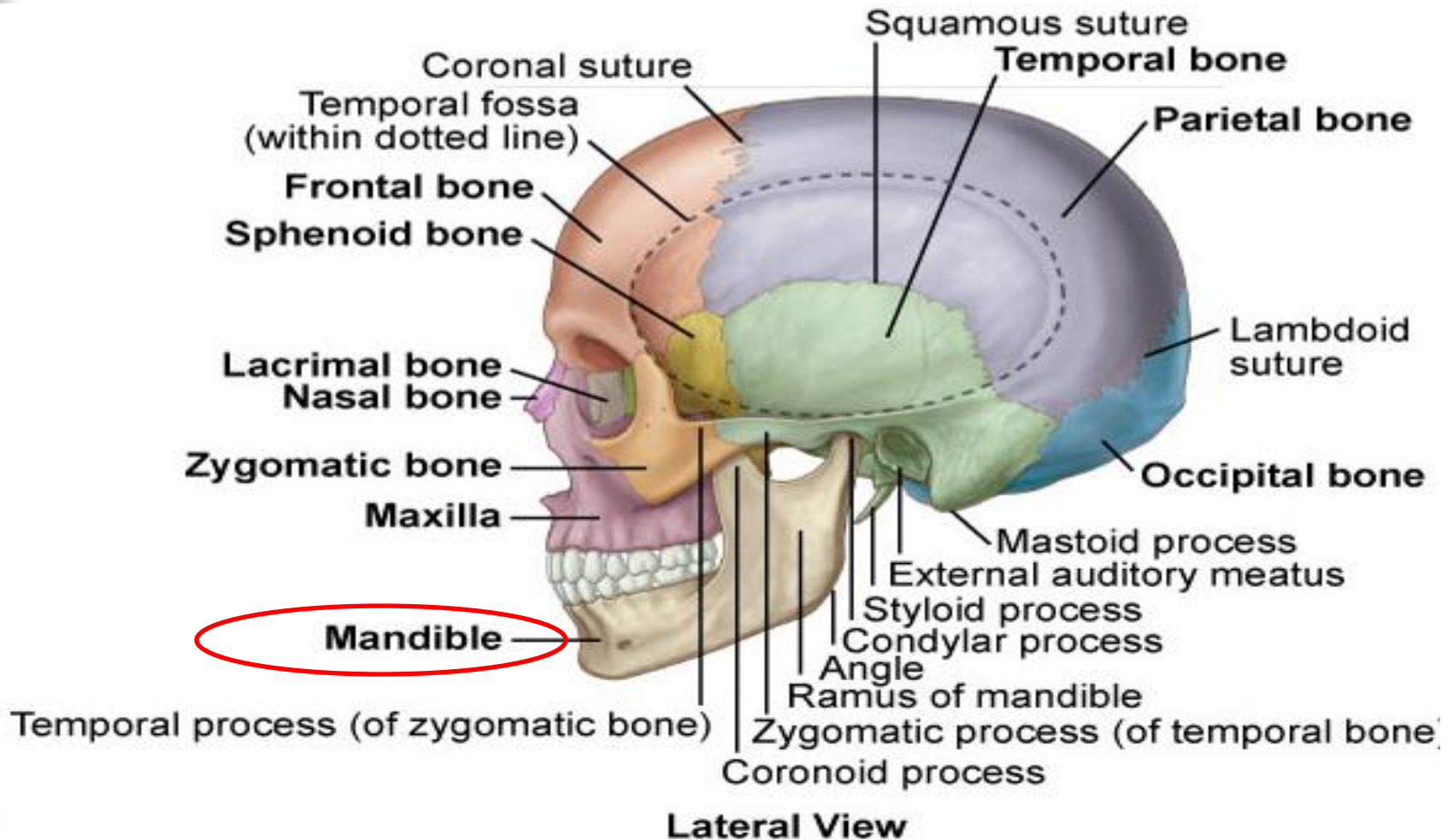


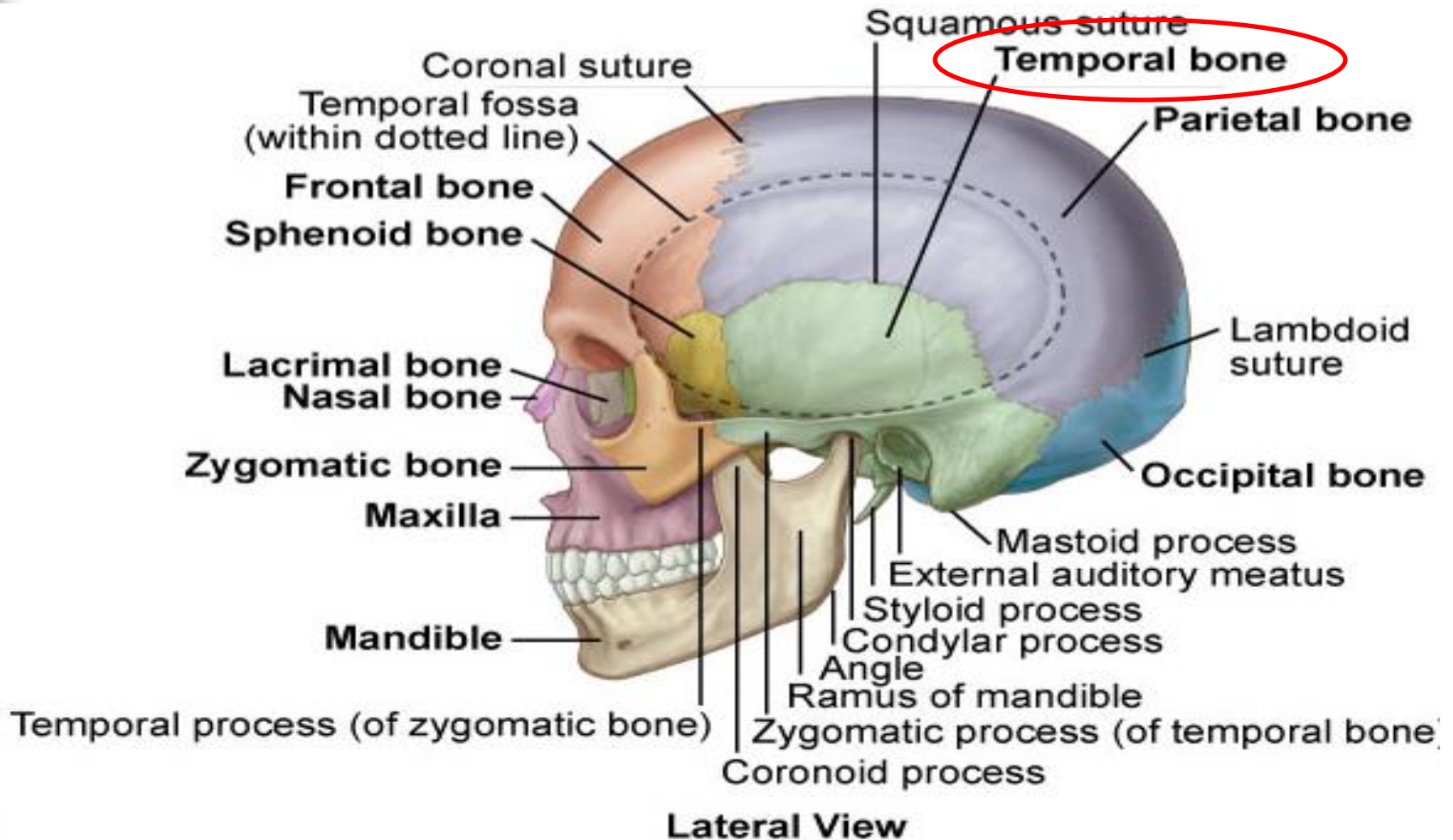


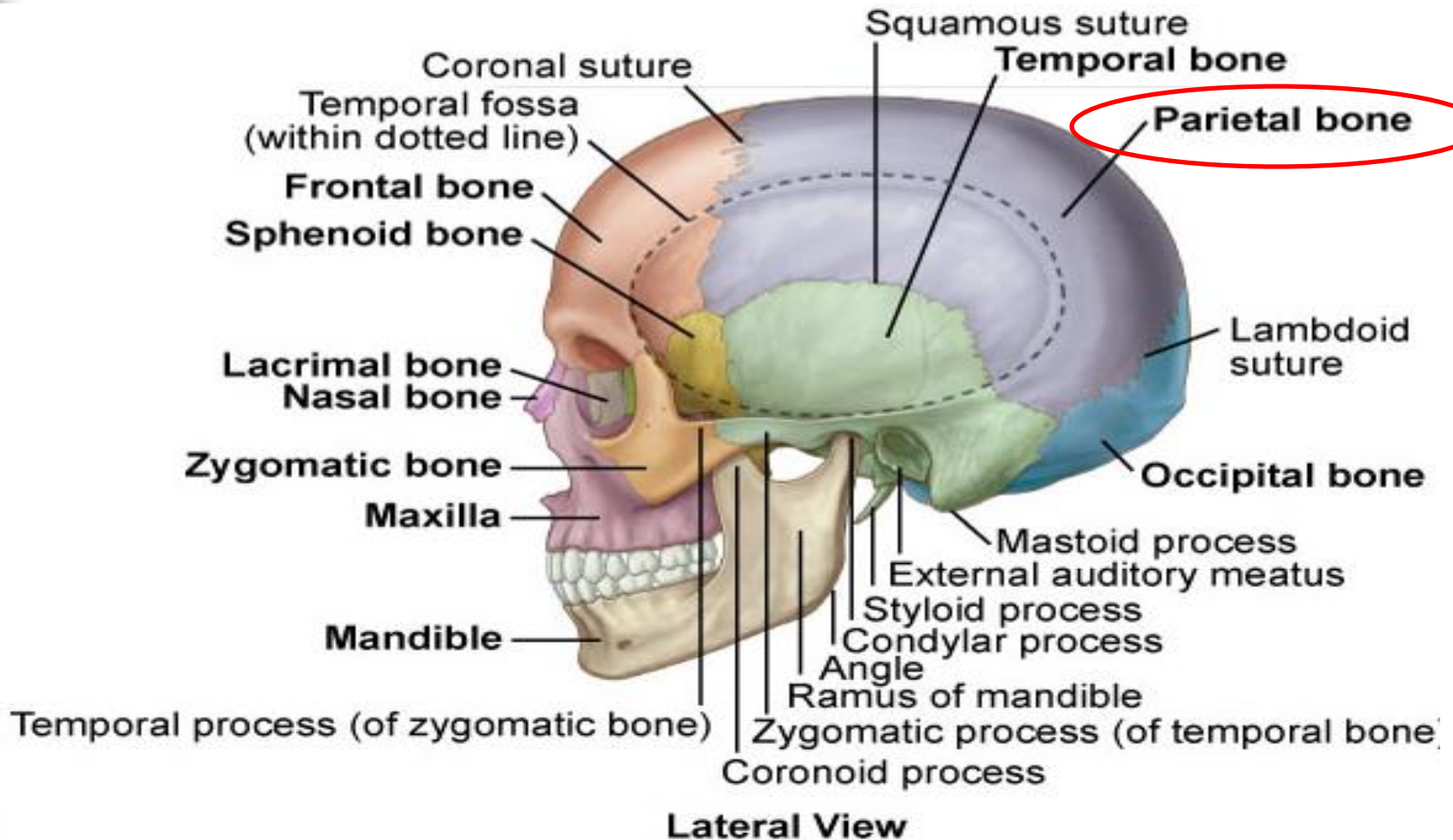
Posterior View

