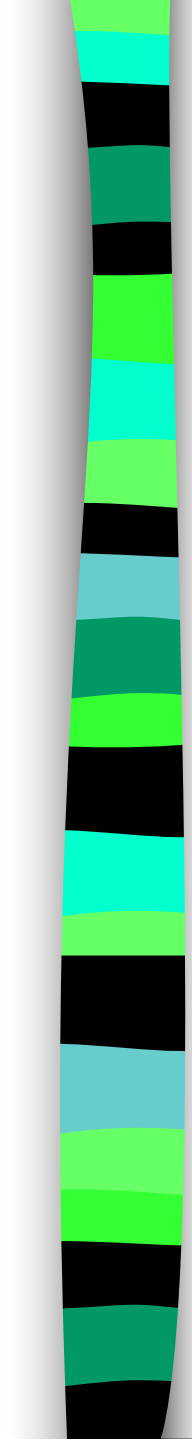


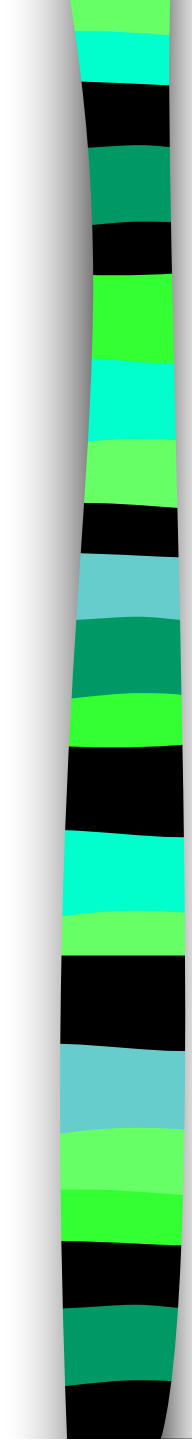
14a Kinesiology Quiz and A&P: Skeletal System – Bony Landmark Palpation



14a Kinesiology Quiz and 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 Kinesiology Quiz and 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:

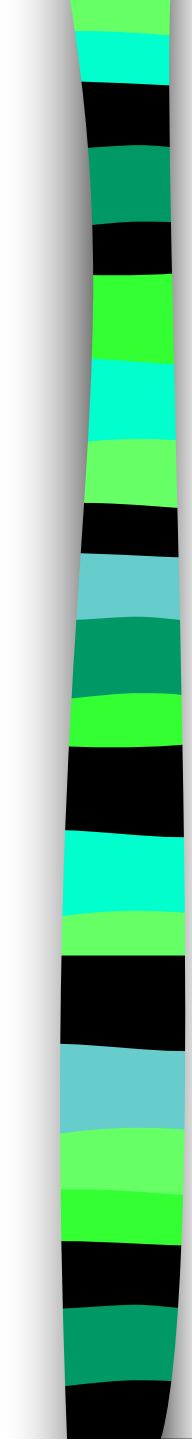
- 17a Review Questions (A: 131-140)

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

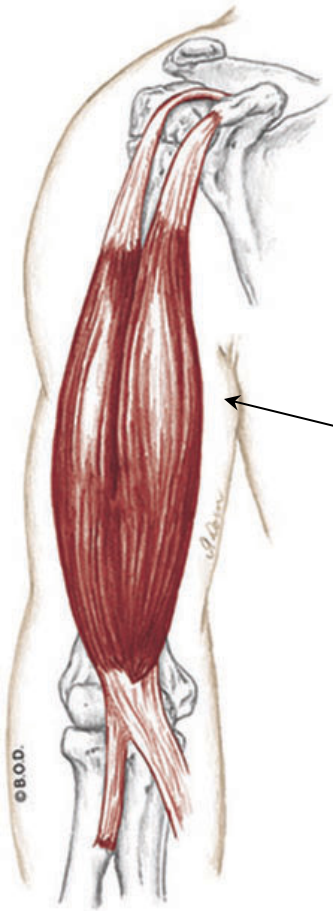
The following are not allowed:

- 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

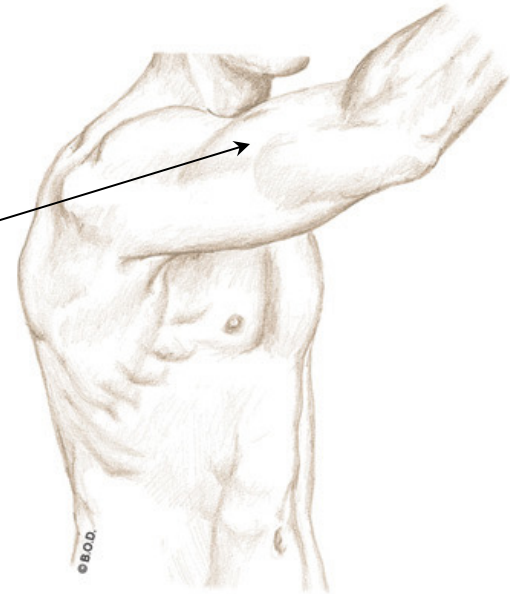


Anterior View

Biceps brachii
lies superficially on the anterior arm.

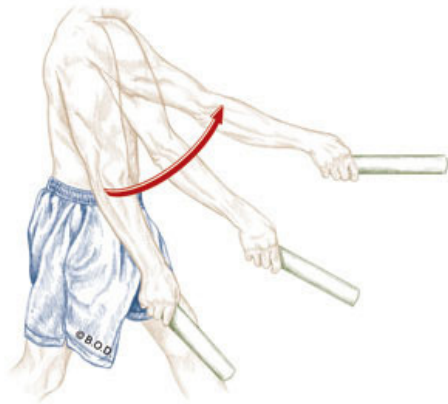
The proximal tendon of the long head of biceps brachii runs through the intertubercular groove.

When do you use your biceps brachii?

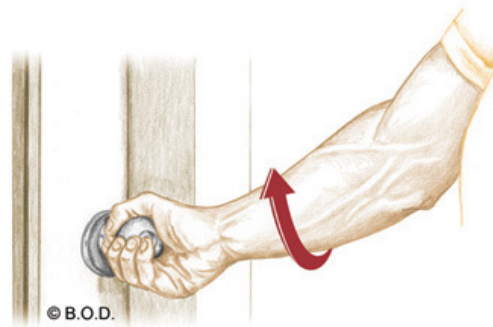


Anterolateral View

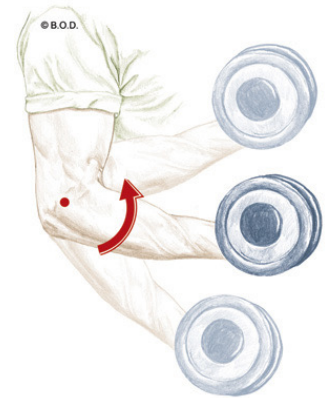
Actions of the Biceps Brachii, page 95



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

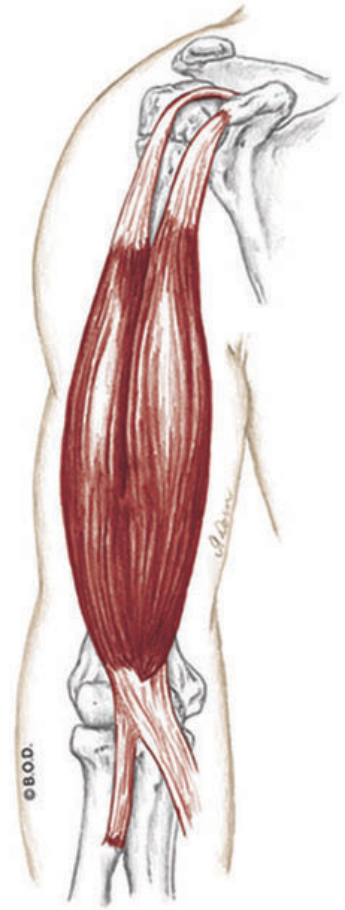
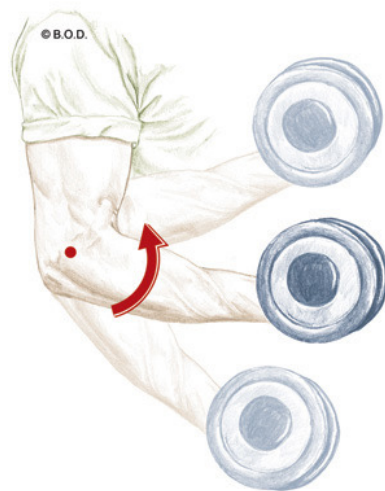
Long head:

Supraglenoid tubercle of scapula

I

Tuberosity of the radius

Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

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Flex the shoulder or glenohumeral joint

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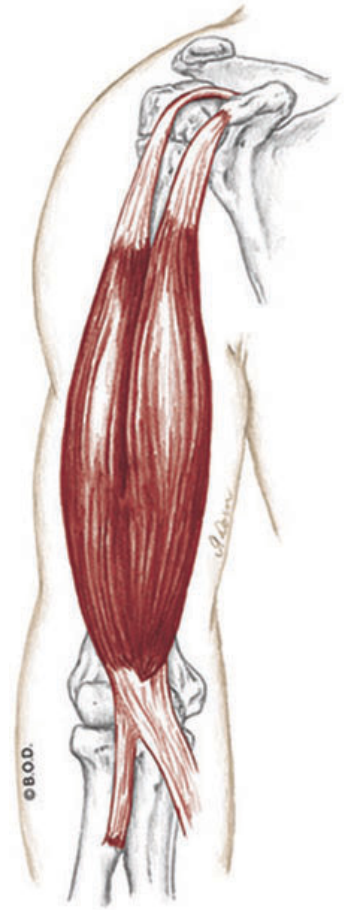
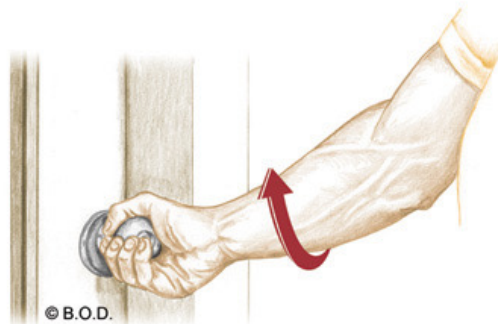
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Anterior View

Biceps Brachii, page 95

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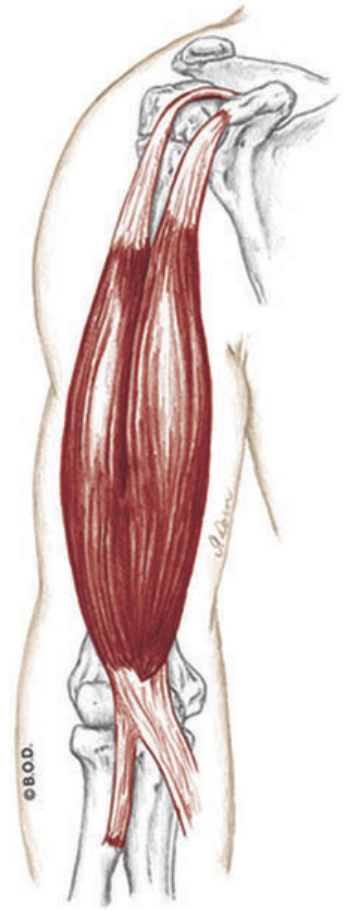
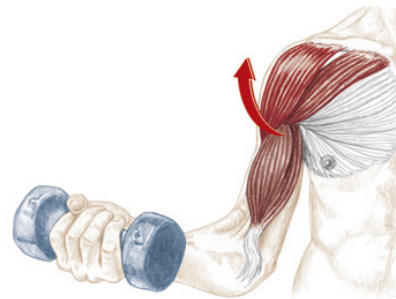
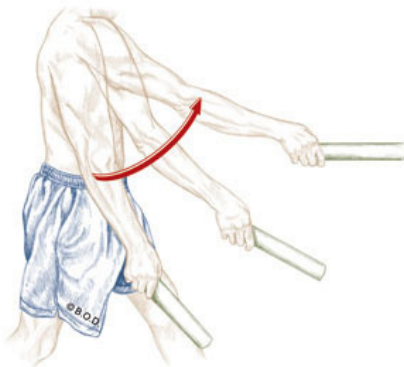
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Supraglenoid tubercle of scapula

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Tuberosity of the radius

Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

A

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Supinate the forearm or radioulnar joint
Flex the shoulder or glenohumeral joint

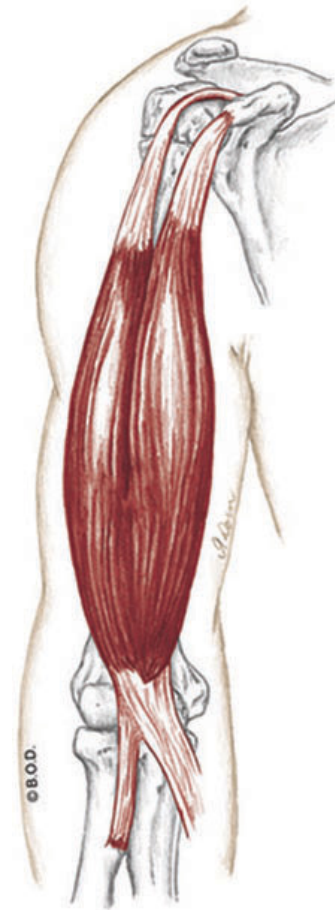
O

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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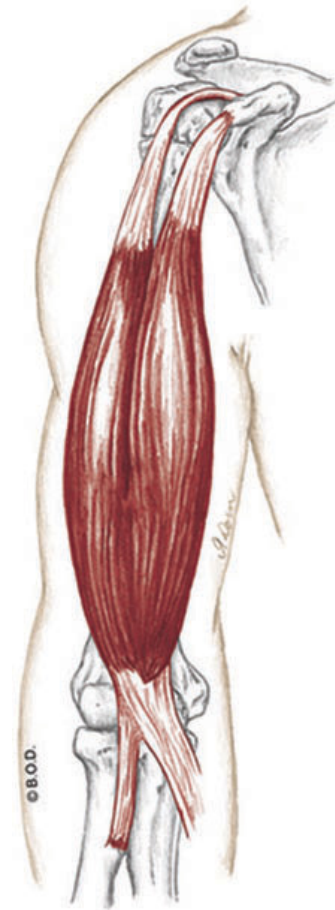
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Anterior View

Biceps Brachii, page 95

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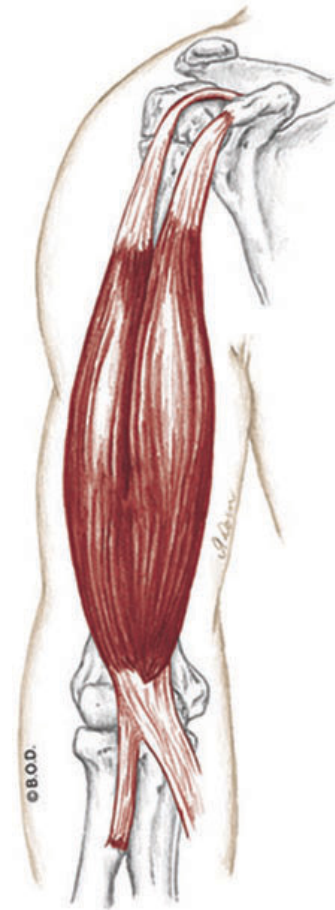
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Anterior View

Biceps Brachii, page 95

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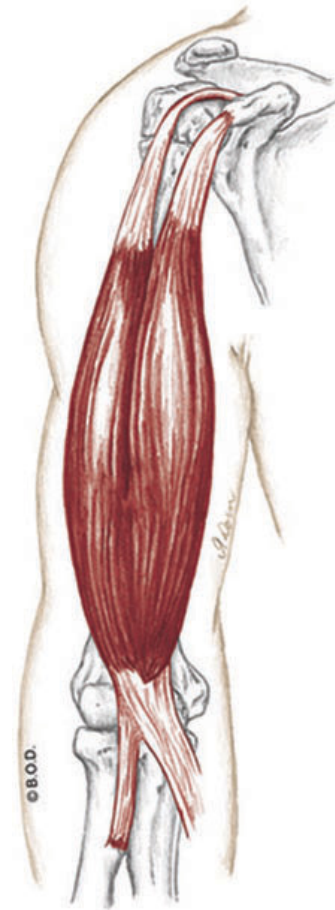
Long head:

Supraglenoid tubercle of scapula

I

Tuberosity of the radius

Aponeurosis of the biceps brachii



Anterior View

Coracobrachialis

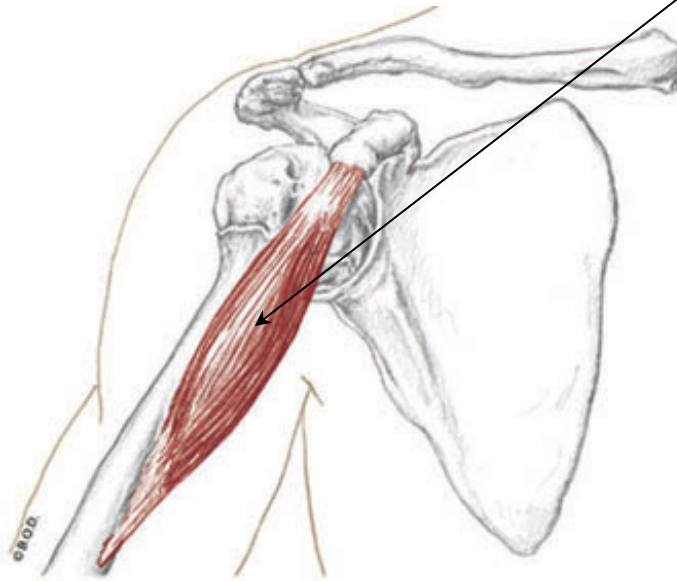
Trail Guide, Page 99

Coracobrachialis

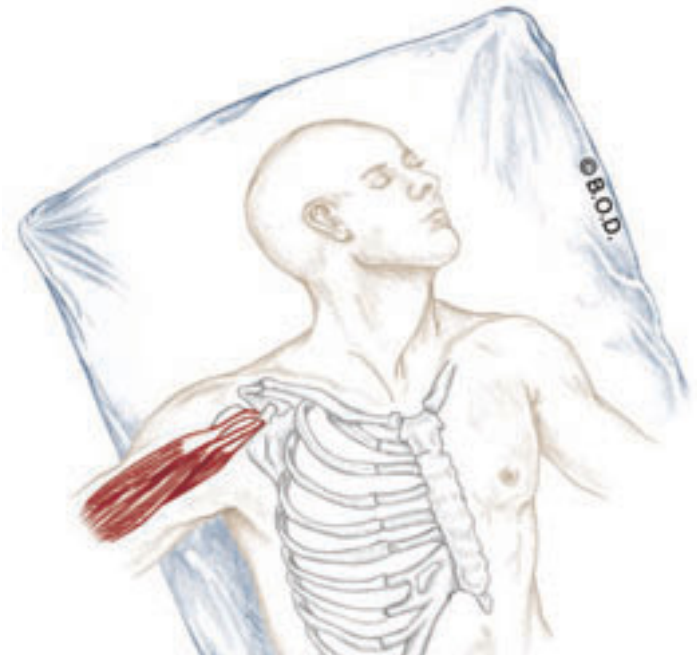
is a small, tubular muscle located in the axilla, or armpit.