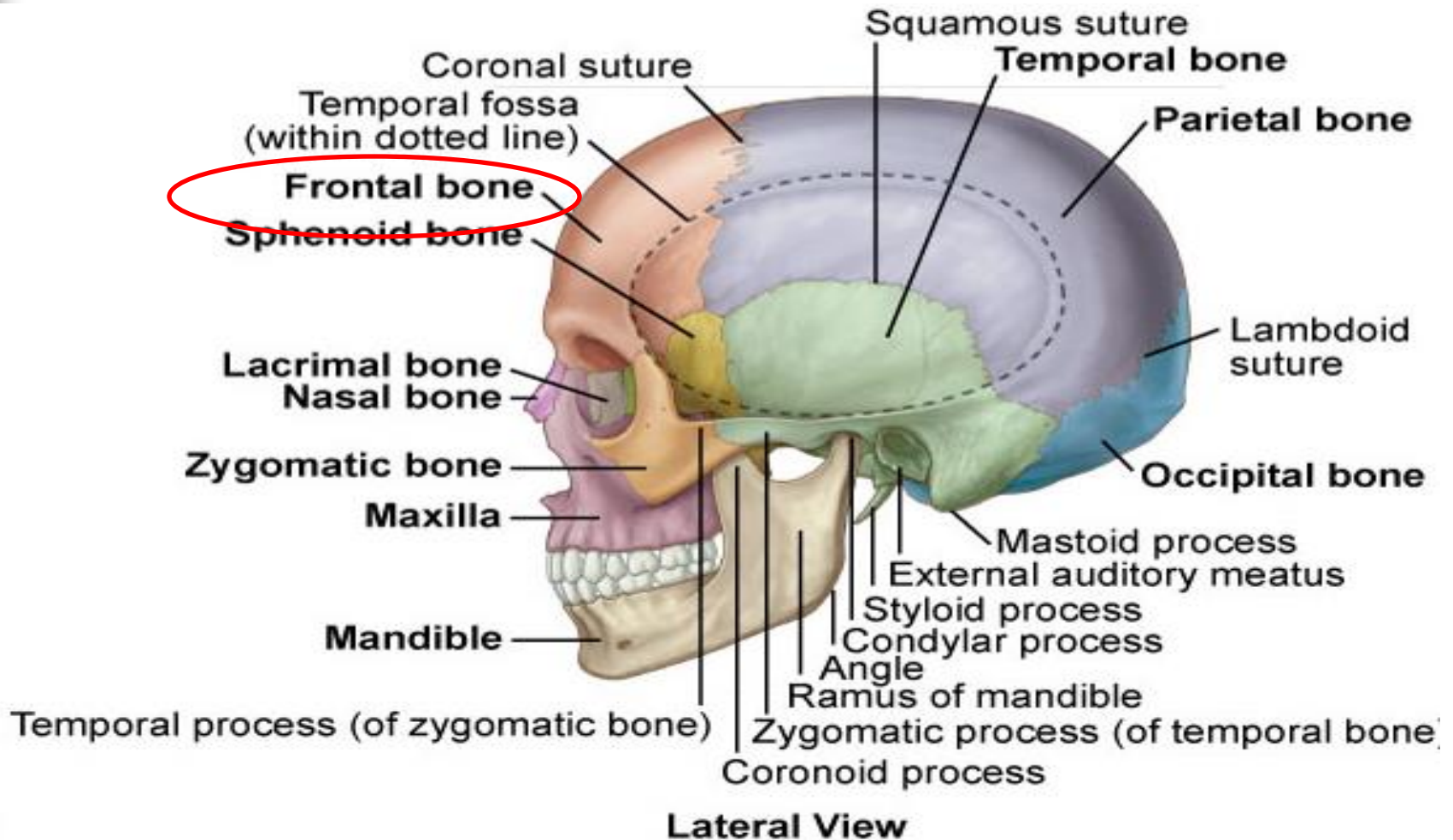


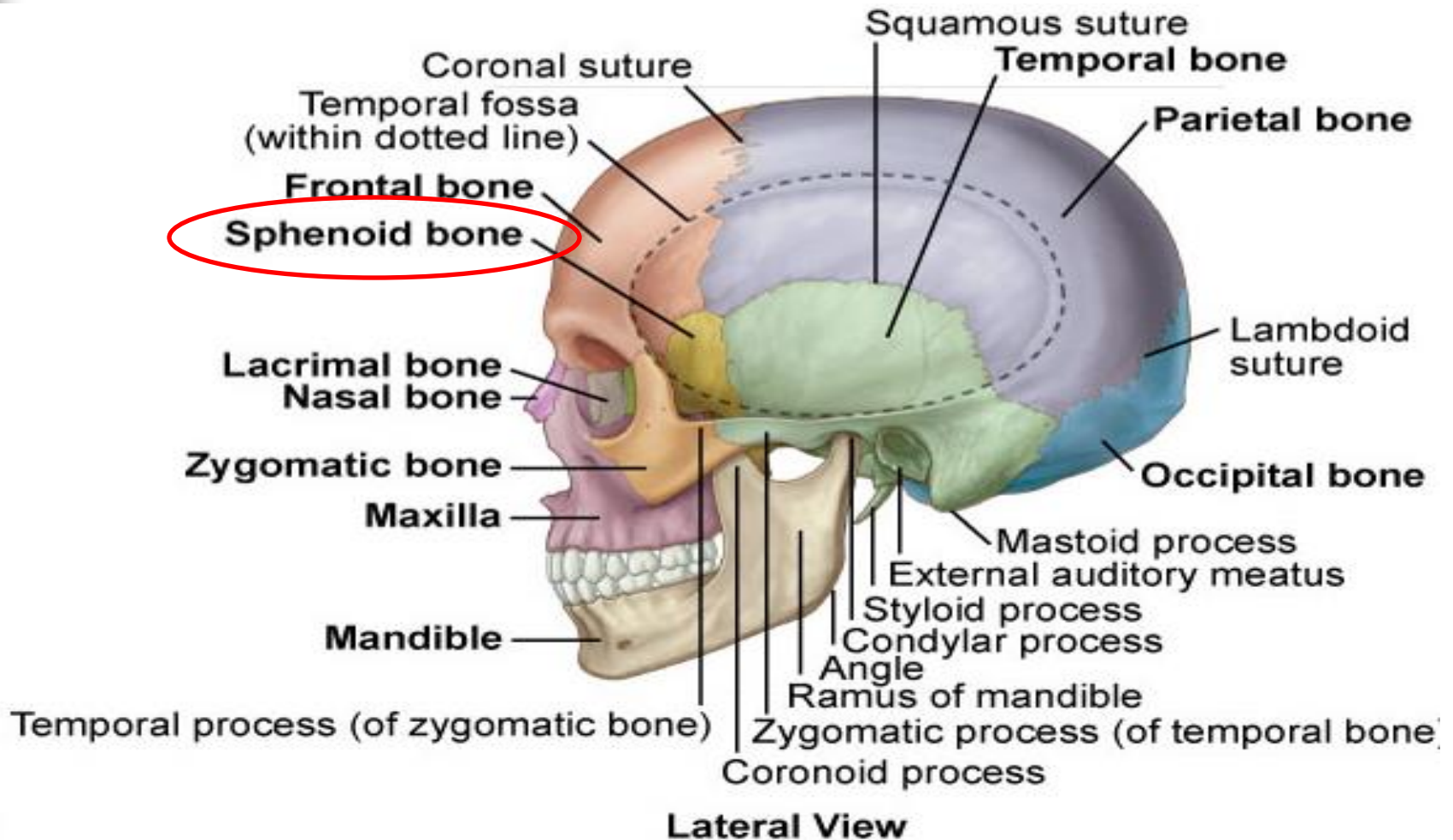
Anterior View

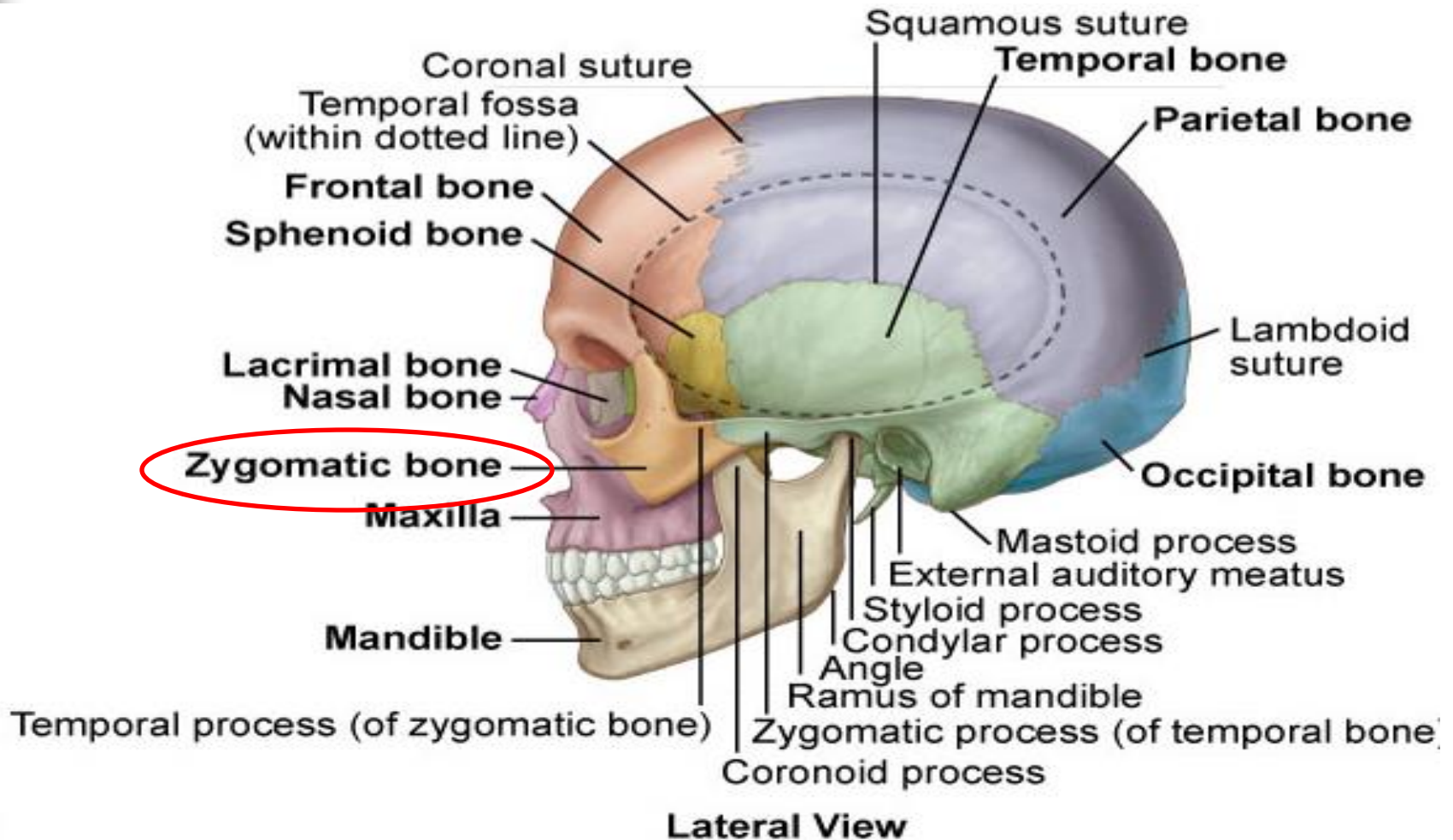


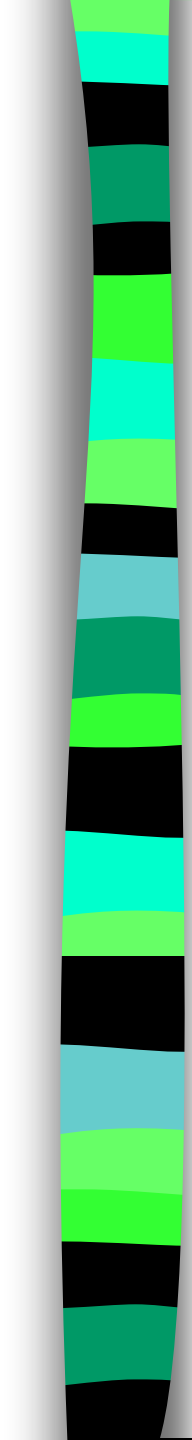


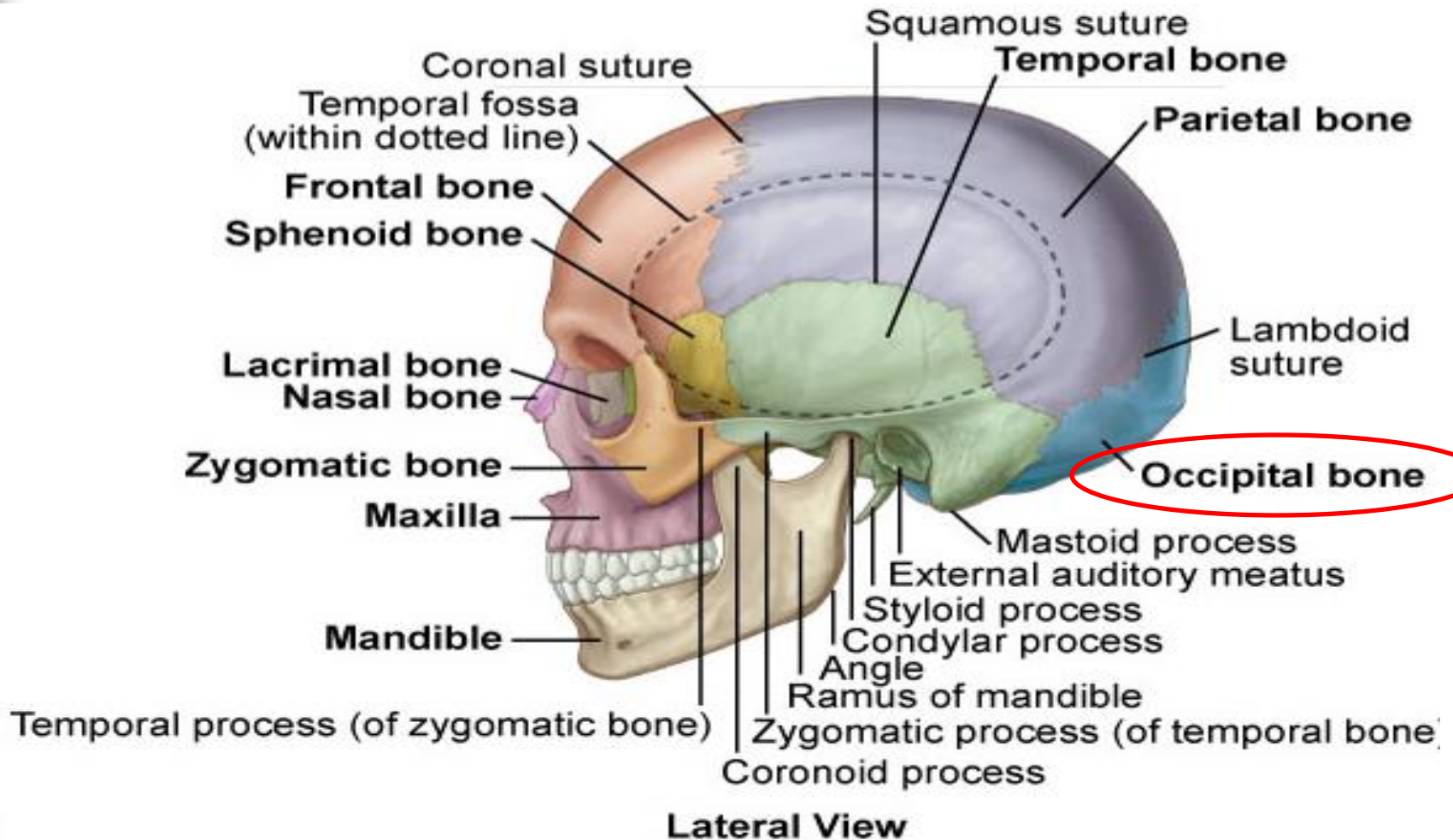


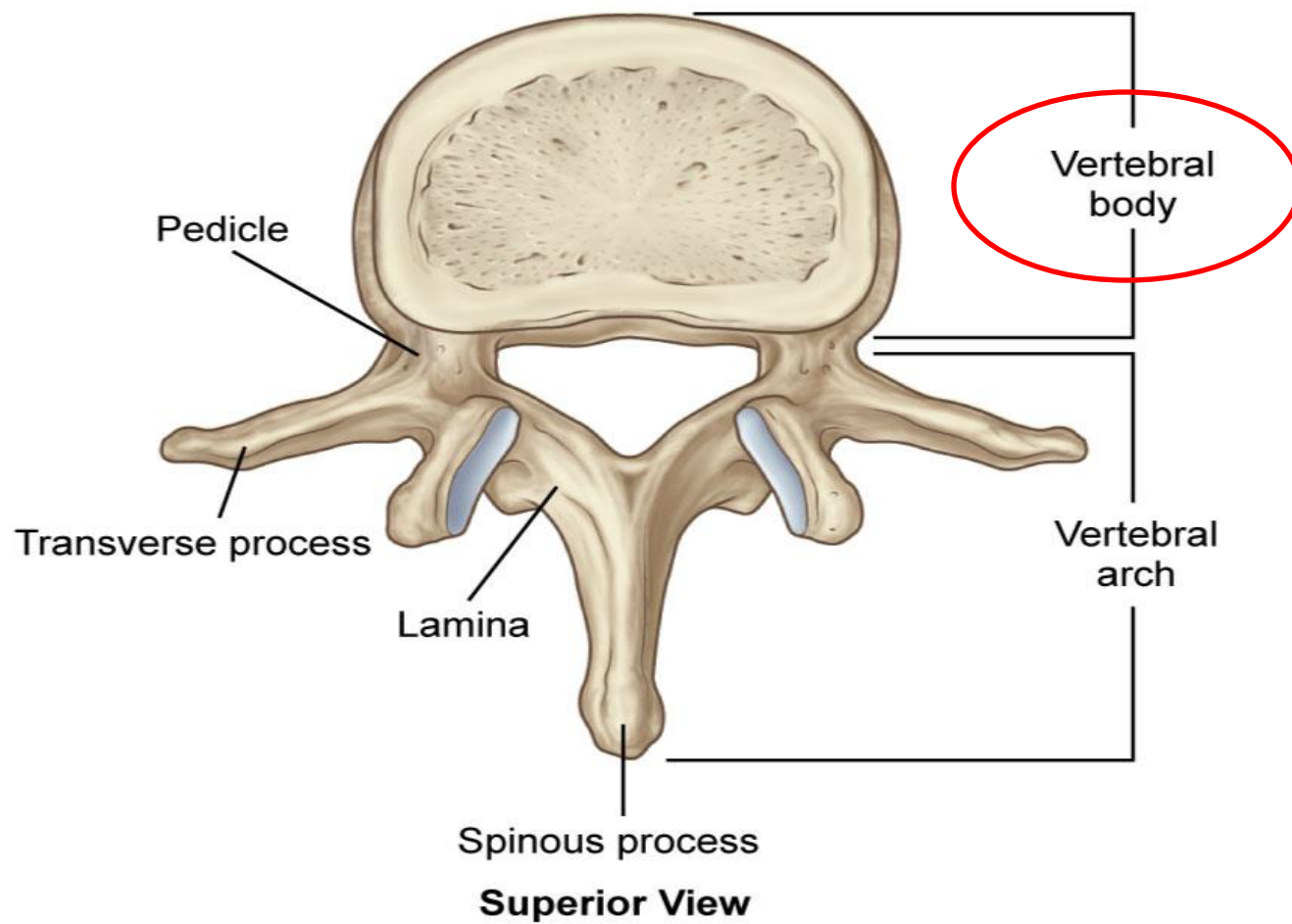


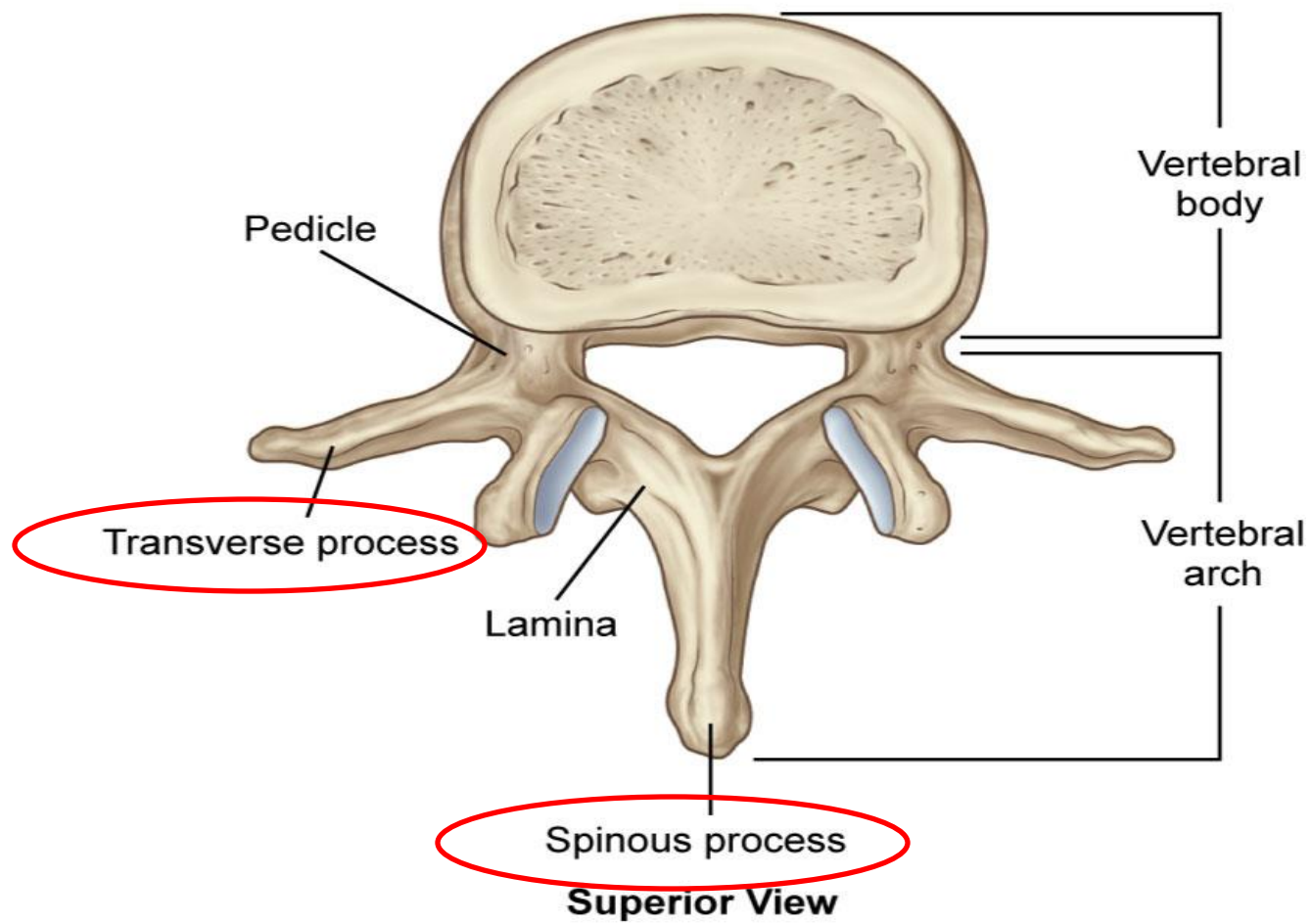