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

.



Anterior View



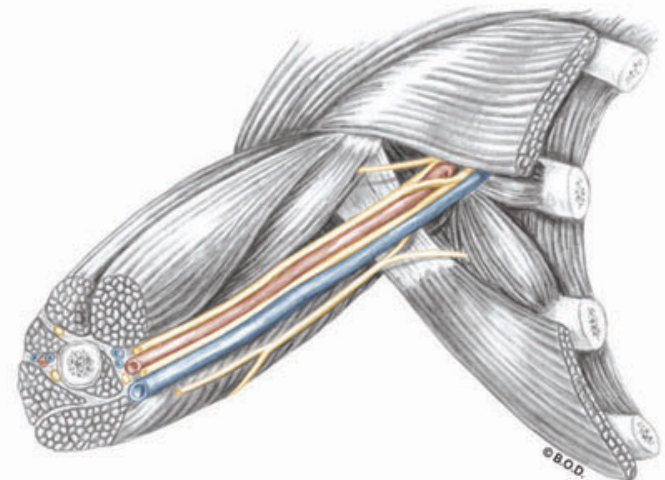
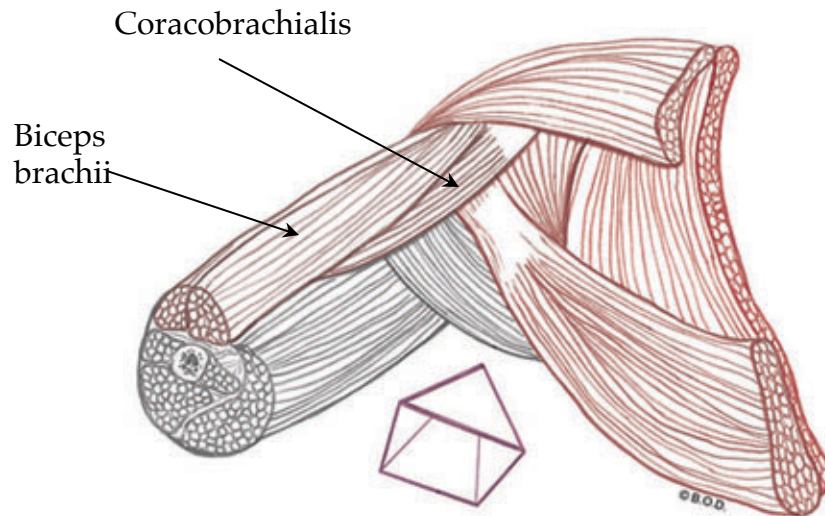
Axilla

Trail Guide, Page 100

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

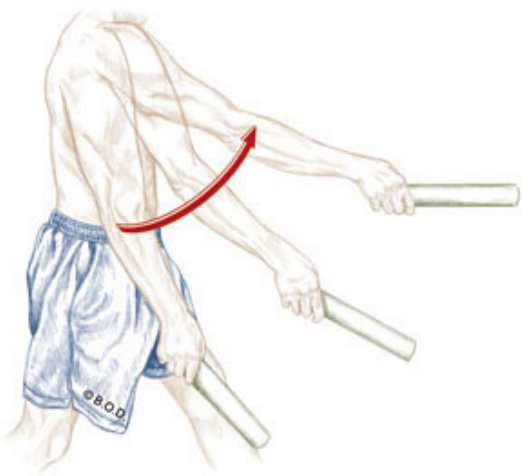
It is formed by four walls:

- 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

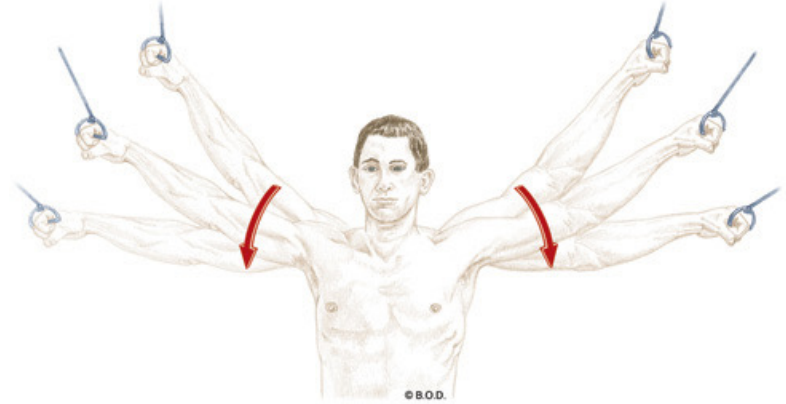


Anterolateral View

Actions of the Coracobrachialis



Glenohumeral flexion



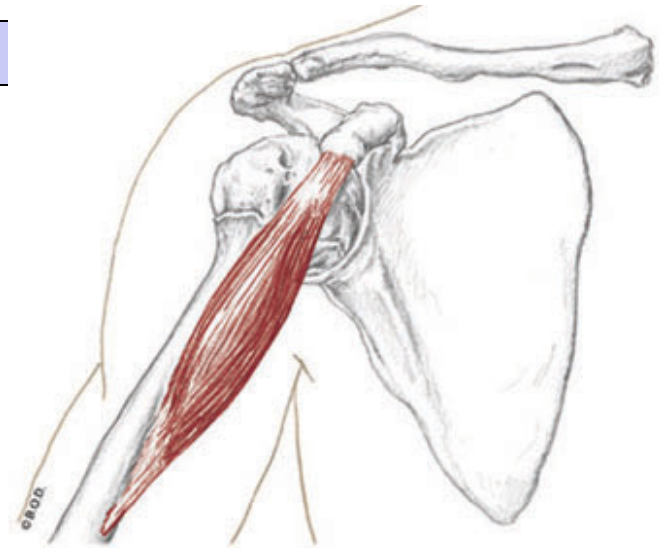
Glenohumeral adduction

Coracobrachialis, page 99

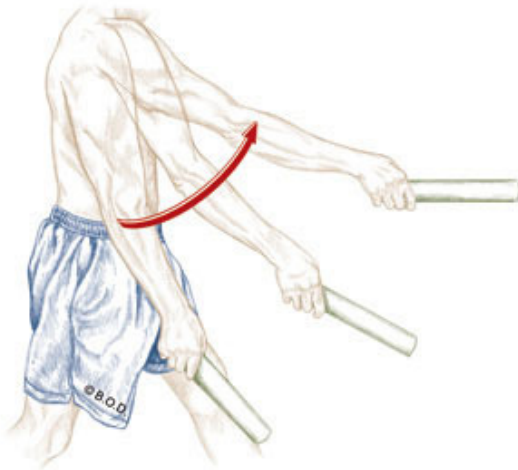
A Flex the shoulder or glenohumeral joint
Adduct shoulder or glenohumeral joint

O Coracoid process of scapula

I Medial surface of mid-humeral shaft



Anterior View

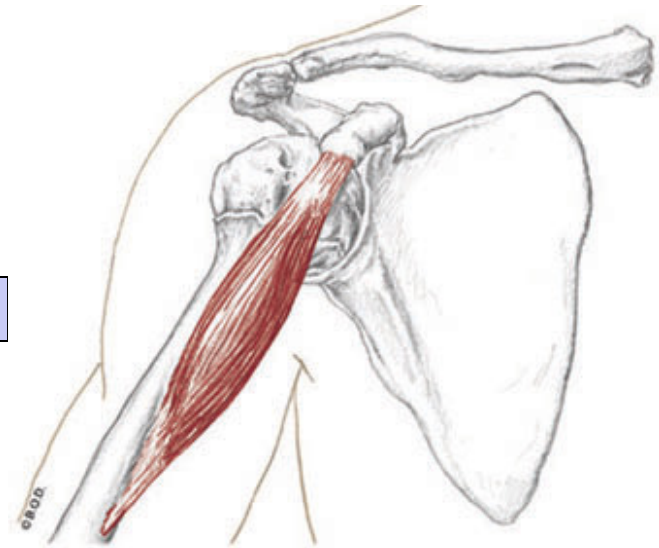


Coracobrachialis, page 99

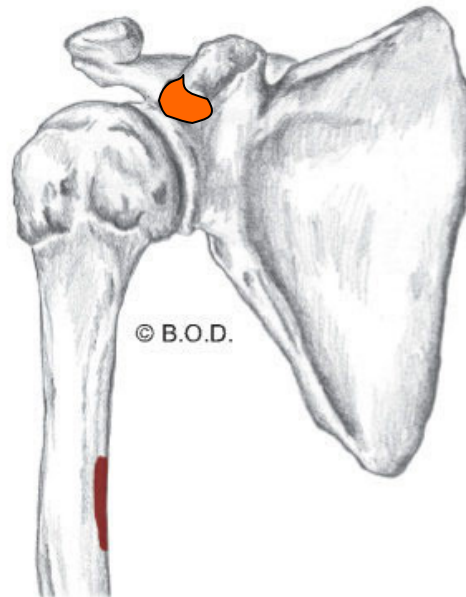
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Anterior View

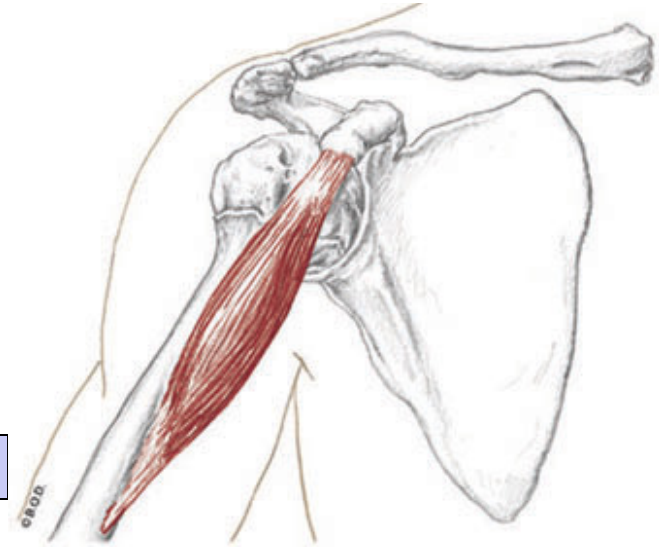


Coracobrachialis, page 99

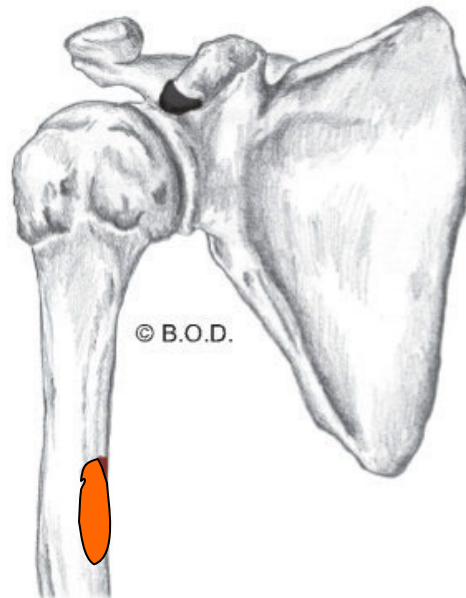
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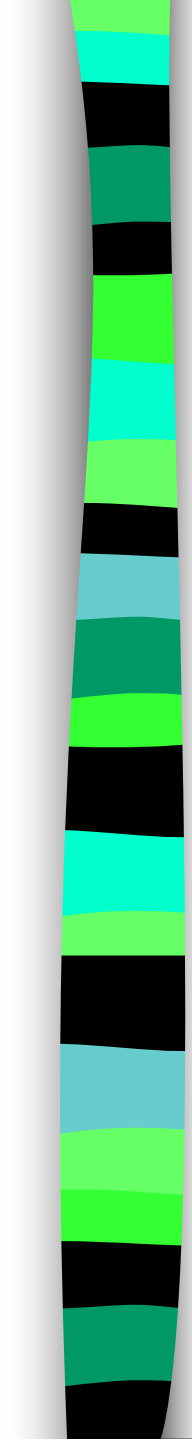
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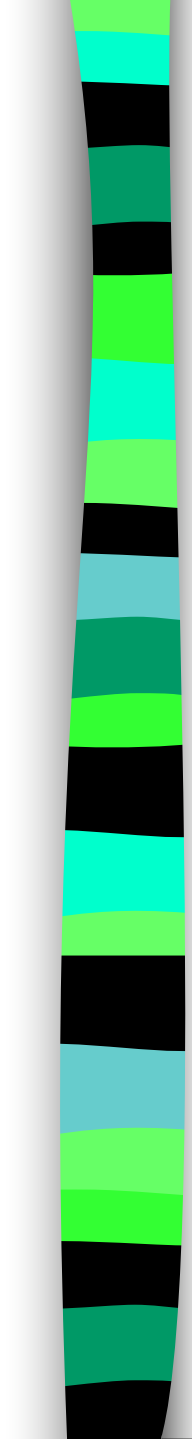
Anterior View





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

E-19

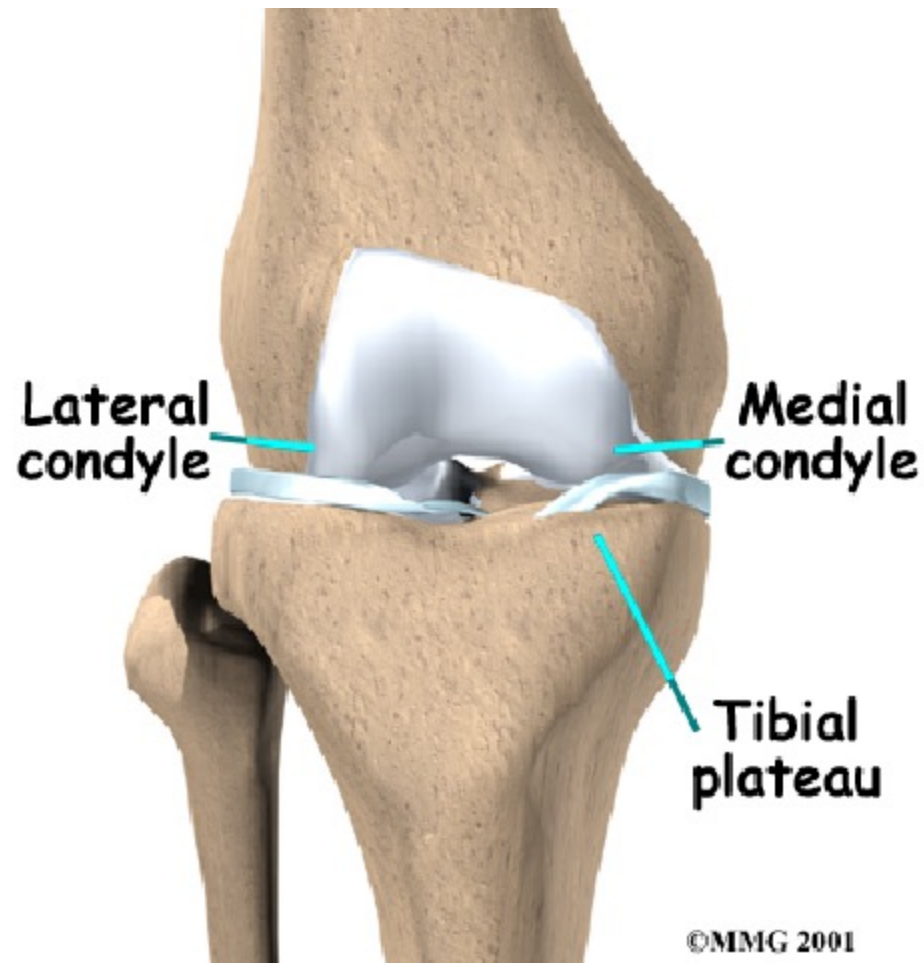


Bony Markings

Trail Guide Pages 48-51, & 347

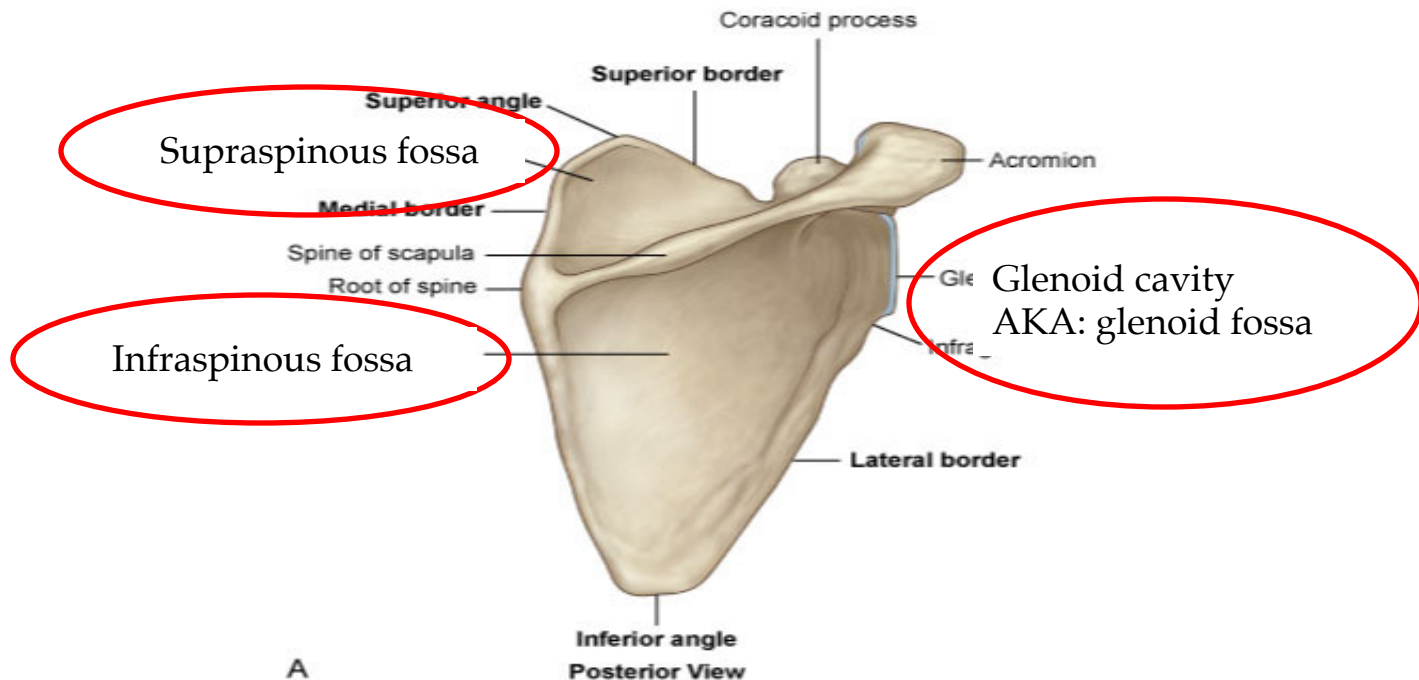
Bony Markings Page 50

Condyle Rounded projection that forms a joint.