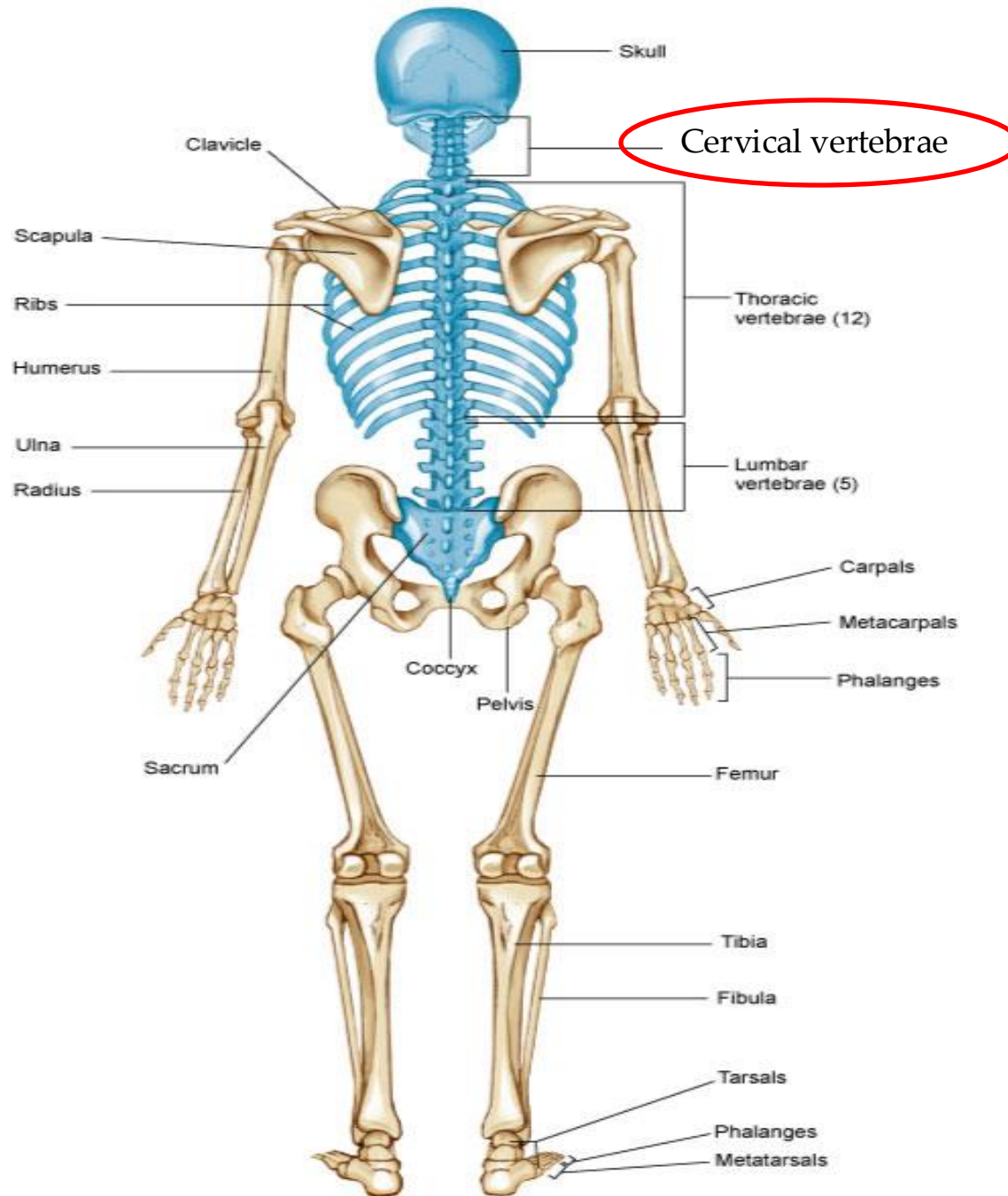


- 
- Put the face cradle in
 - Flip them over into the prone position
 - Adjust the bolster



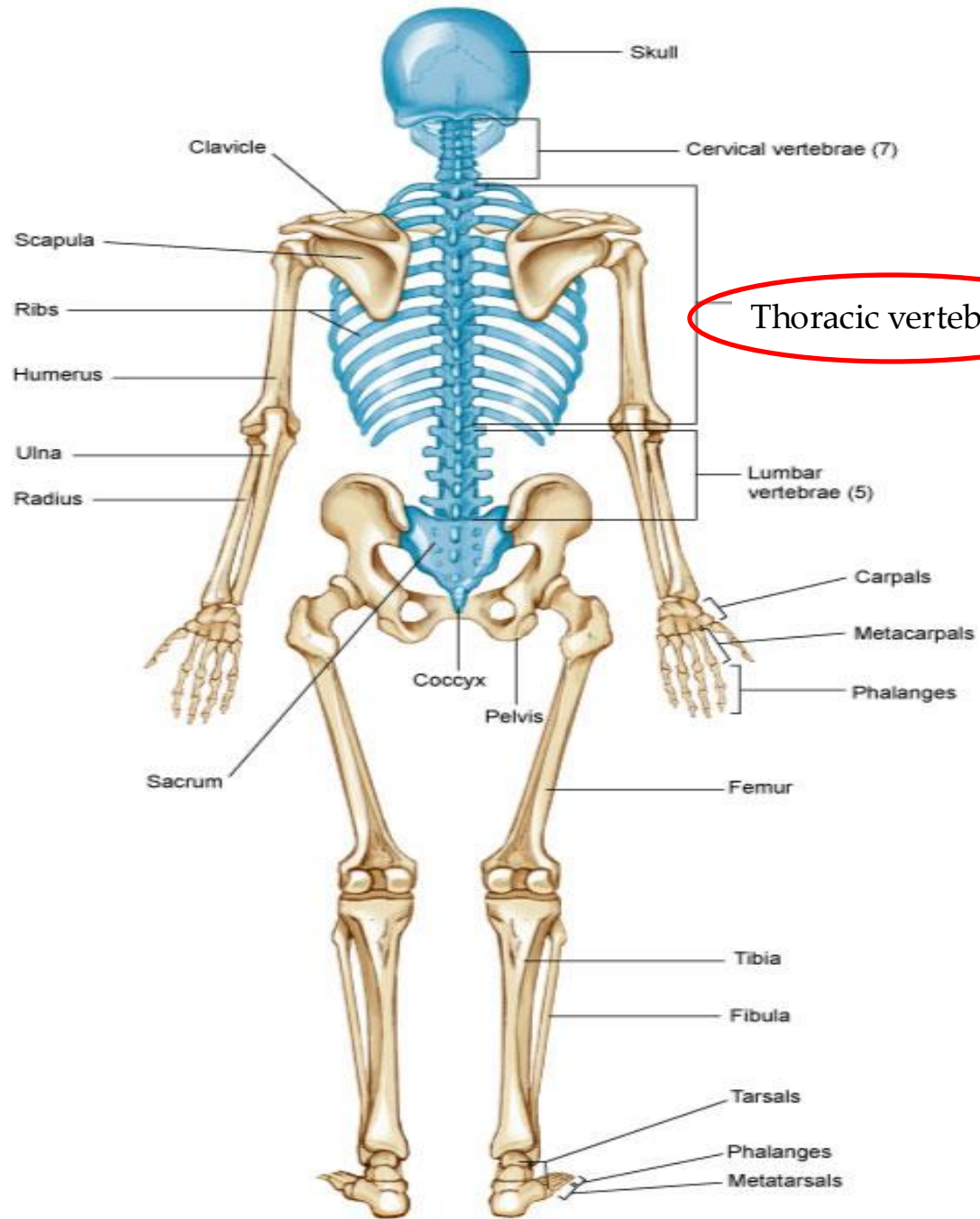






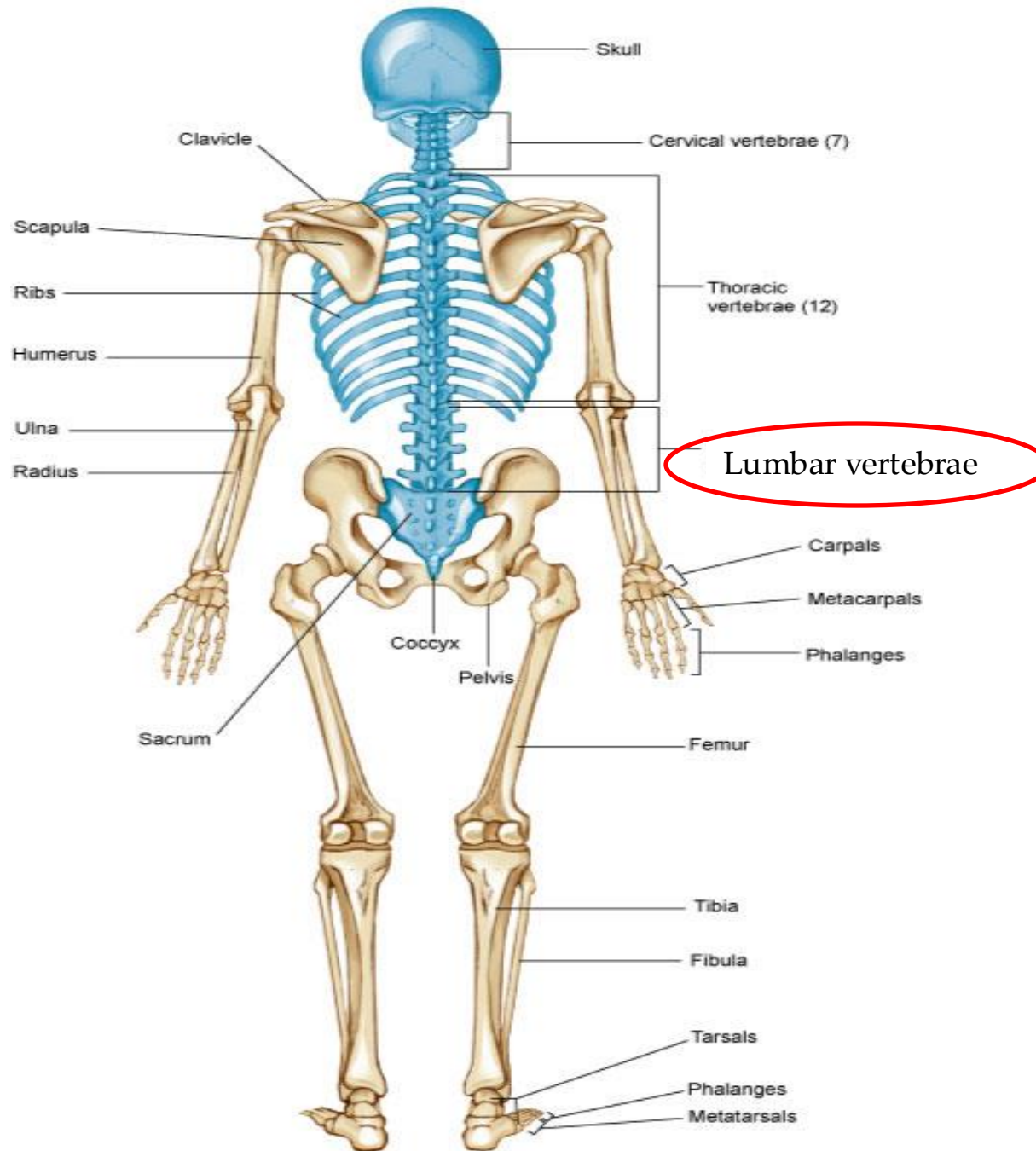
B

POSTERIOR VIEW



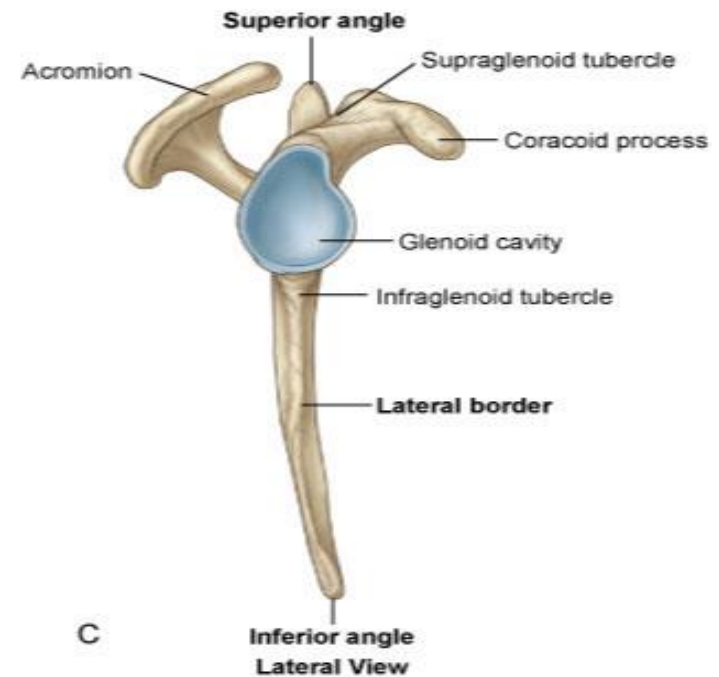
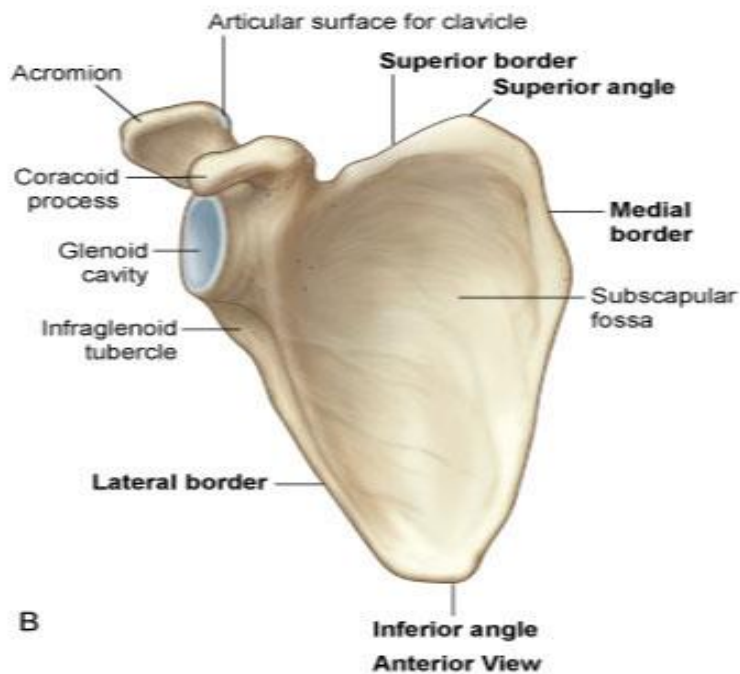
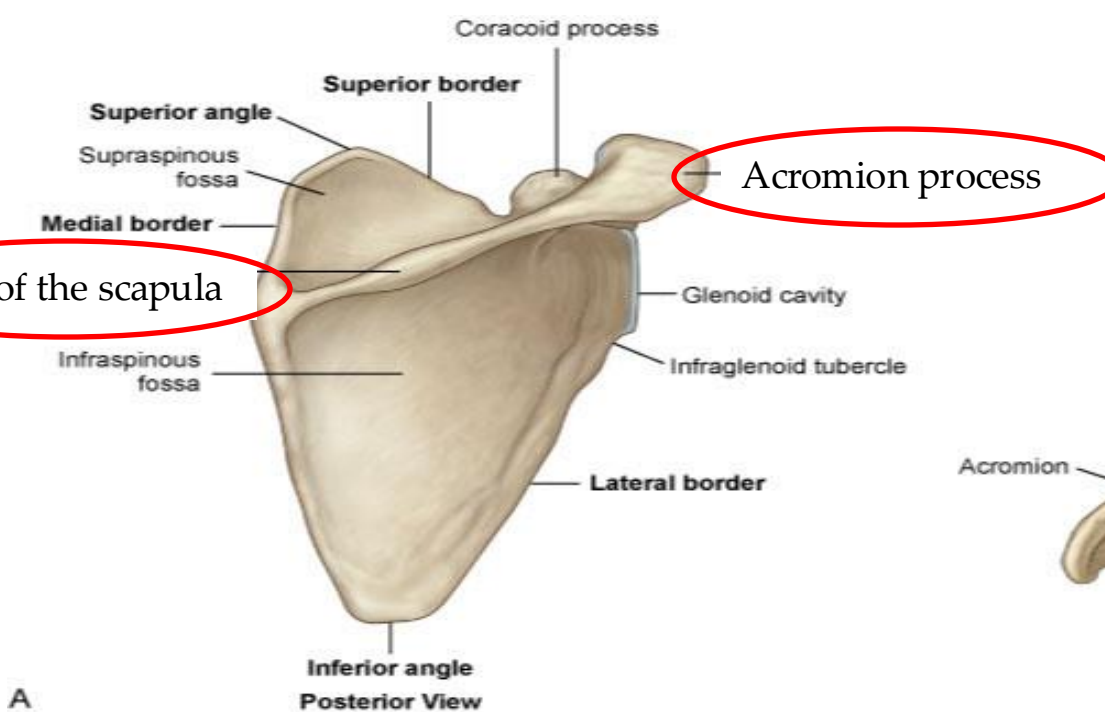
B