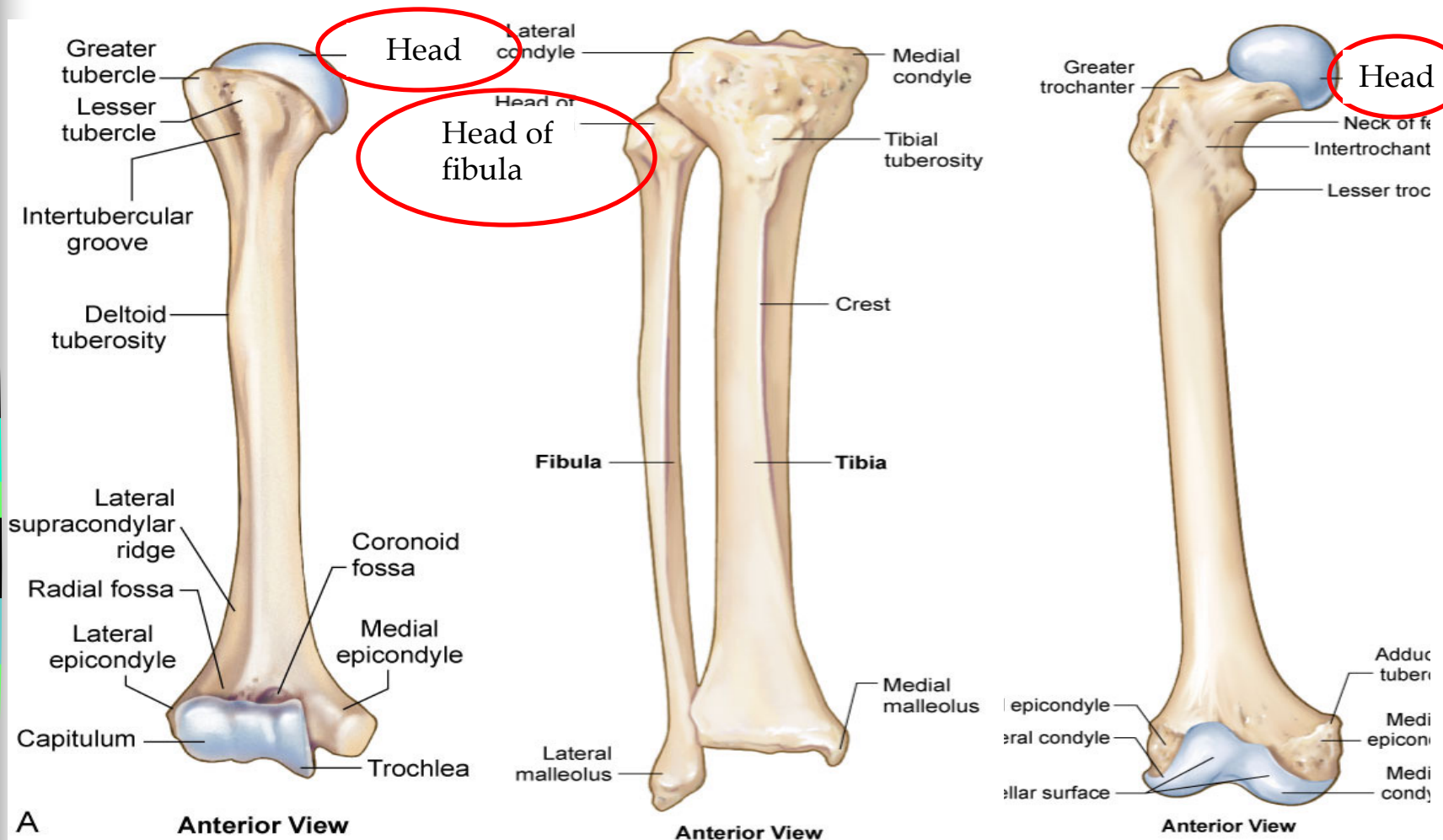
Bony Markings Page 49

Fossa Shallow depression in a bone.



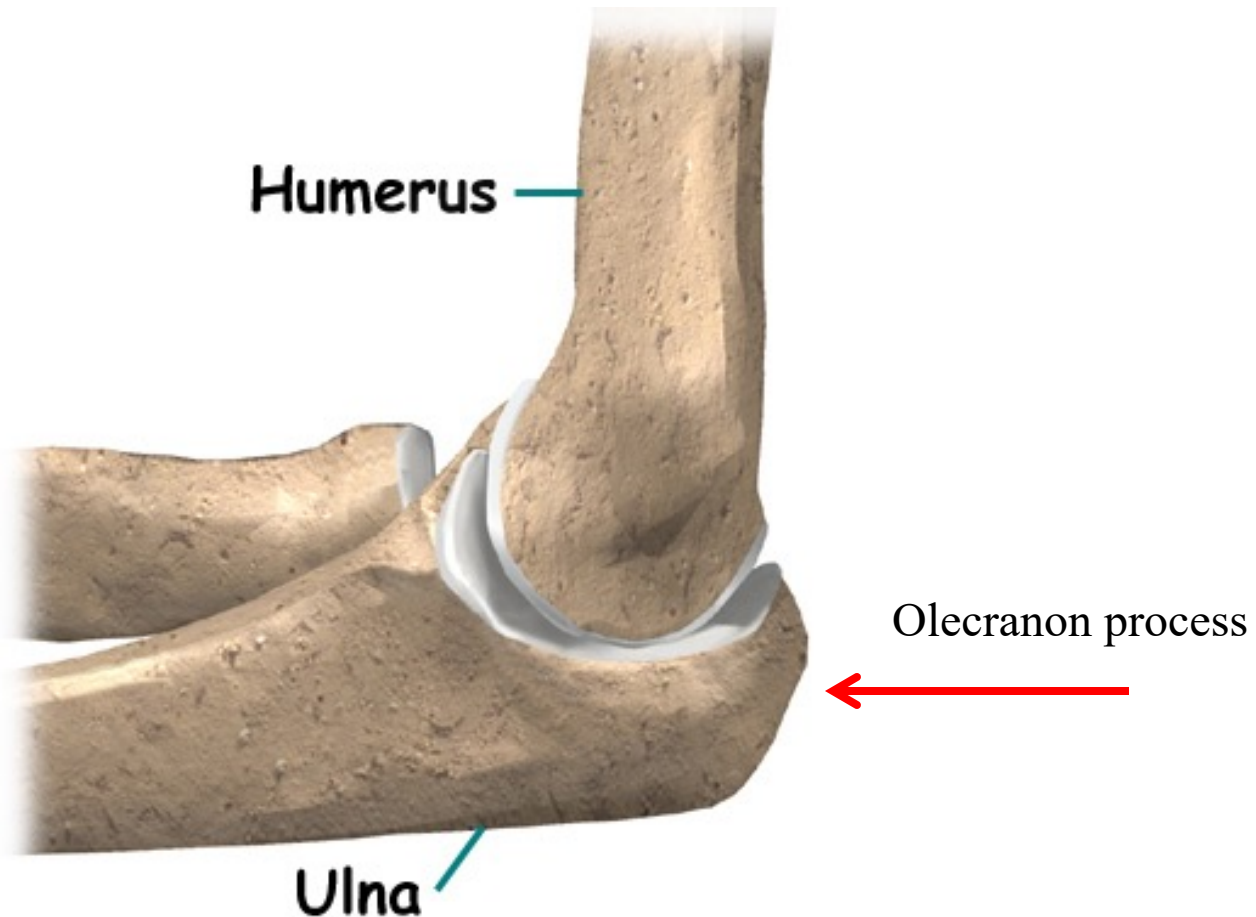
Bony Markings Page 50

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



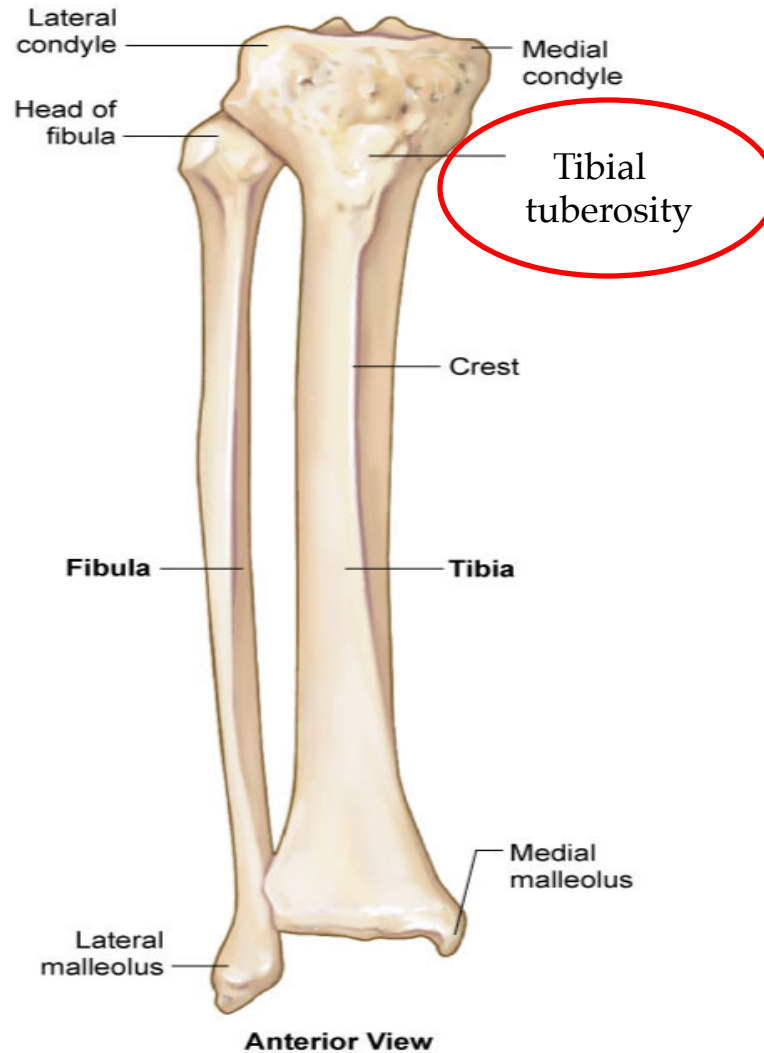
Bony Markings Page 49-50

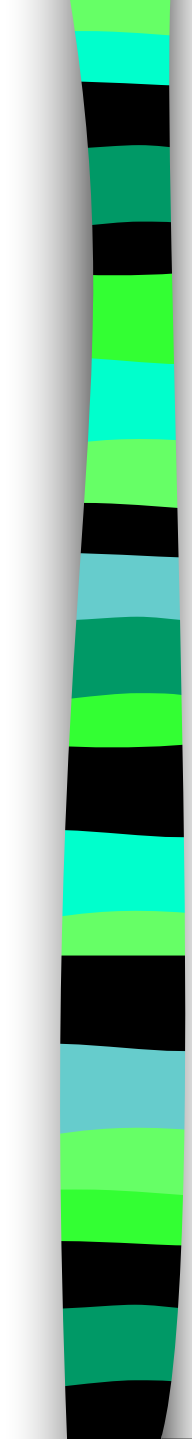
Process General term for any prominence or prolongation from a bone.



Bony Markings Page 347

Tuberosity Large, rounded rough projection.

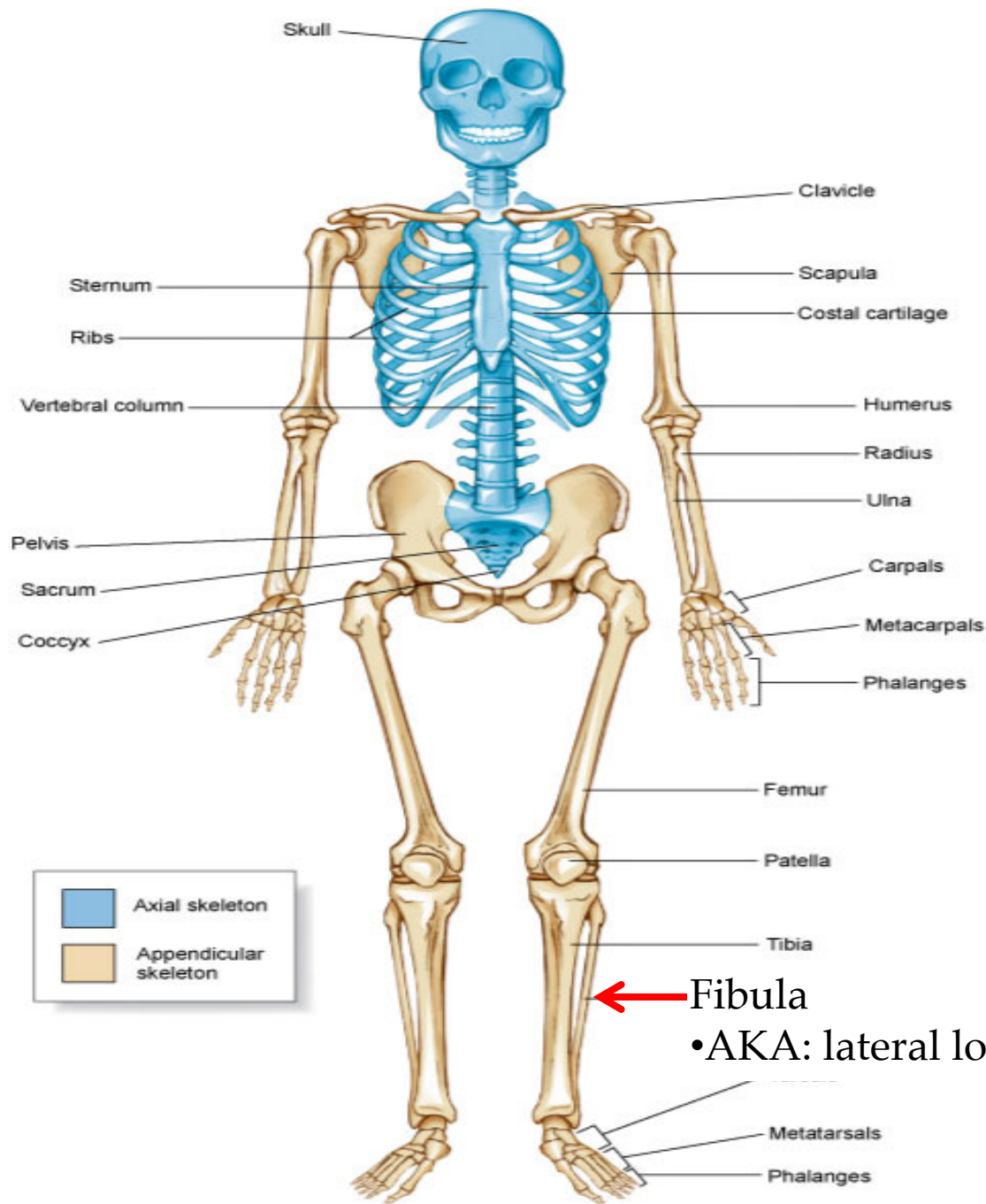




Palpation

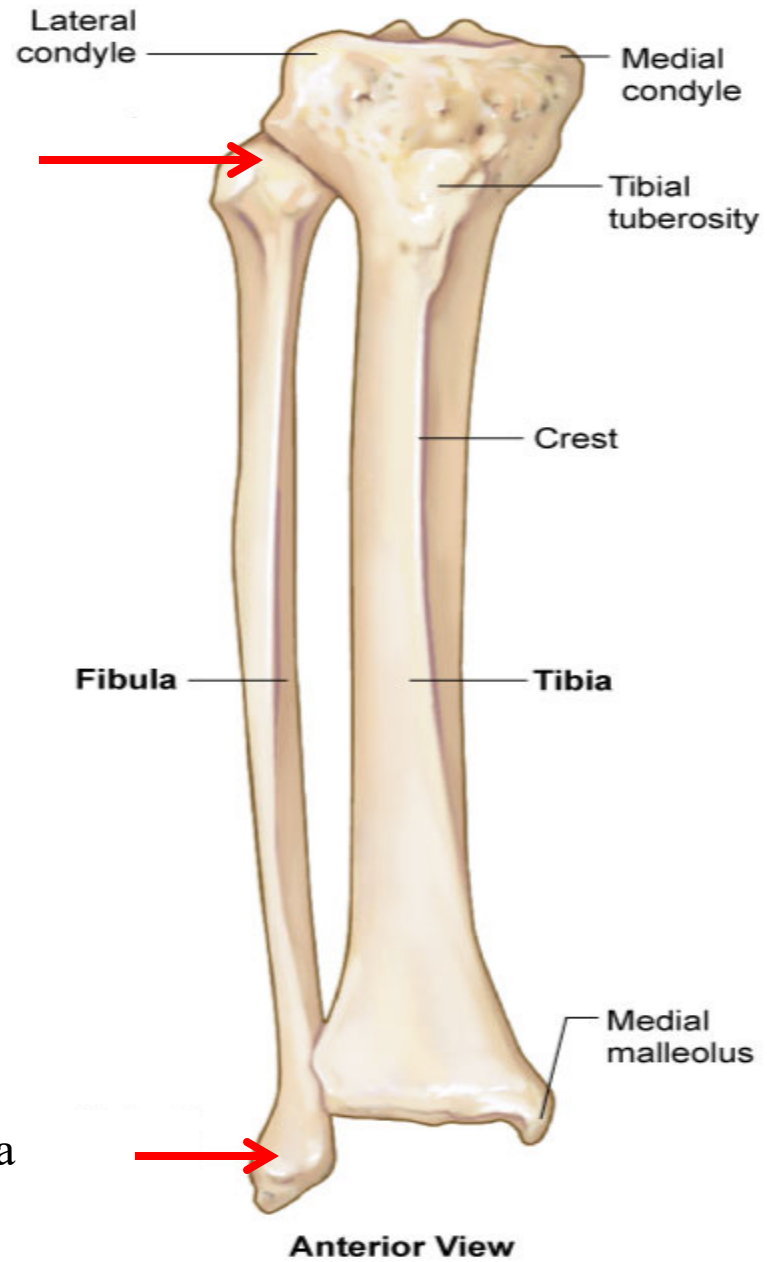
Setting up the room. You'll need:

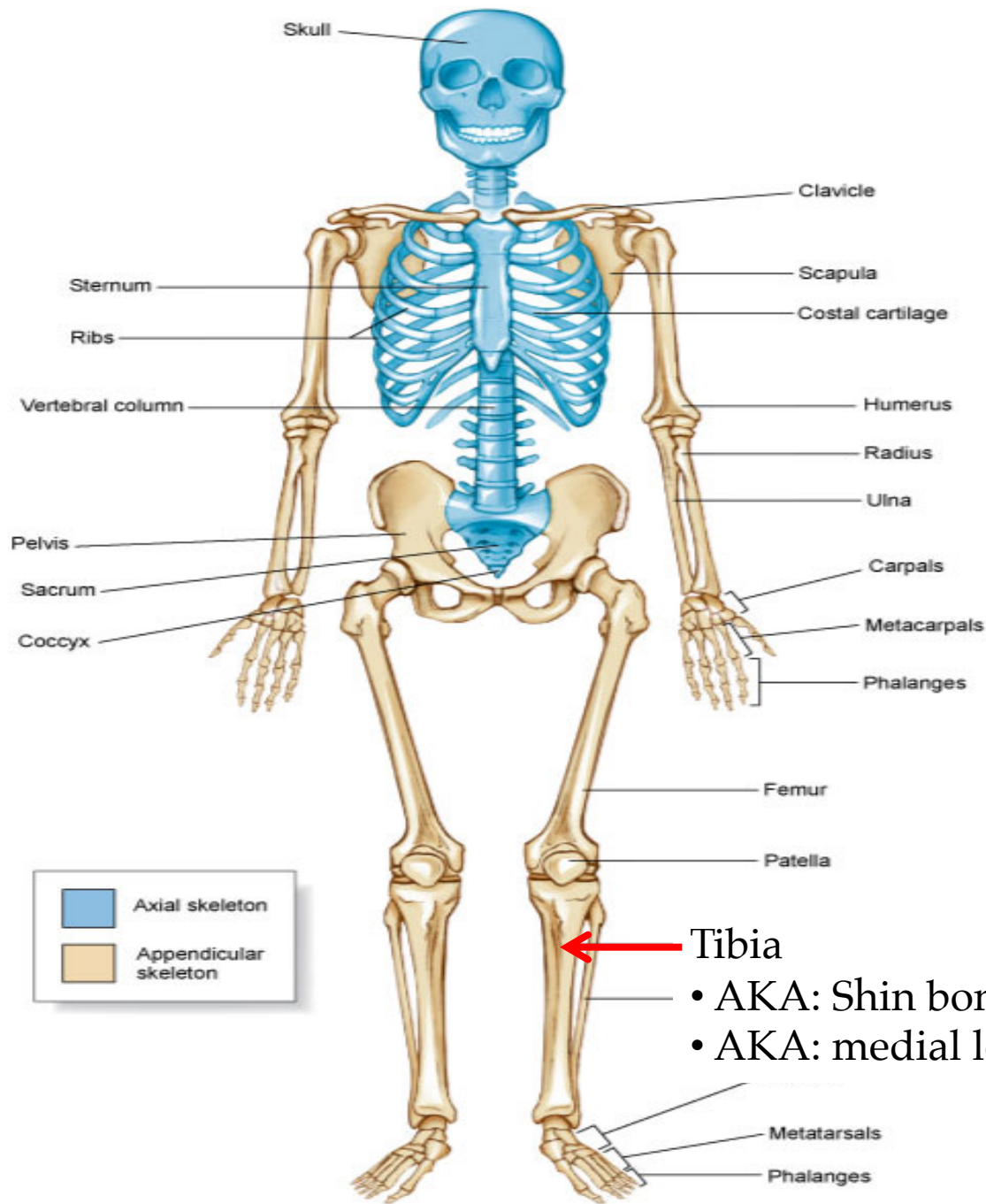
- A group of three people
- A massage table
- Face cradle with face cradle cover (set aside for now)
- Bolster



← Fibula
•AKA: lateral lower leg bone

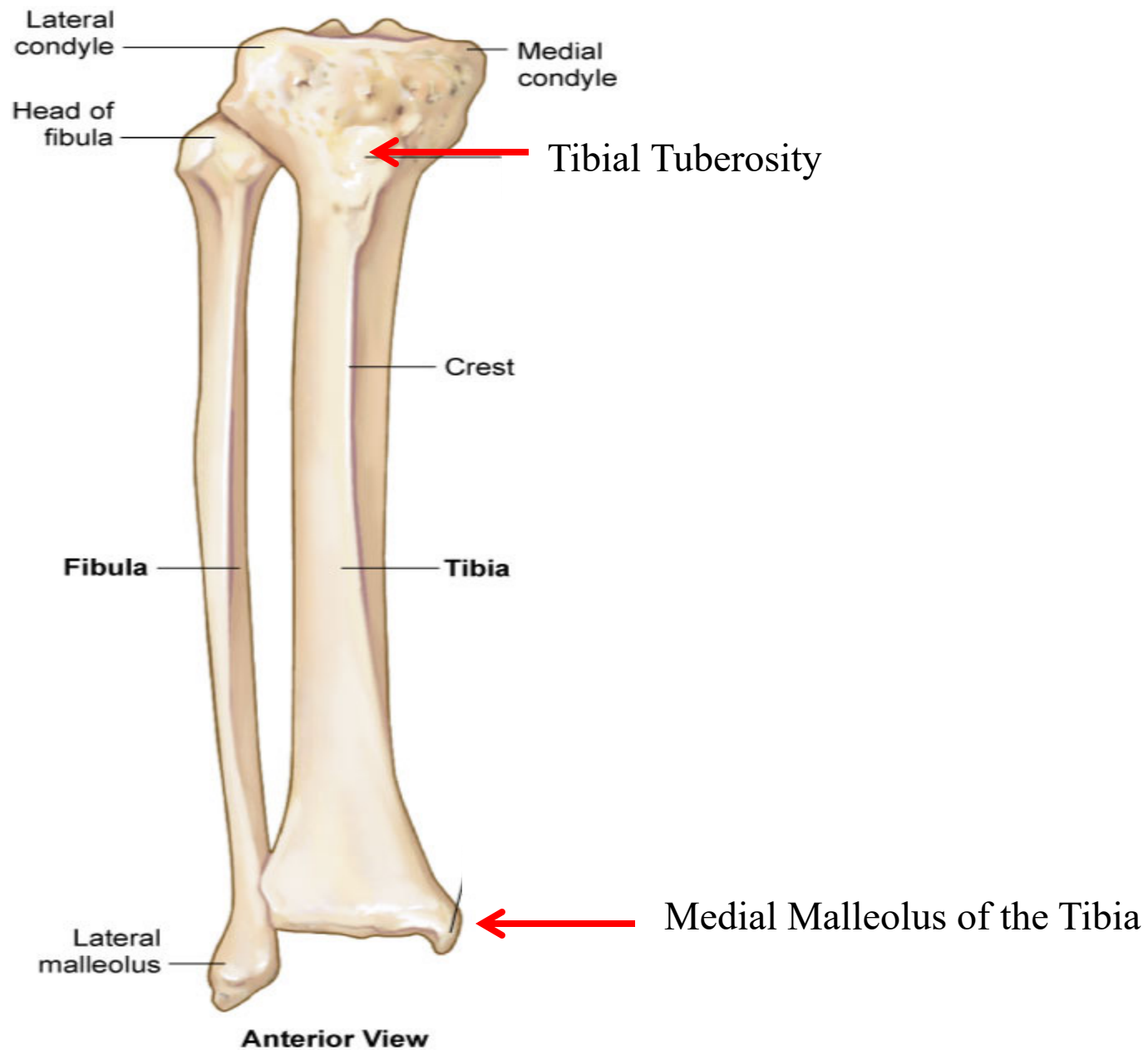
Head of the Fibula

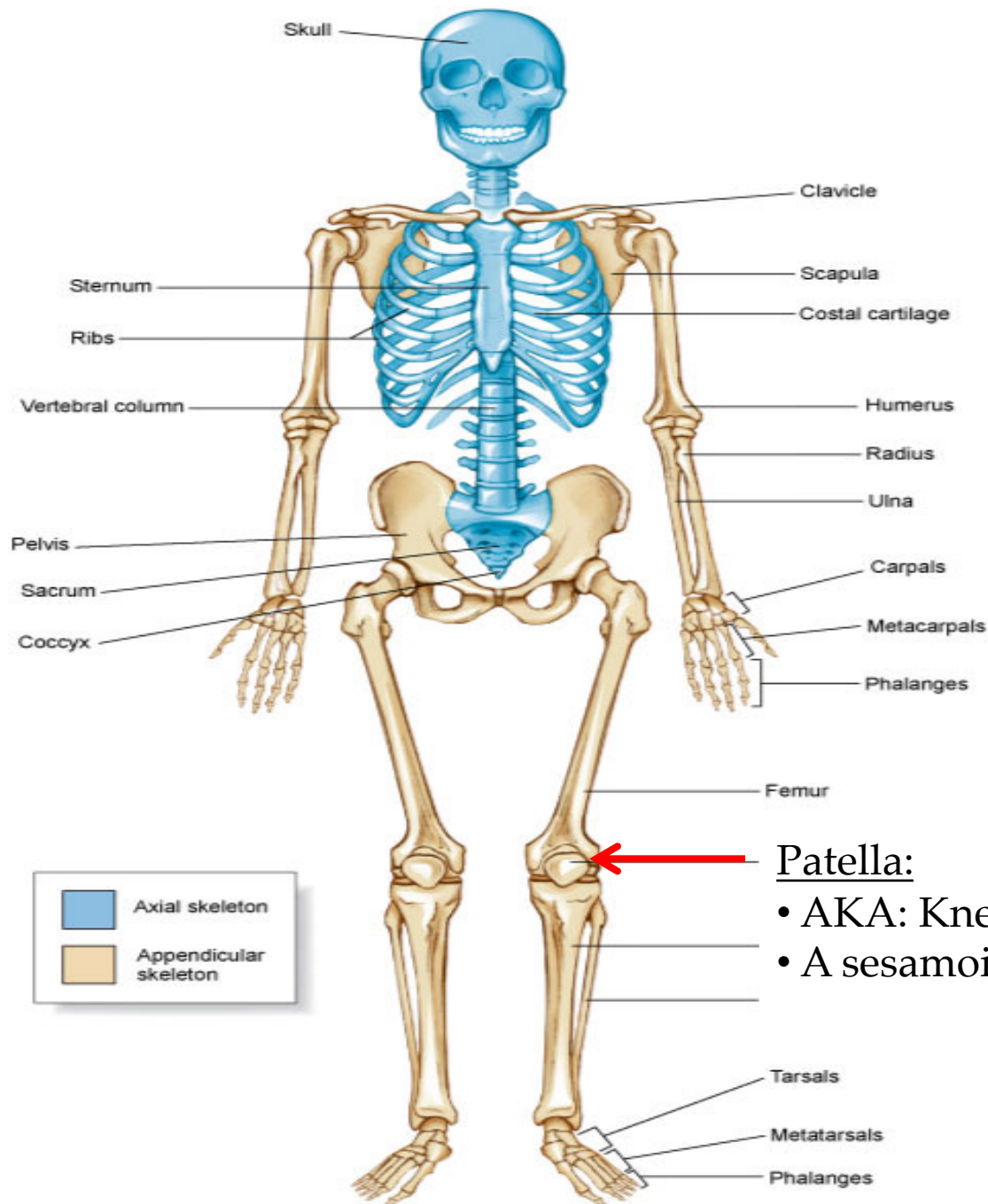




Tibia

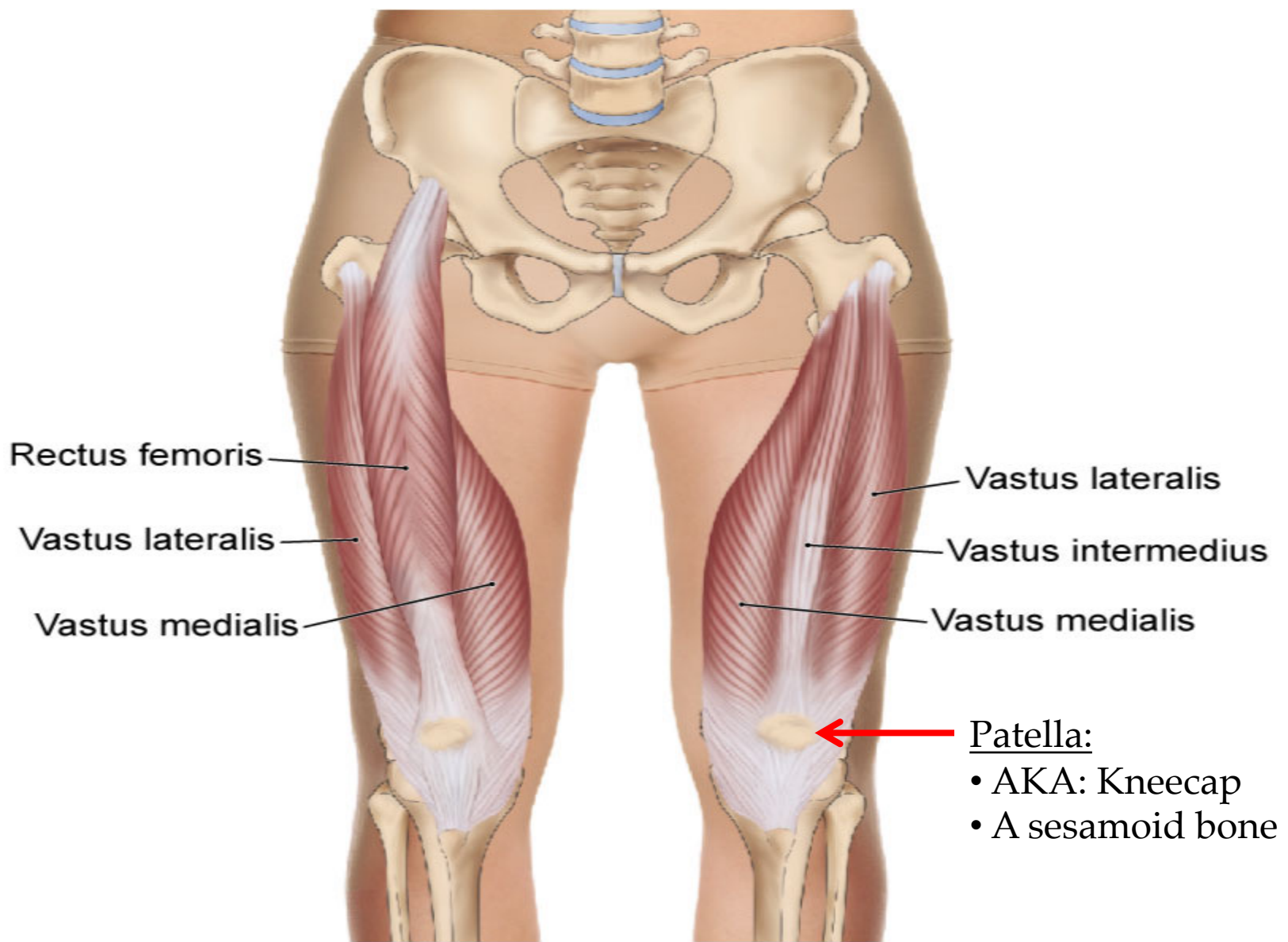
- AKA: Shin bone
- AKA: medial lower leg bone



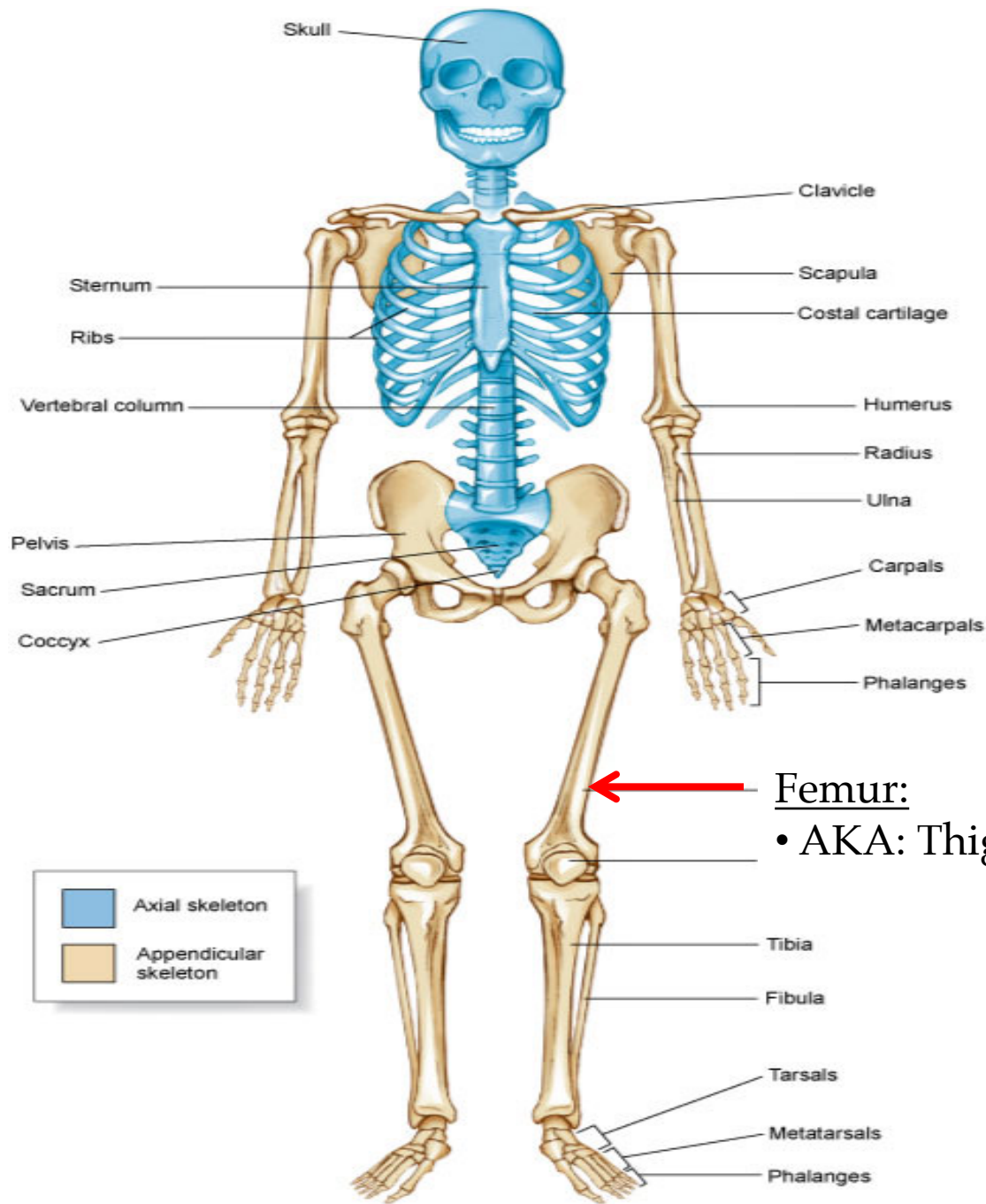


Patella:

- AKA: Kneecap
- A sesamoid bone

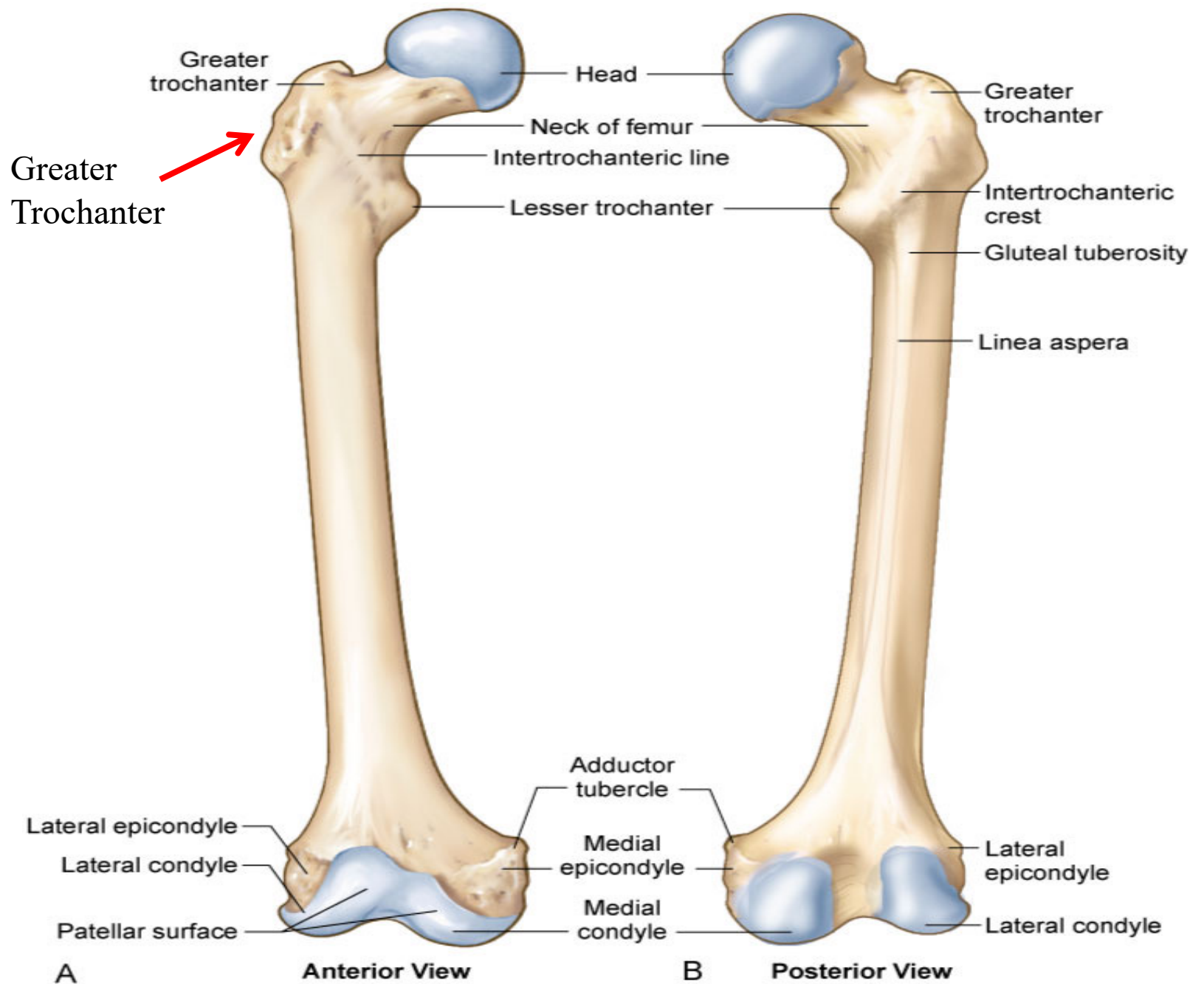


Anterior View



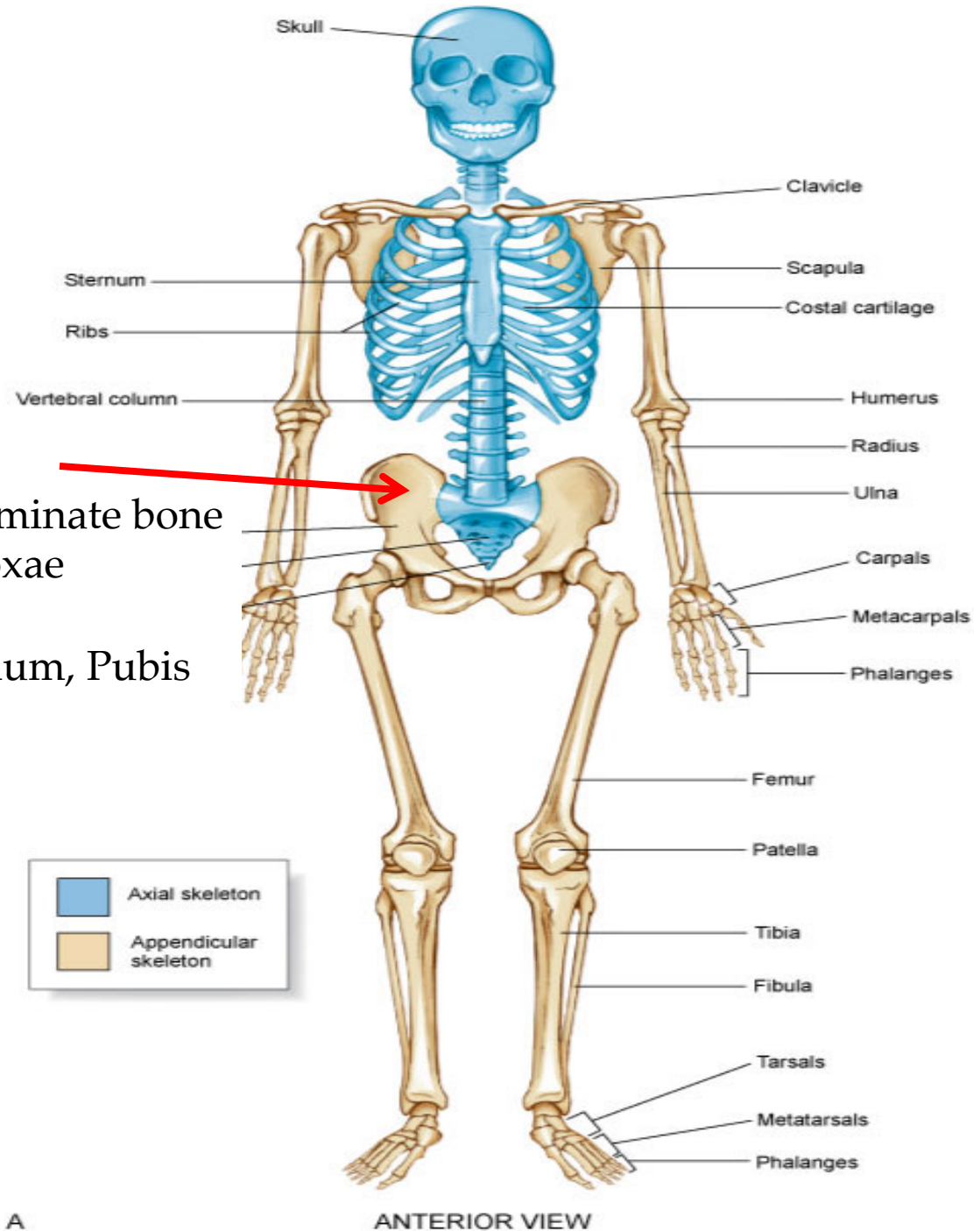
Femur:

- AKA: Thigh bone



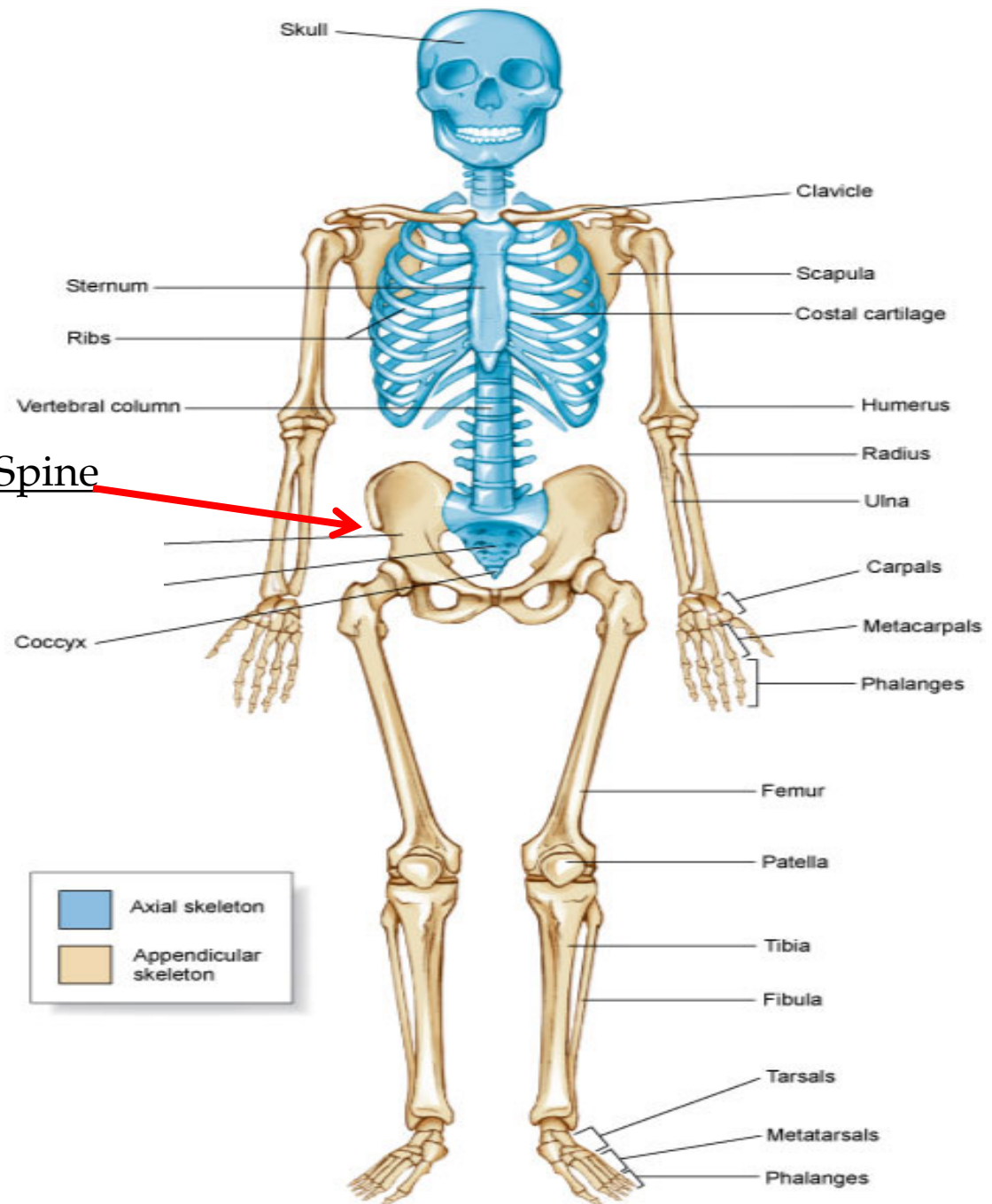
Pelvic Bone

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



Anterior Superior Iliac Spine

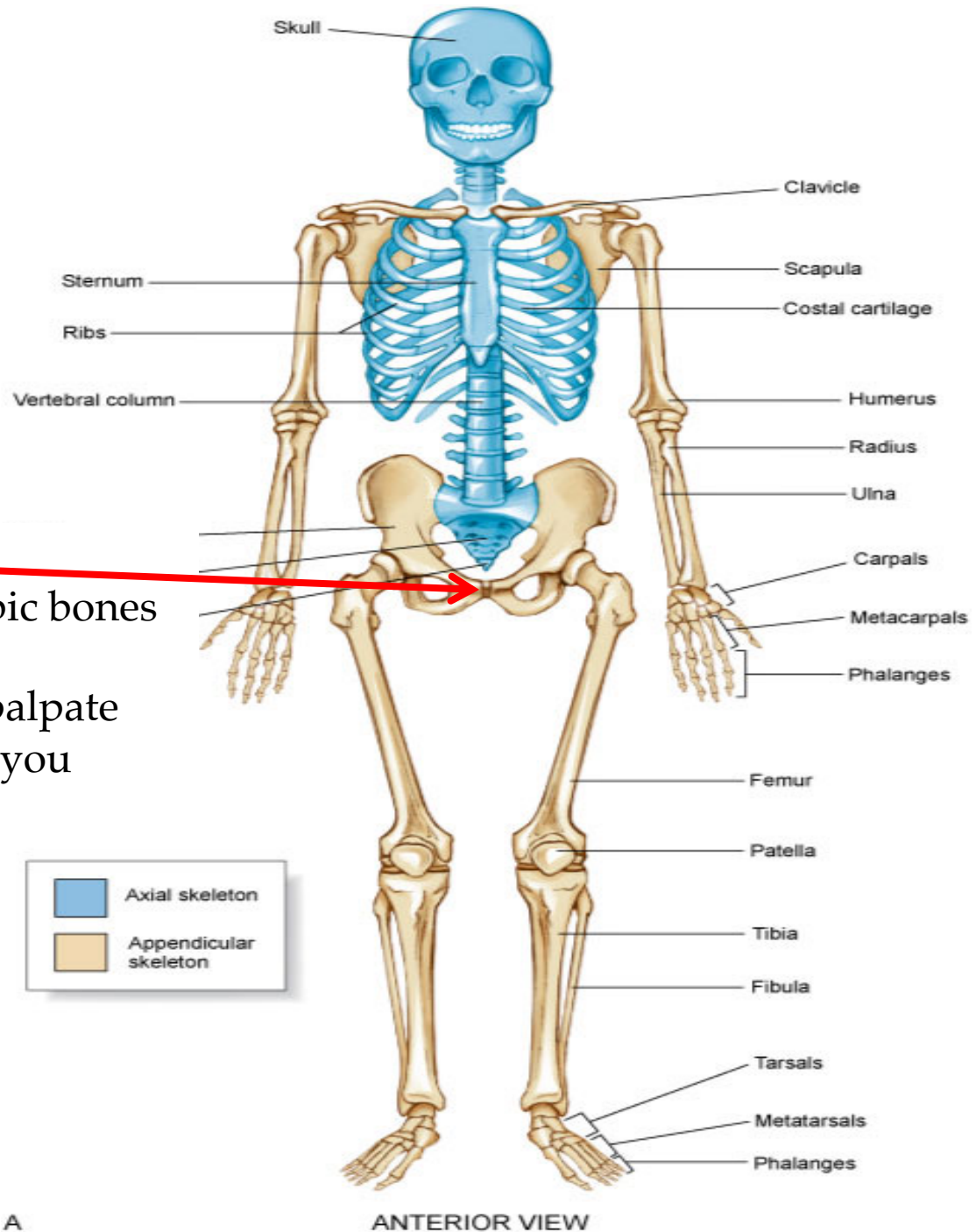
- AKA: ASIS
- AKA: Hip pointers

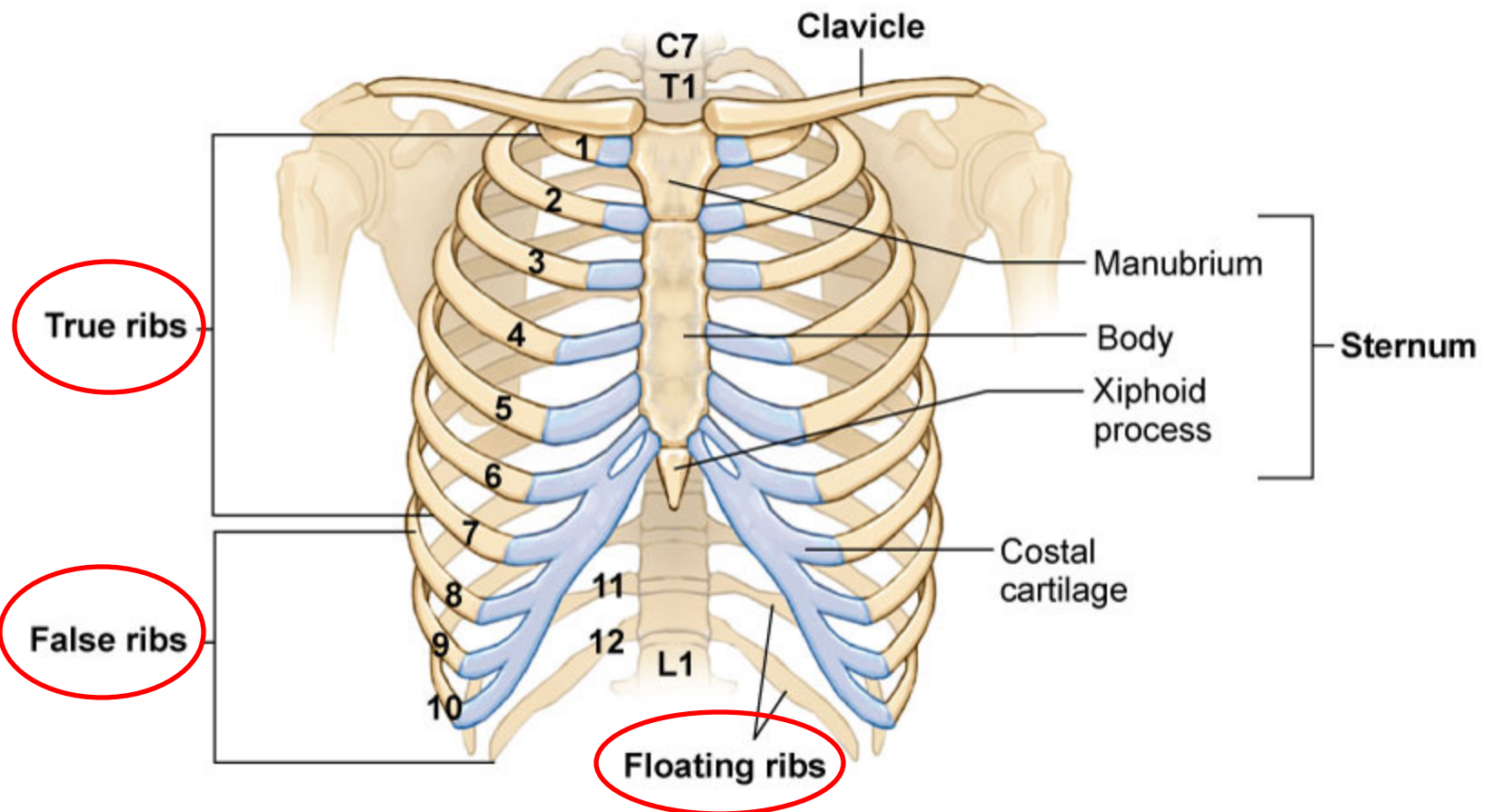


Pubic Symphysis

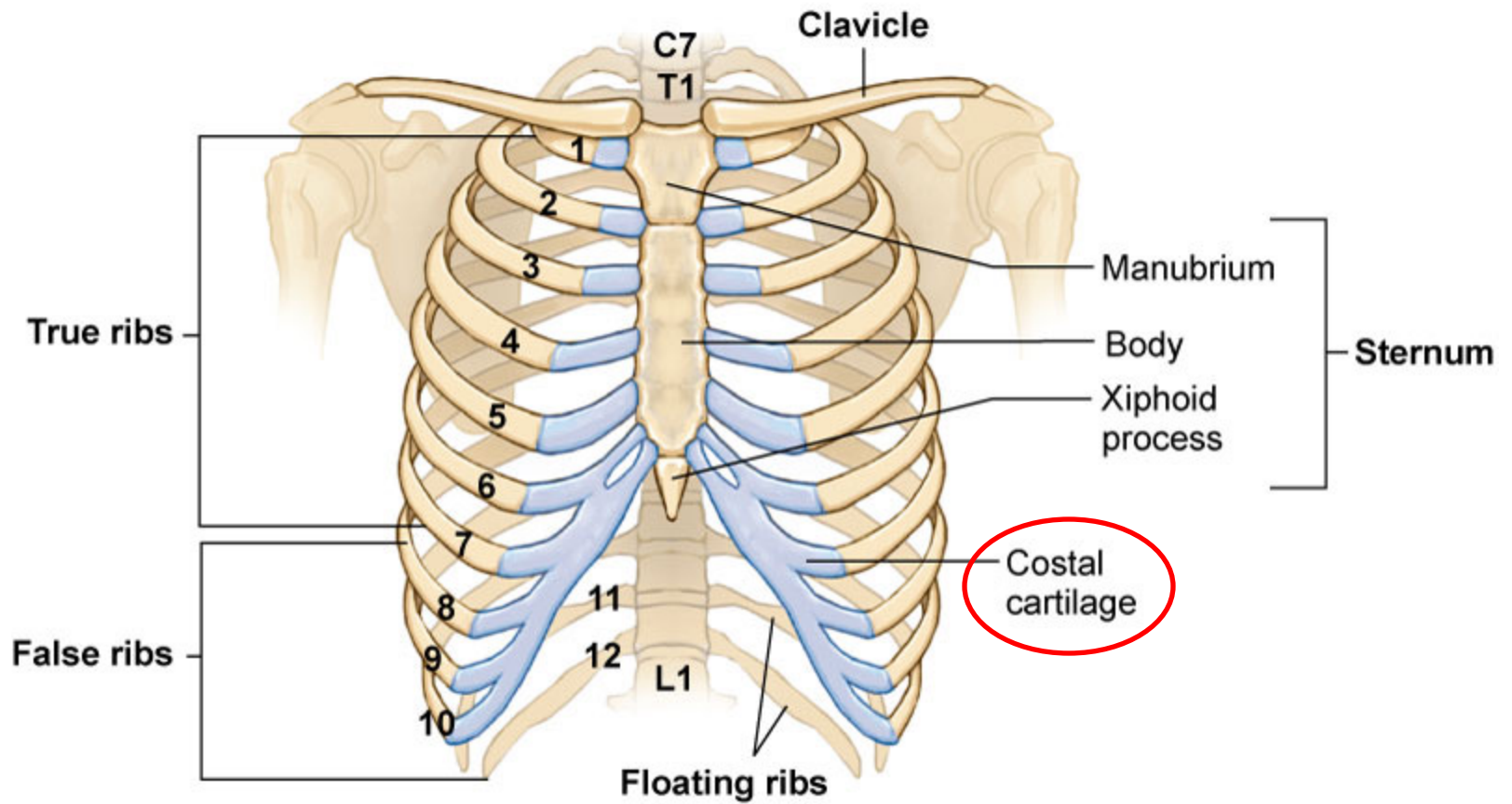
- AKA: joint between pubic bones

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

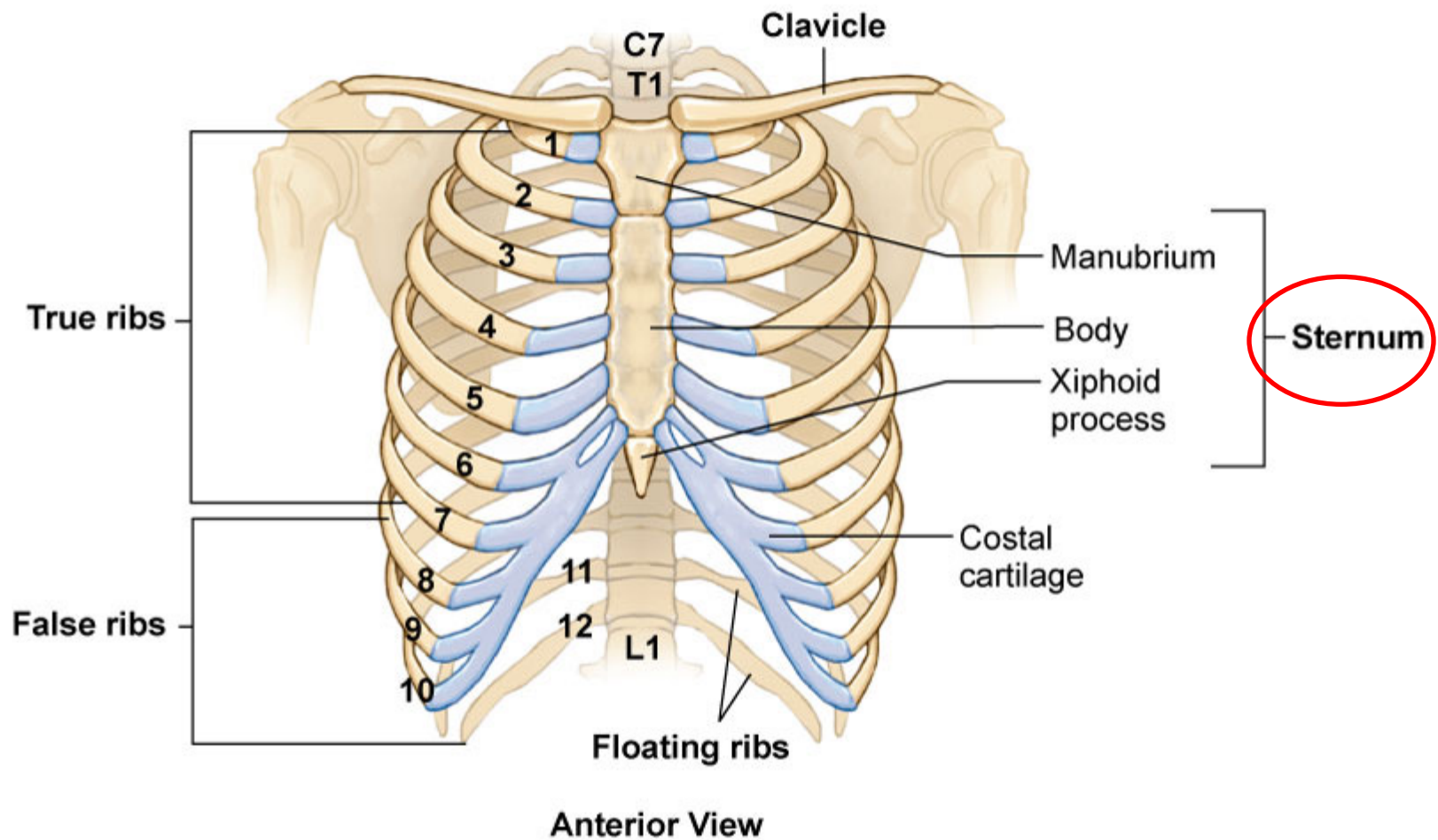


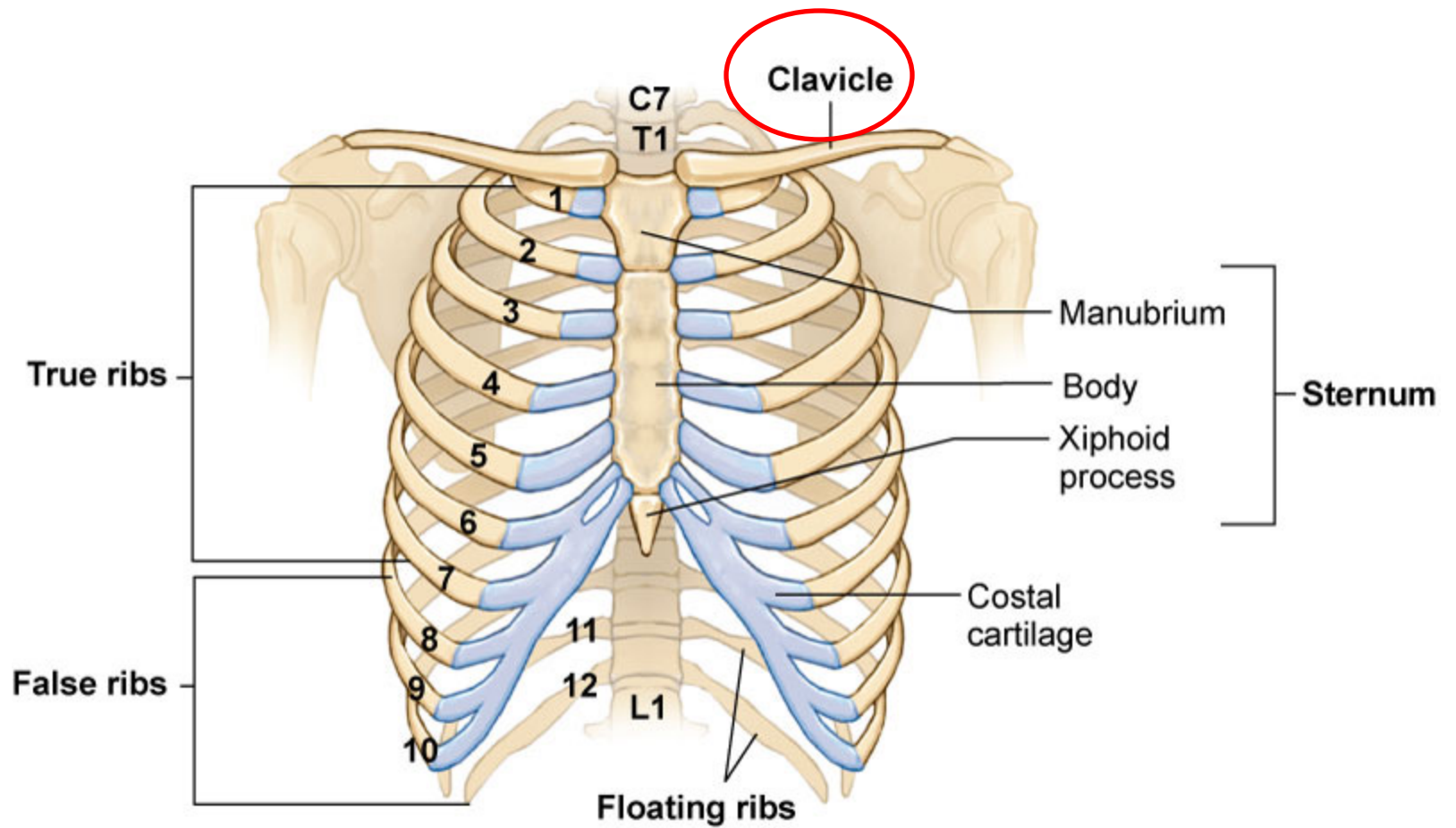


Anterior View

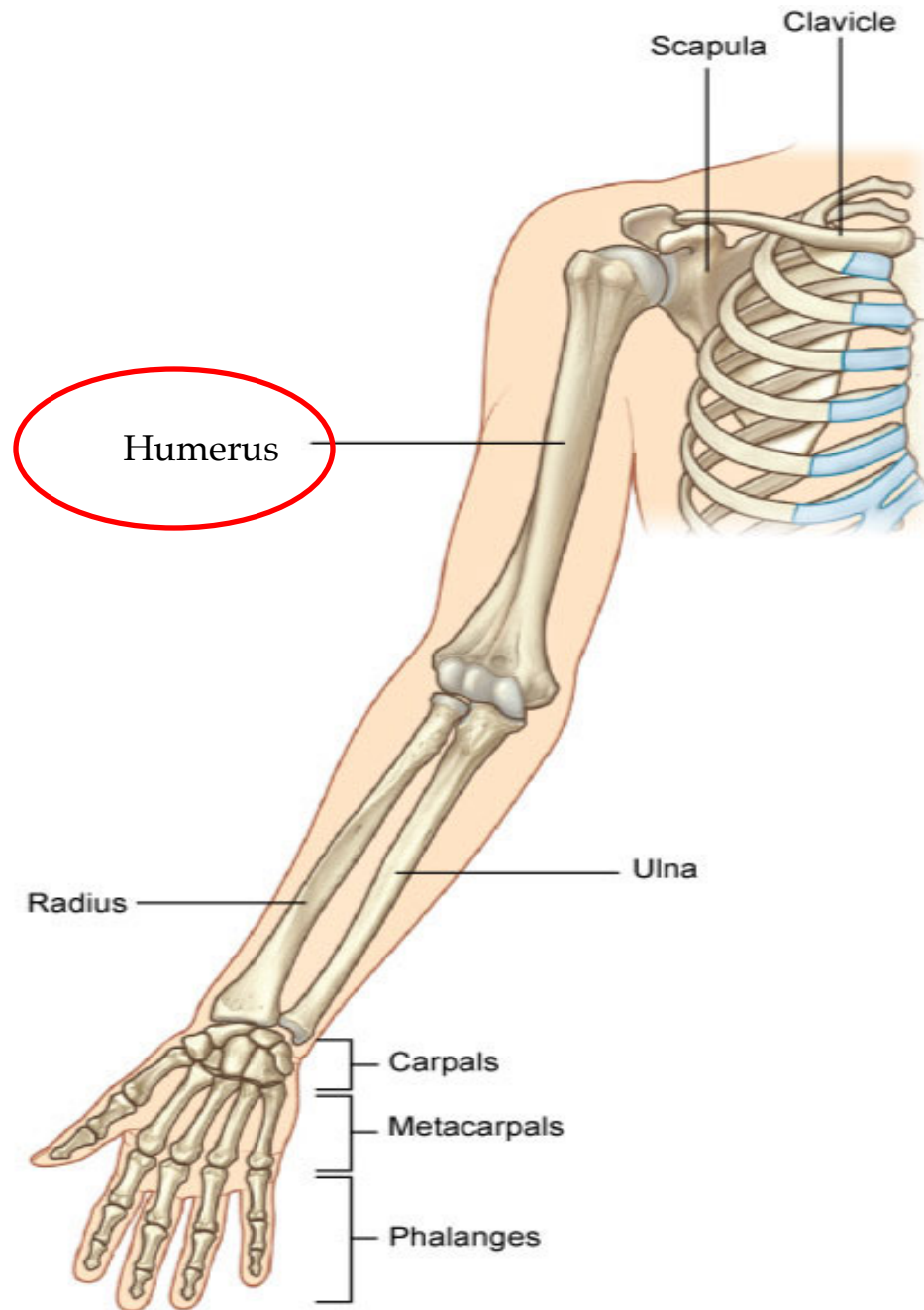


Anterior View

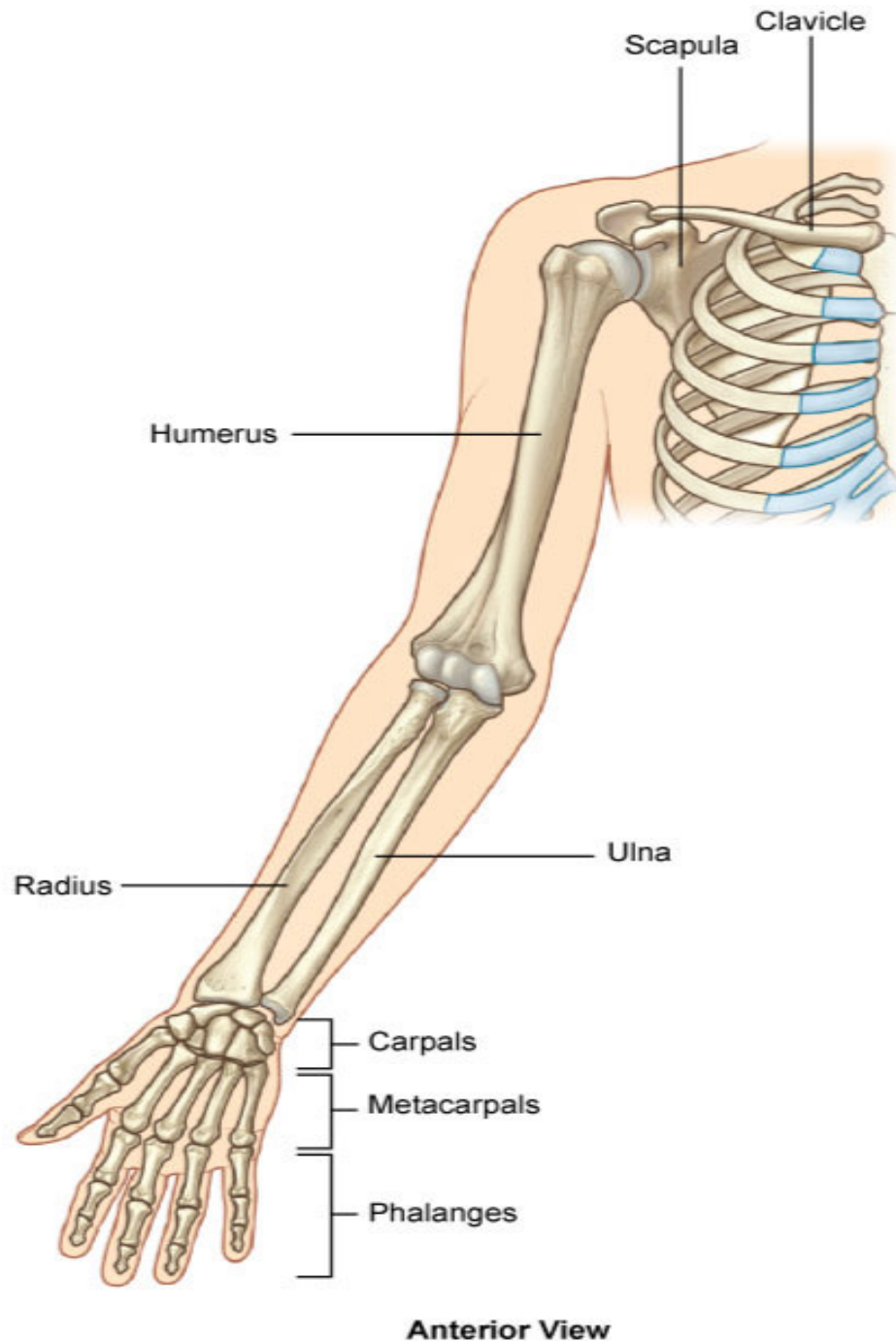
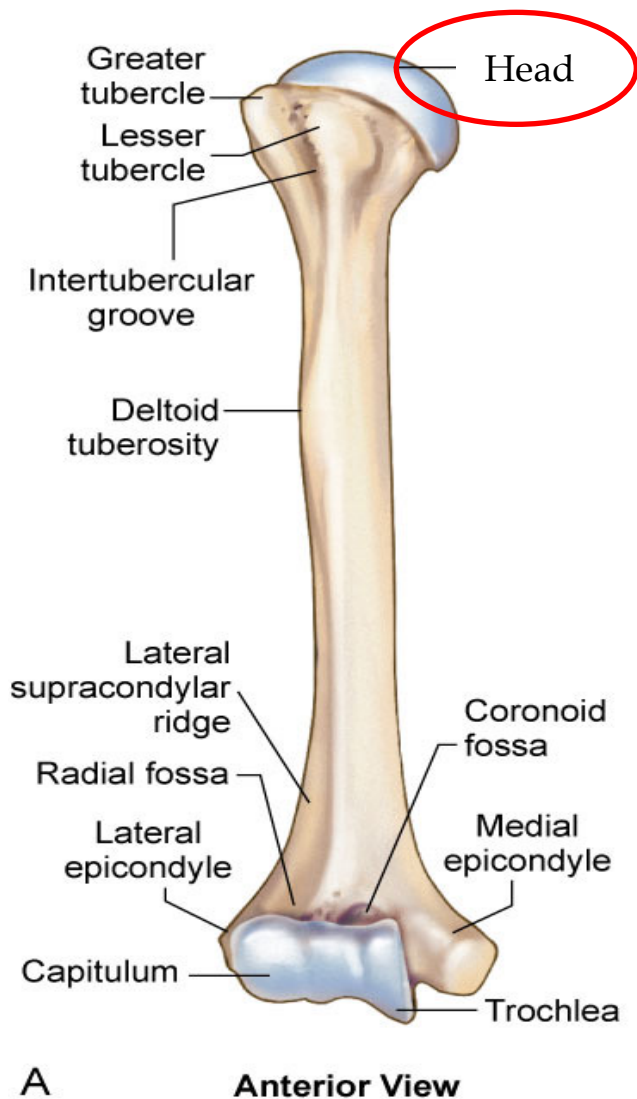