POSTERIOR VIEW

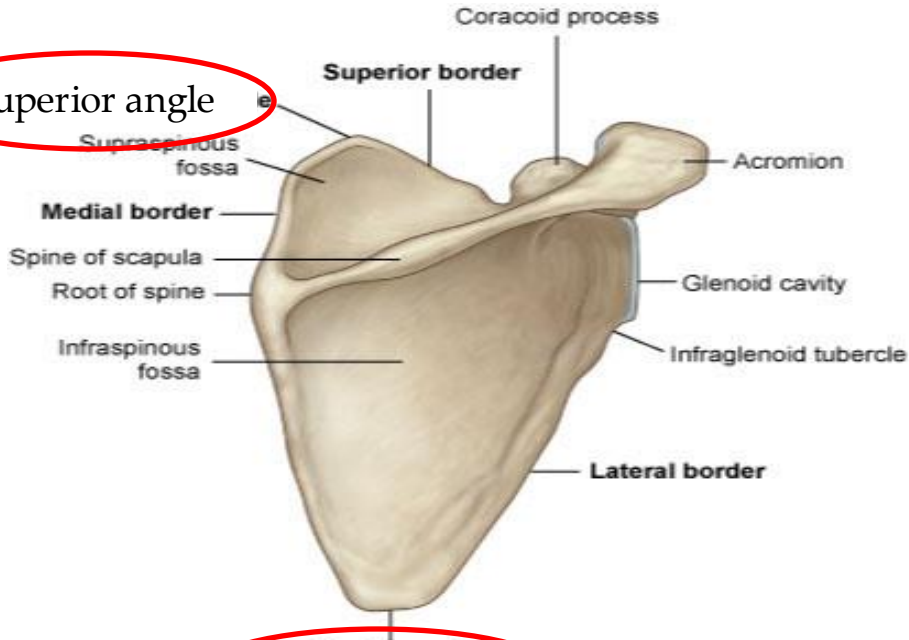


B

POSTERIOR VIEW

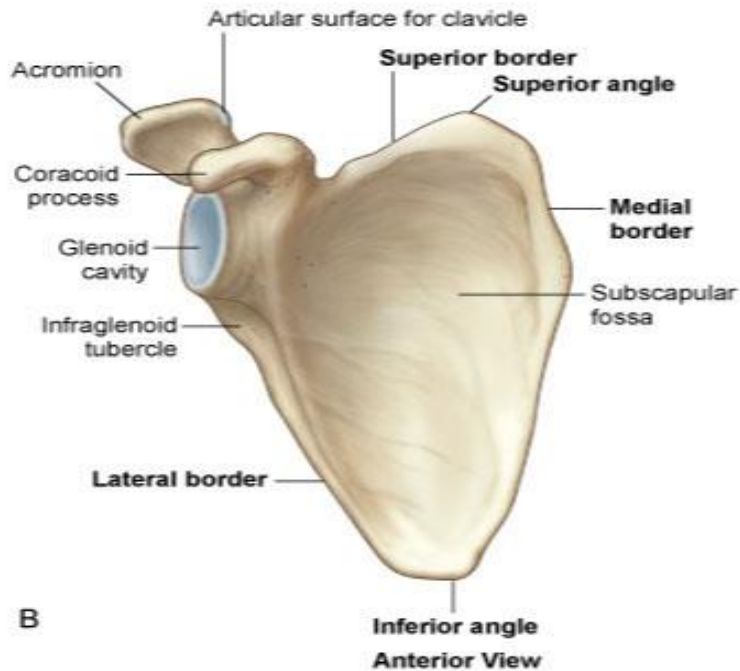


Superior angle

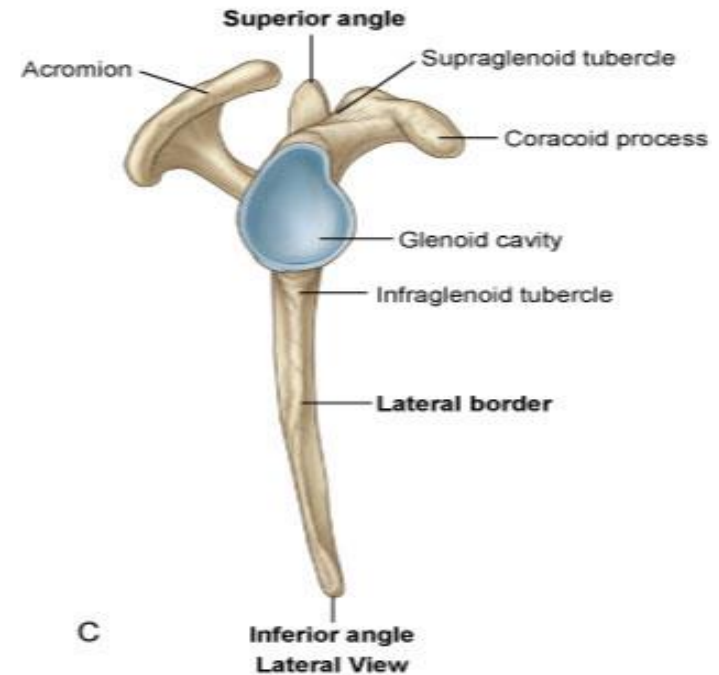


Inferior angle

A



B



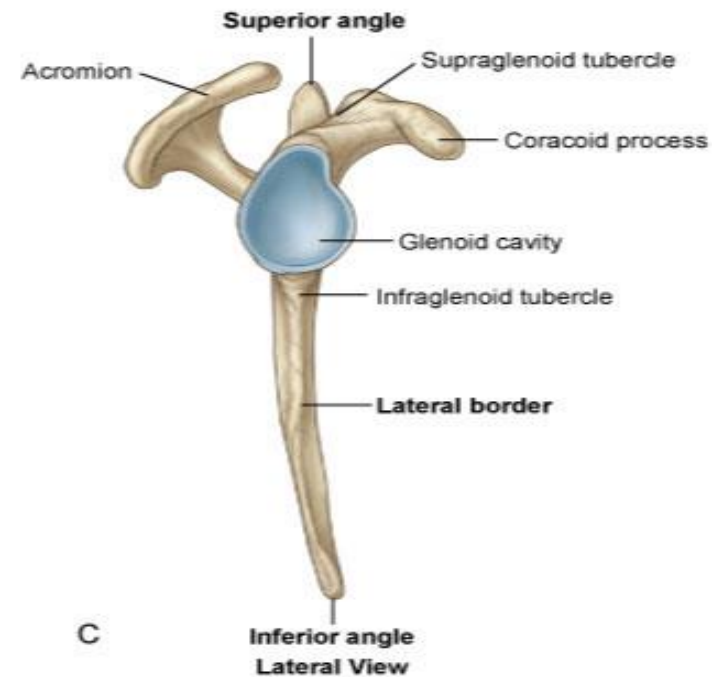
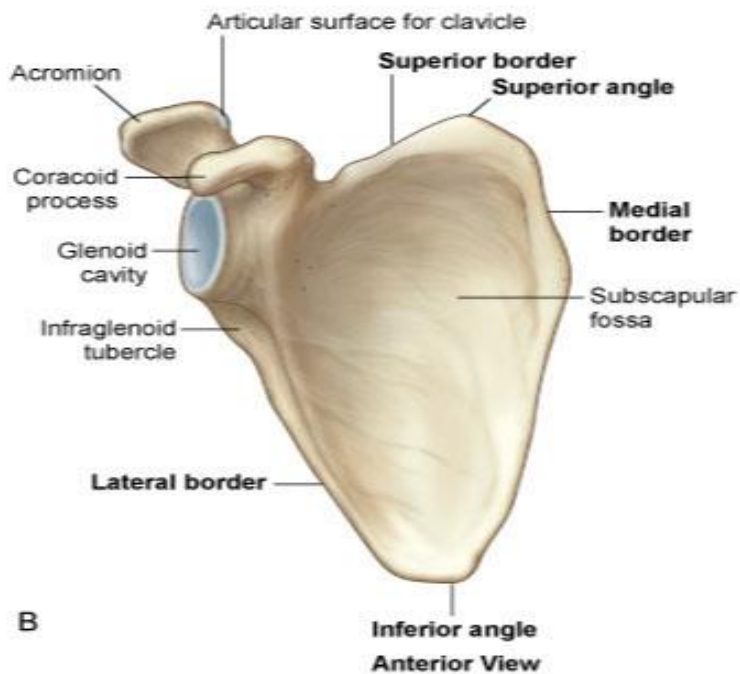
C

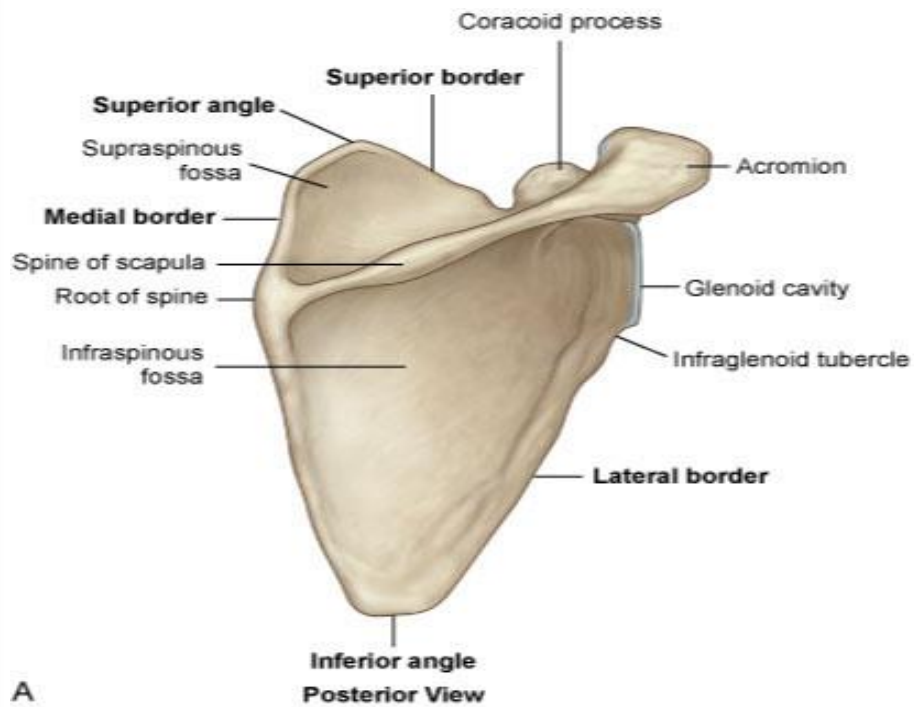
Medial border

Lateral border

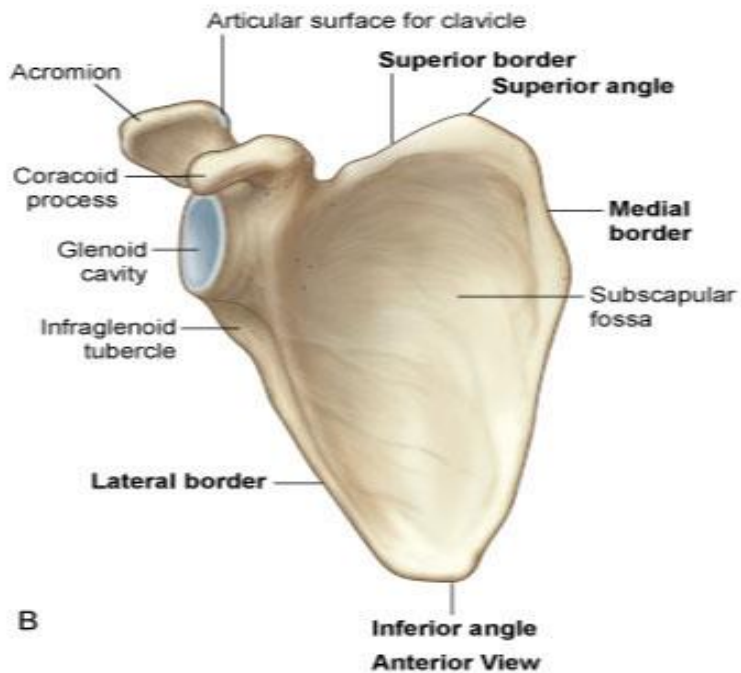
A

Inferior angle
Posterior View

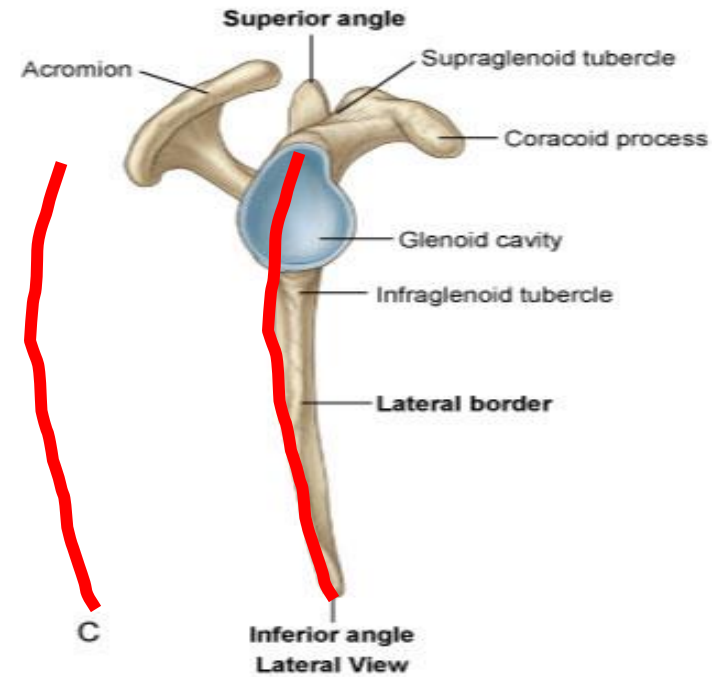




A



B



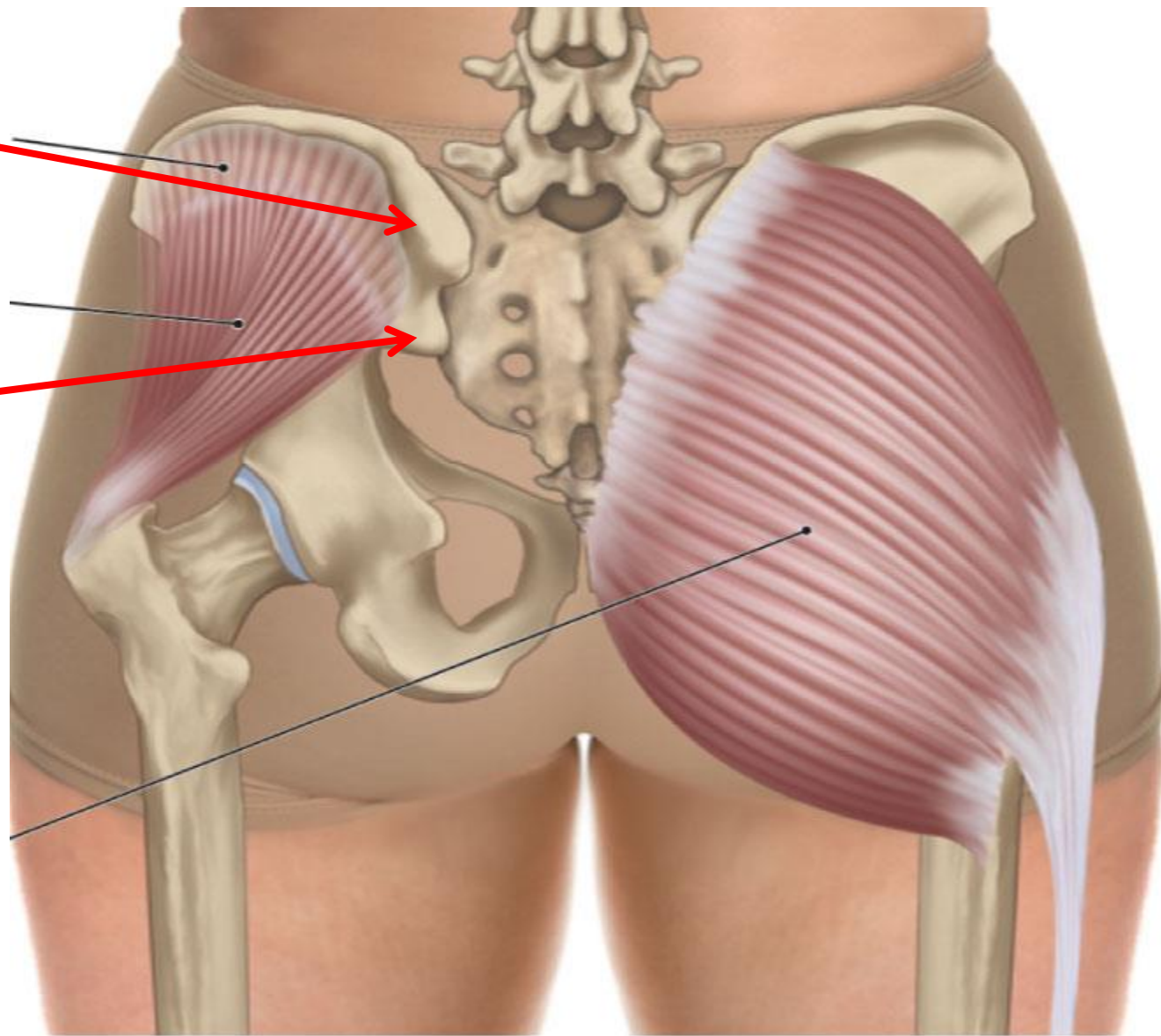
C

PSIS

- Posterior Superior Iliac Spine

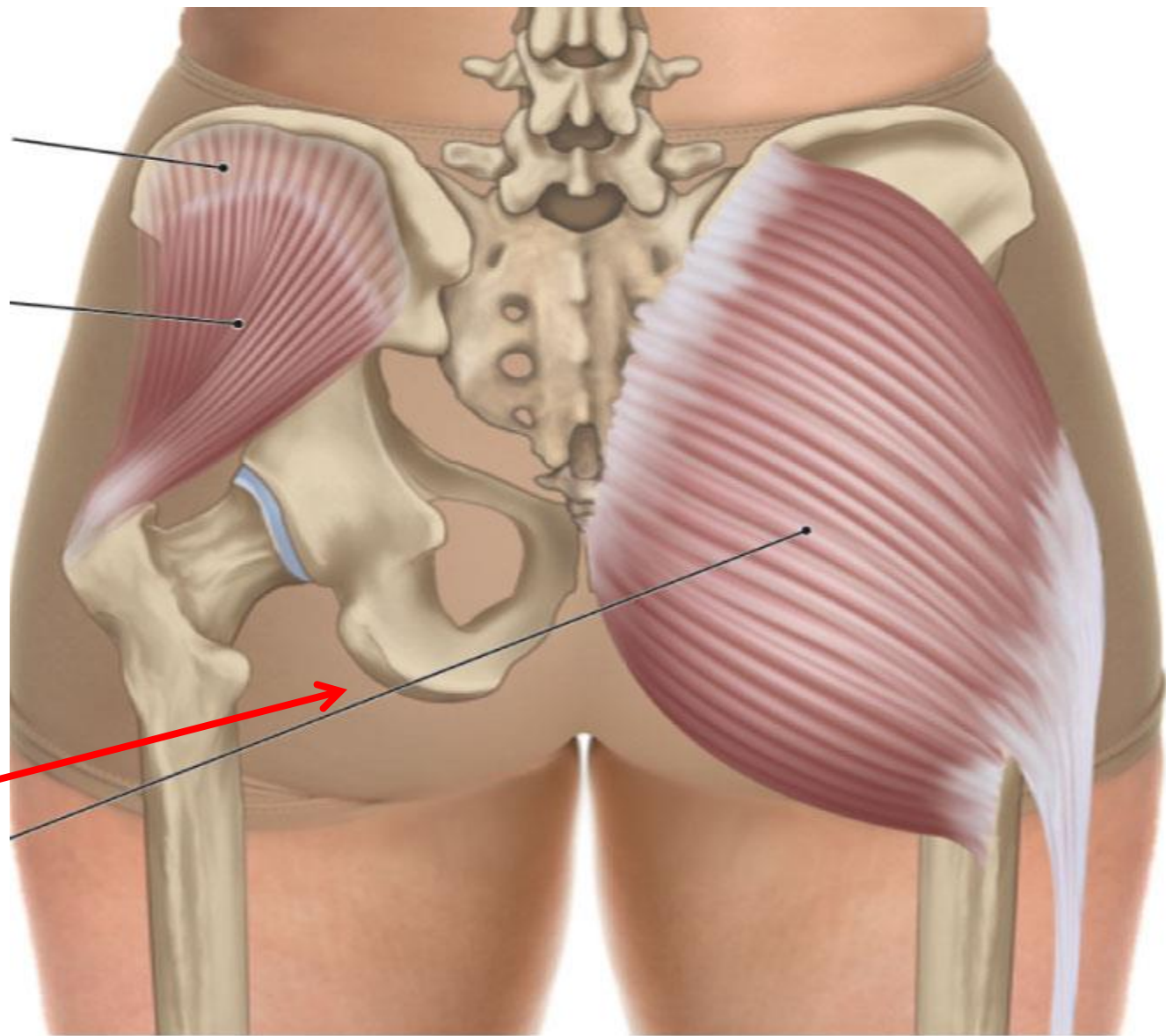
PIIS

- Posterior Inferior Iliac Spine