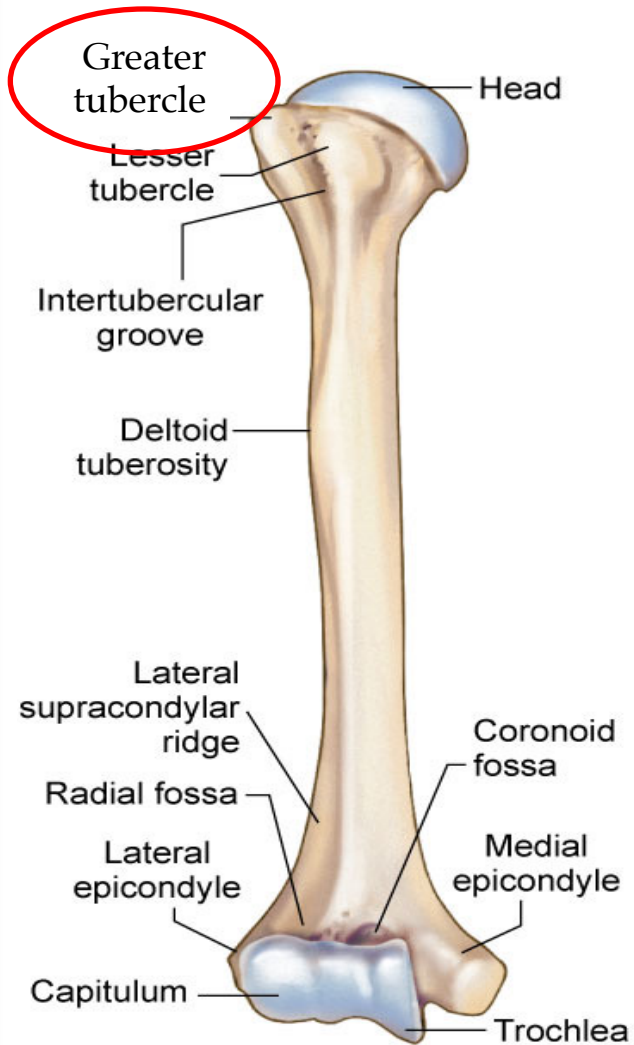


Anterior View

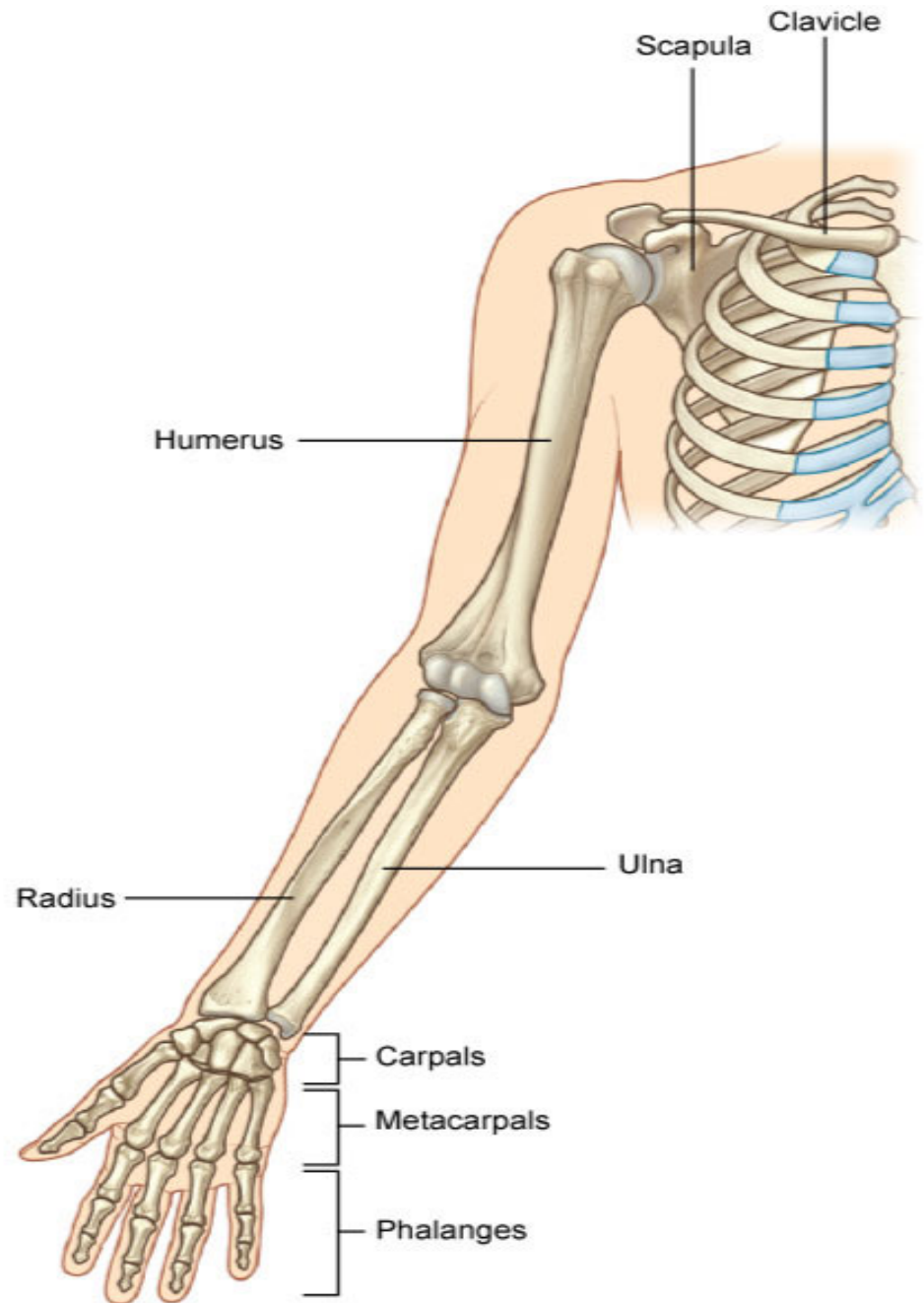


Anterior View

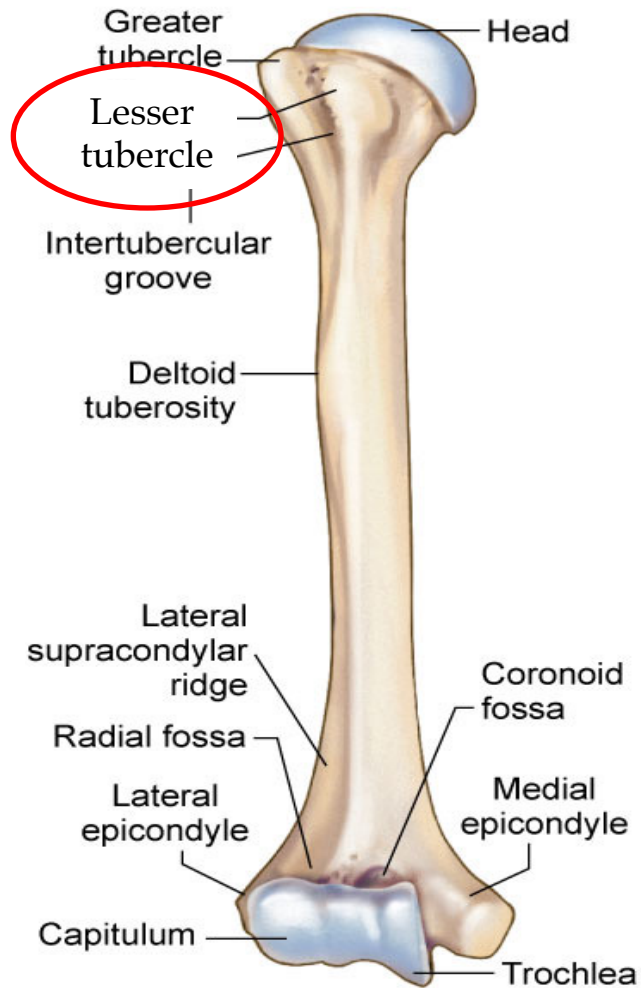




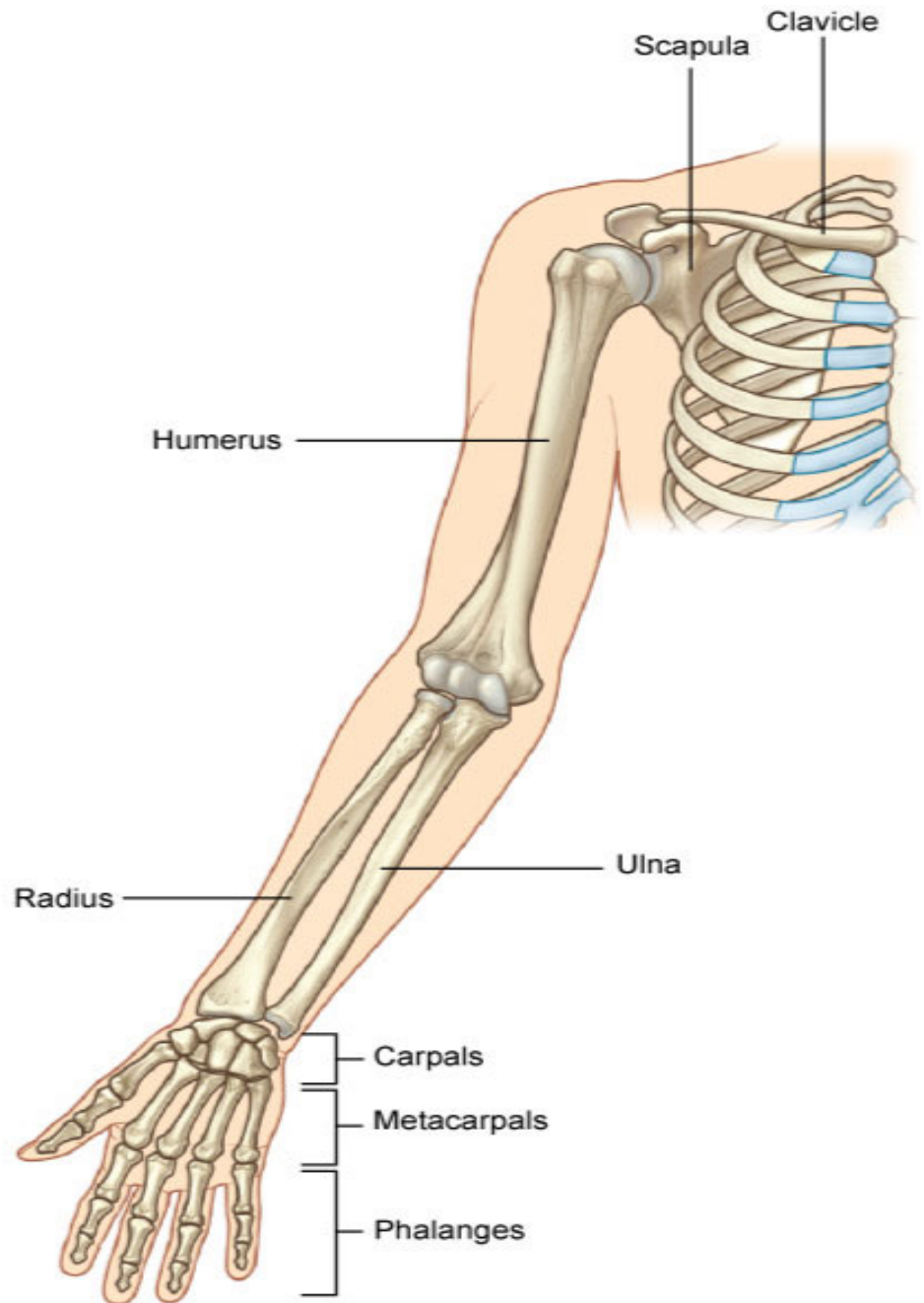
A Anterior View



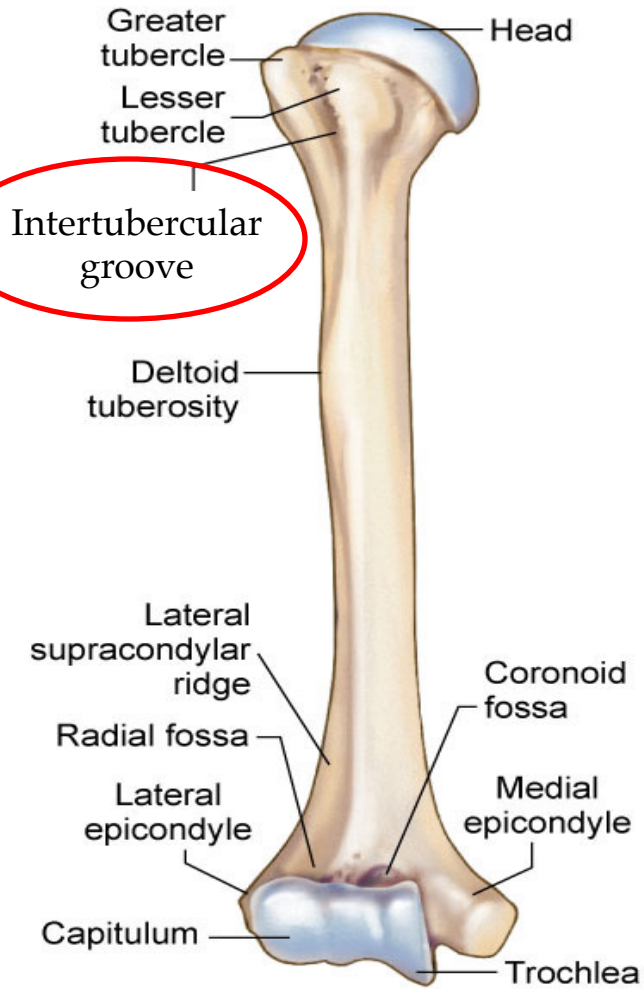
Anterior View



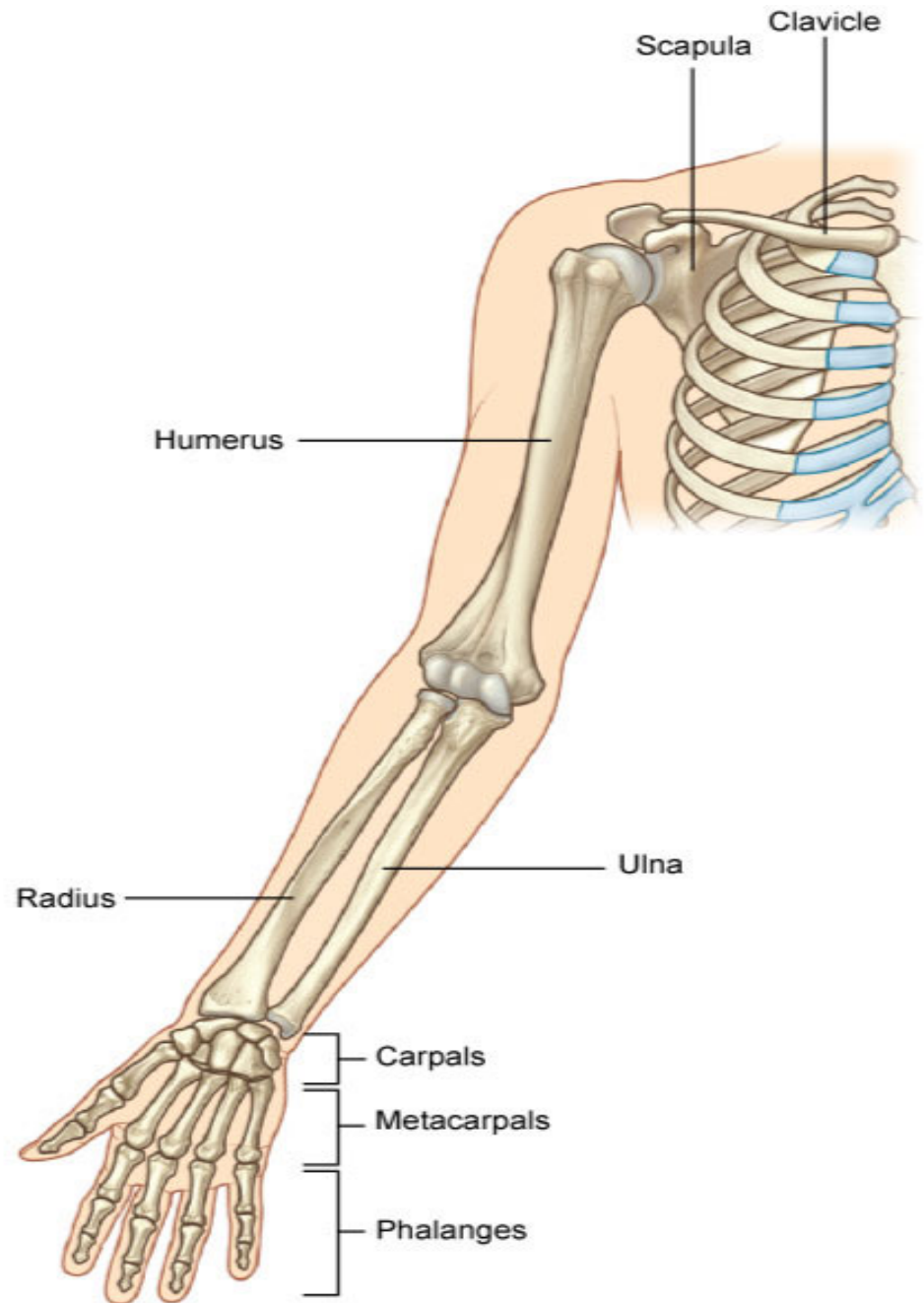
A Anterior View