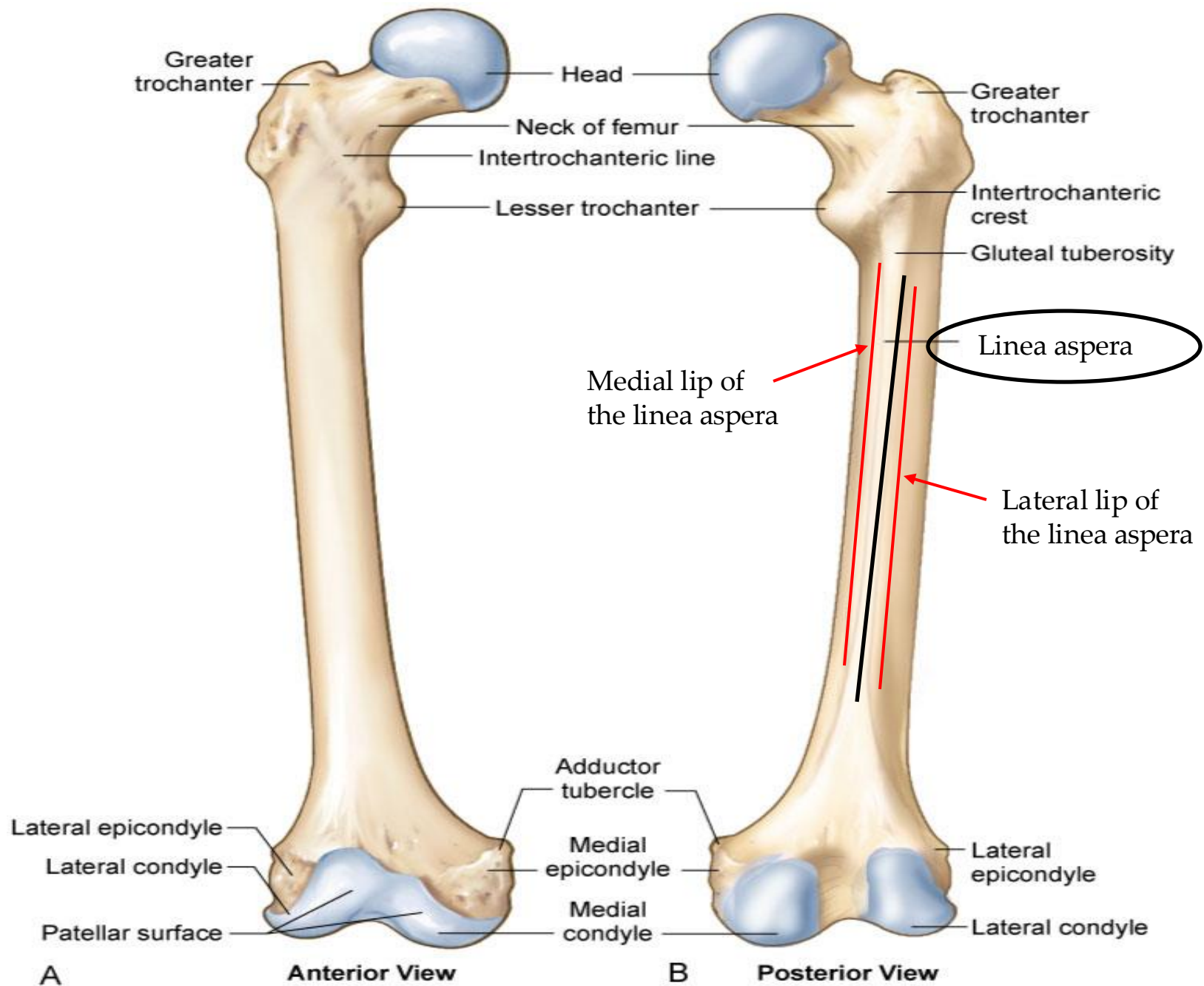


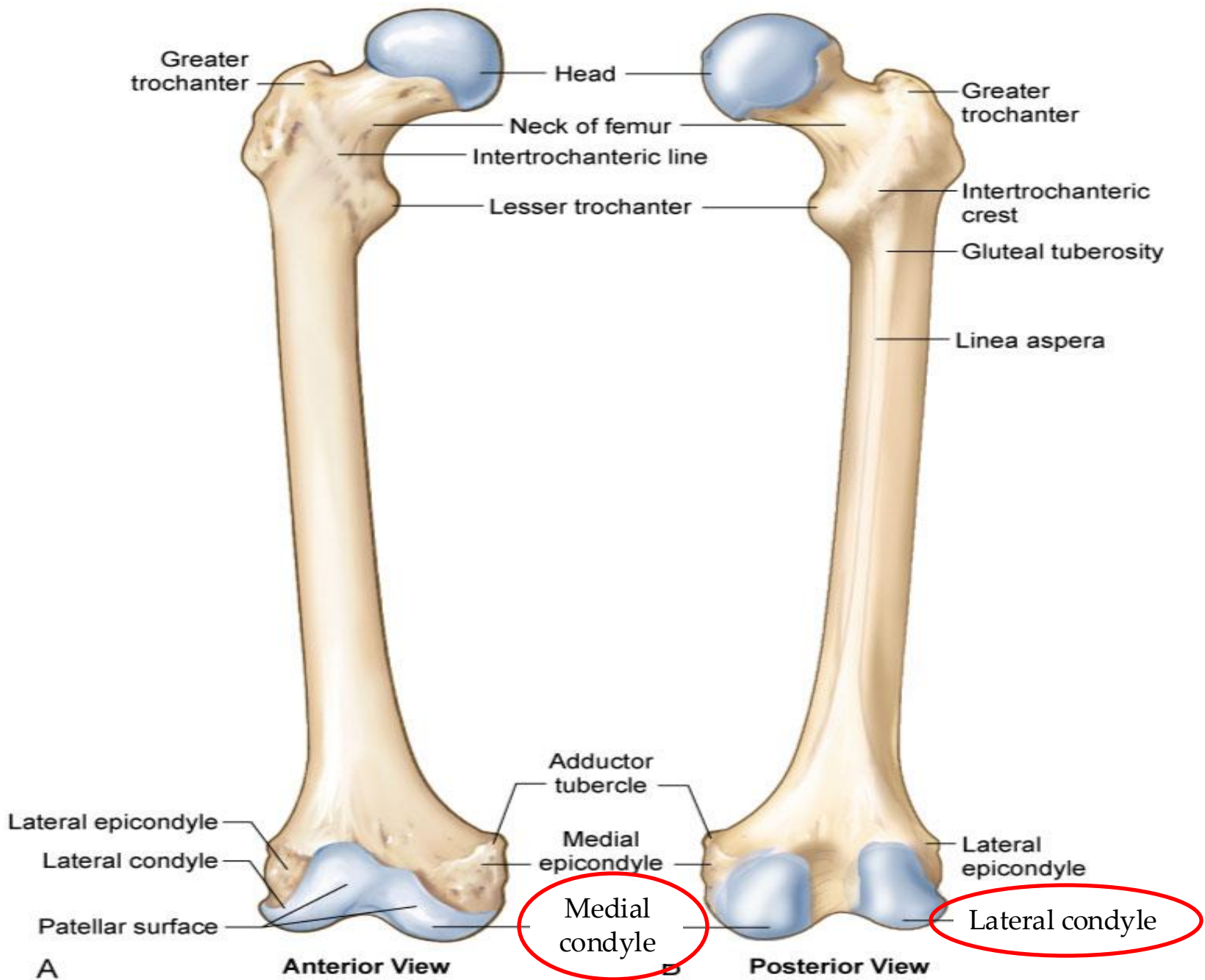
Posterior View

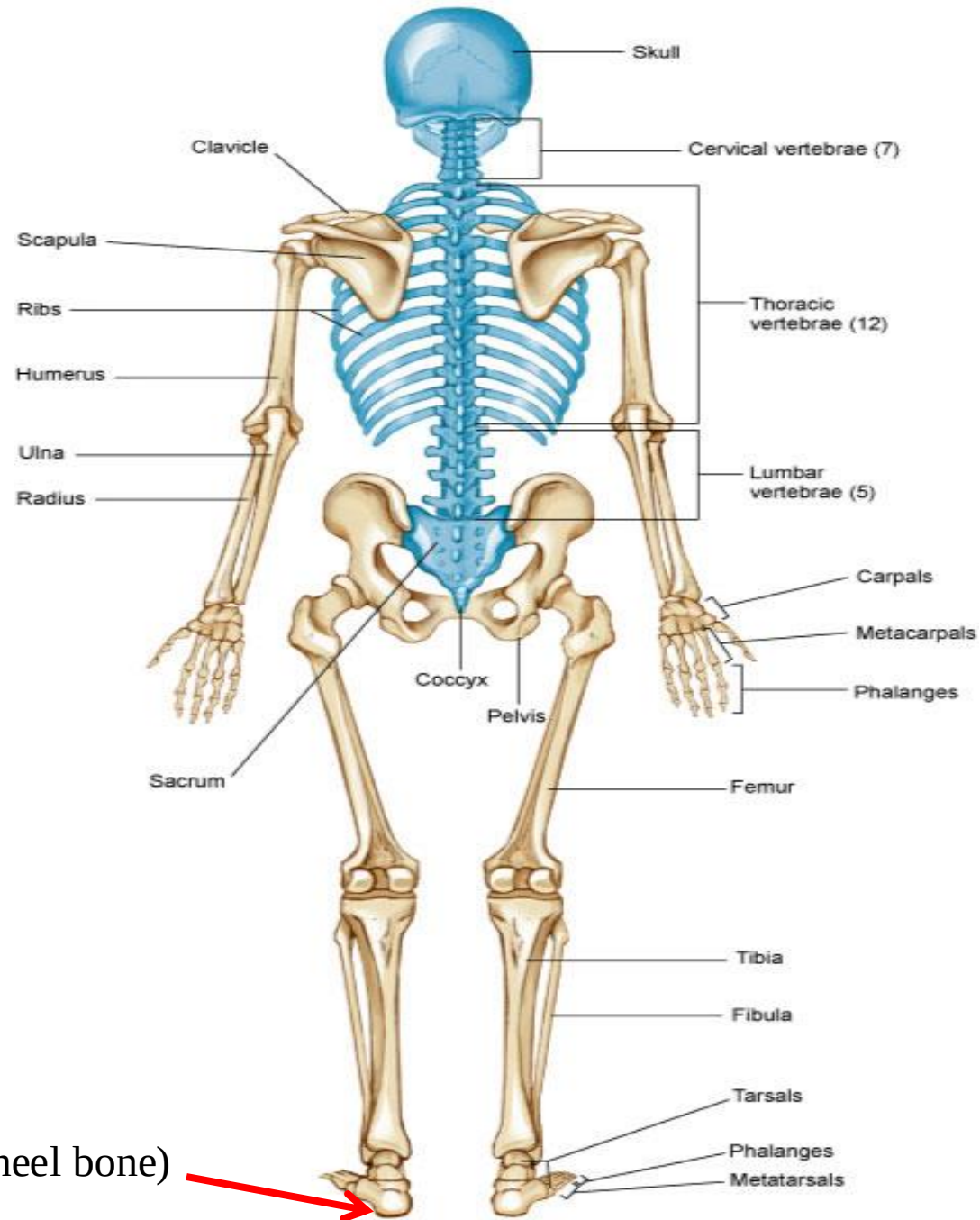
Ischial
Tuberosity



Posterior View





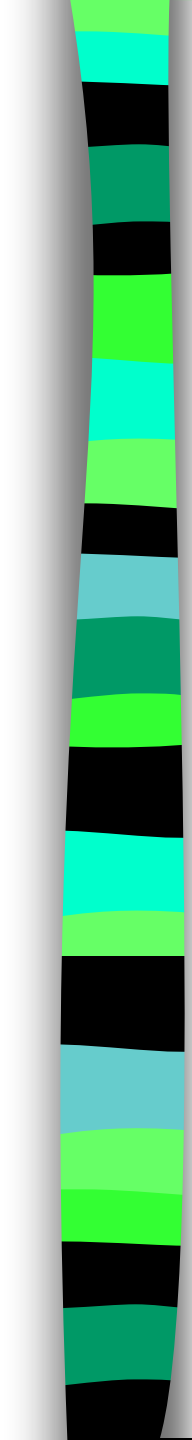


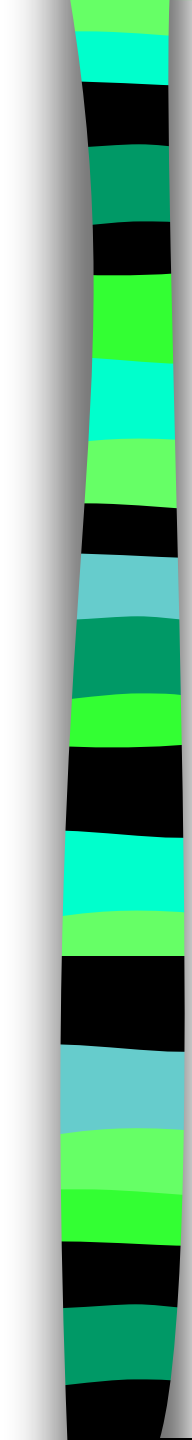
Calcaneus (heel bone)



B

POSTERIOR VIEW

- 
- Switch and do it again!



14a A&P: Skeletal System - Bony Landmark Palpation