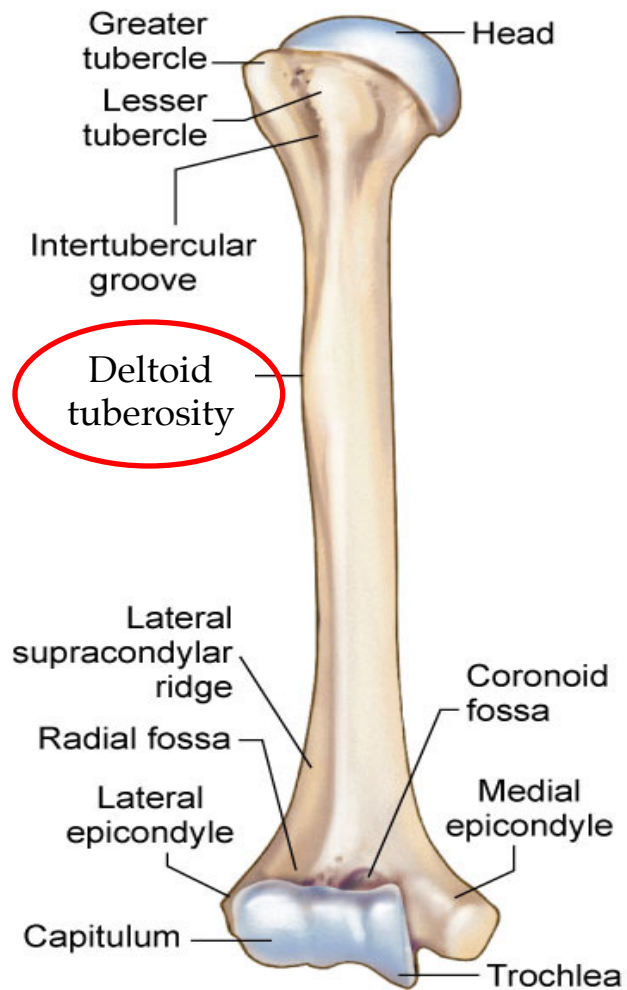
Anterior View



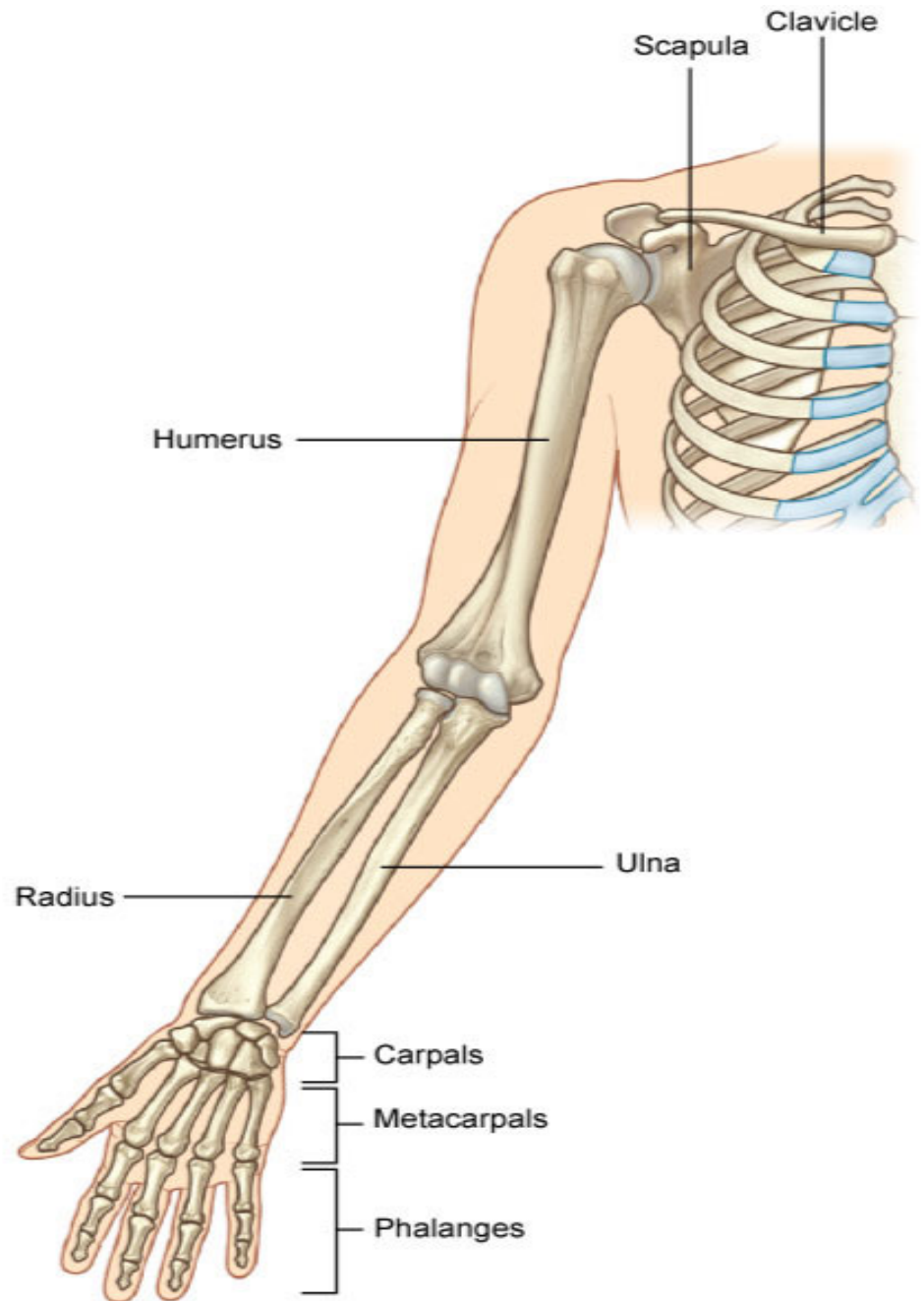
A **Anterior View**



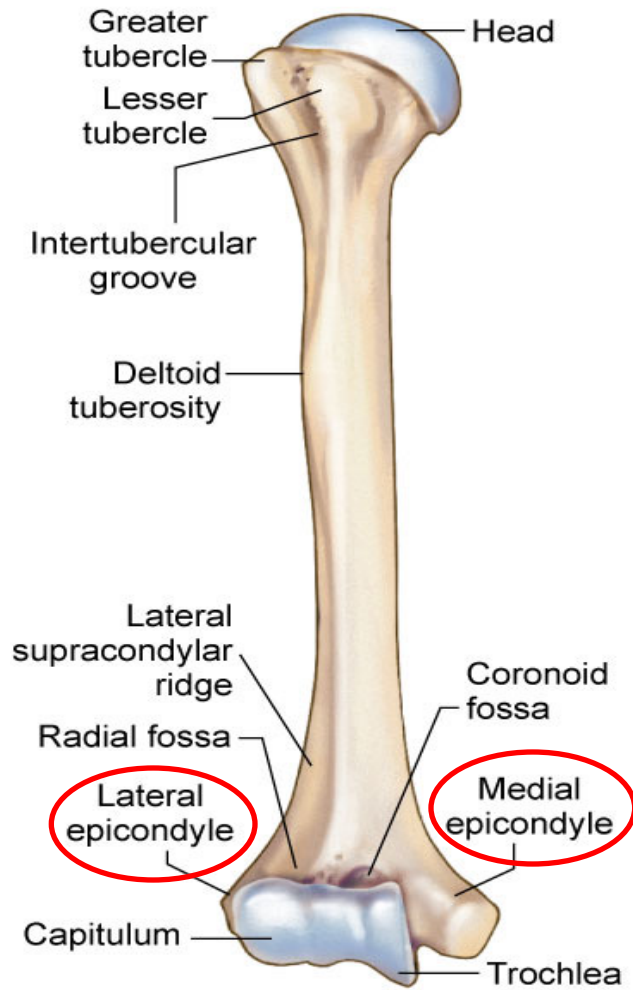
Anterior View



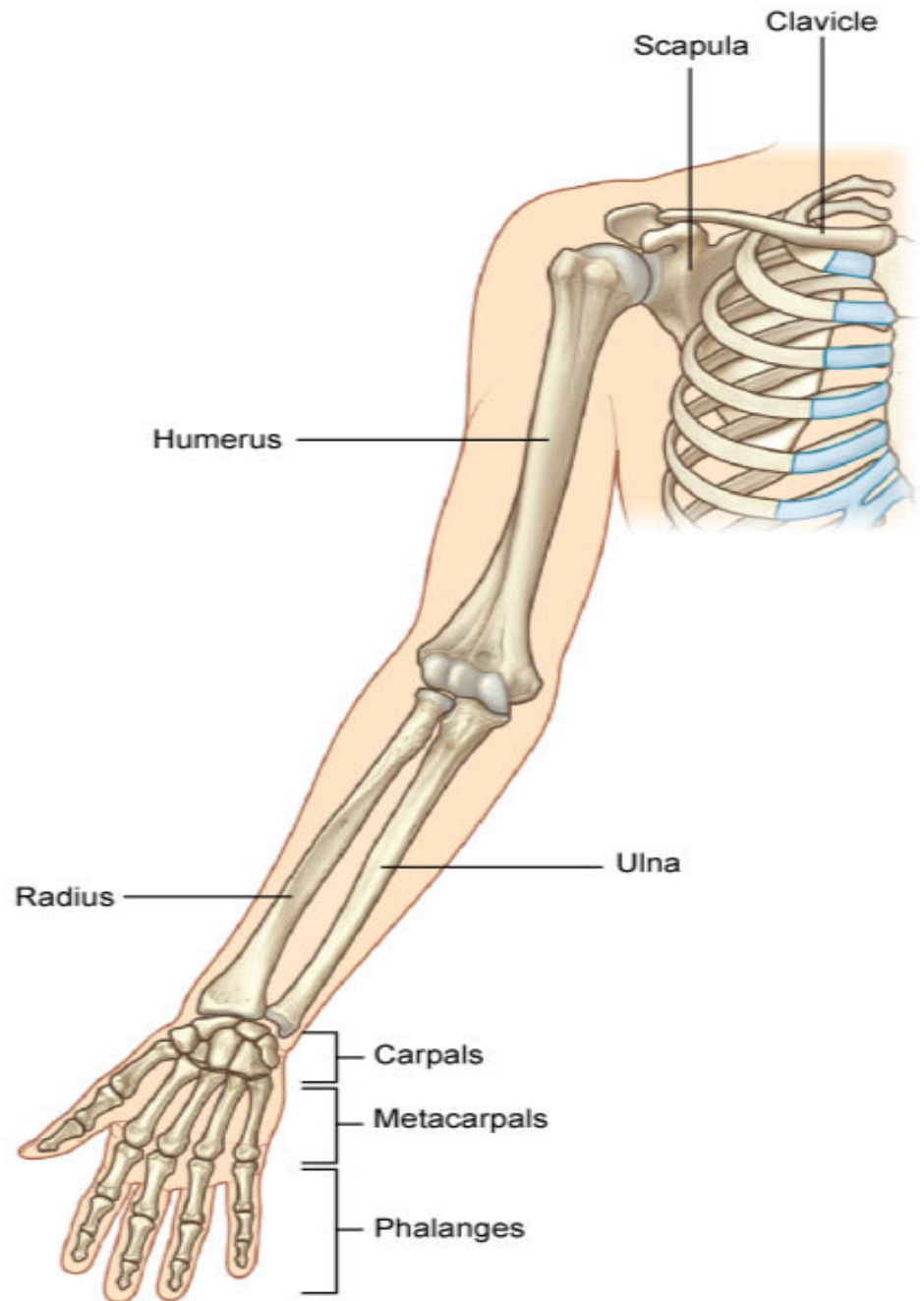
A Anterior View



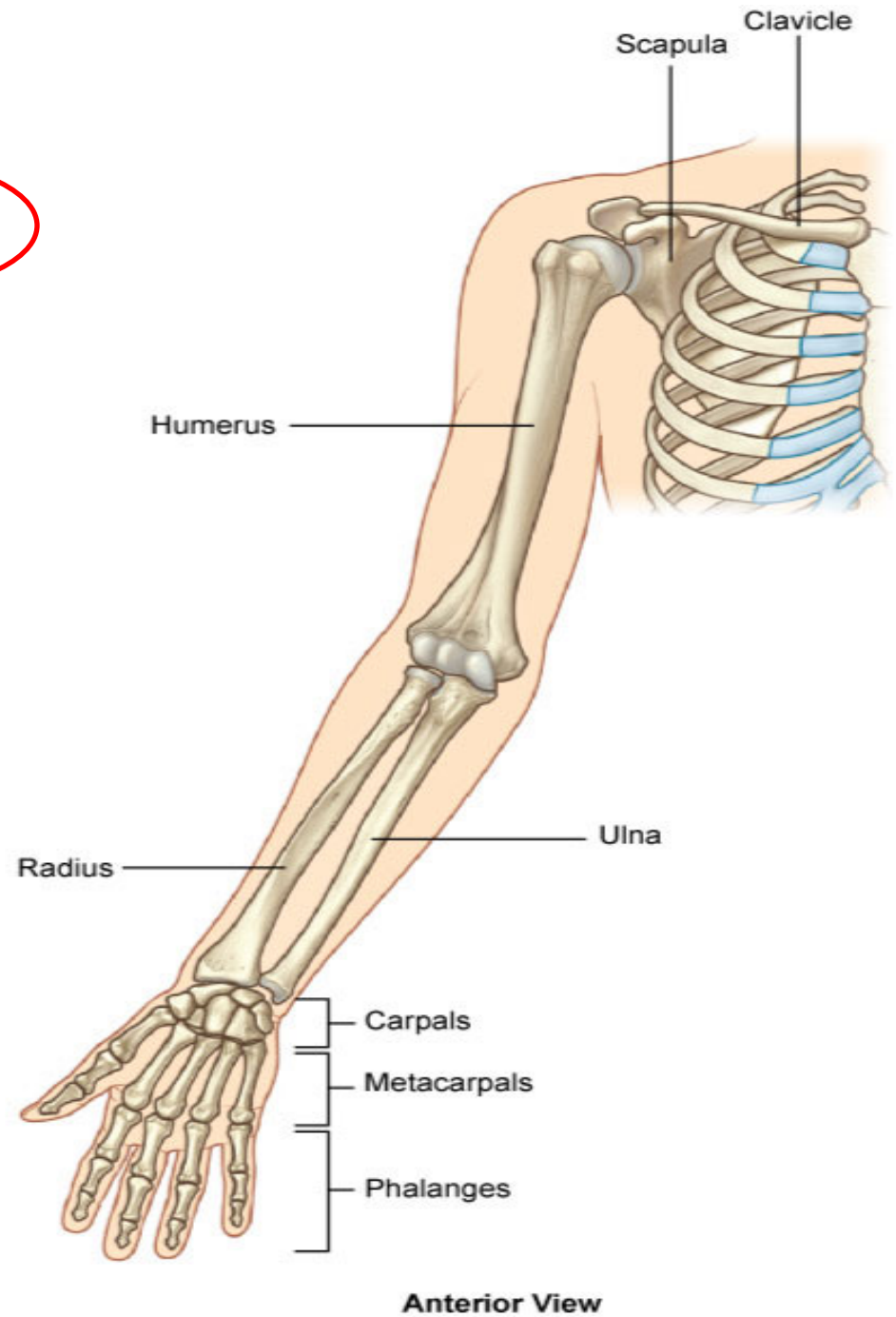
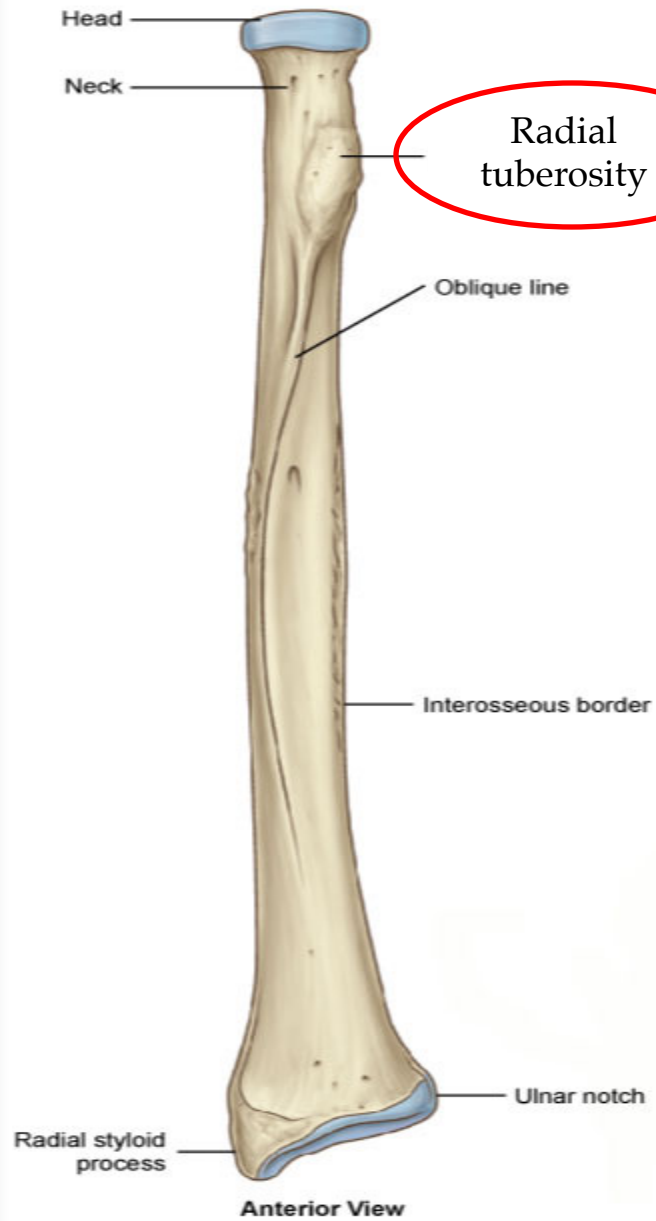
Anterior View

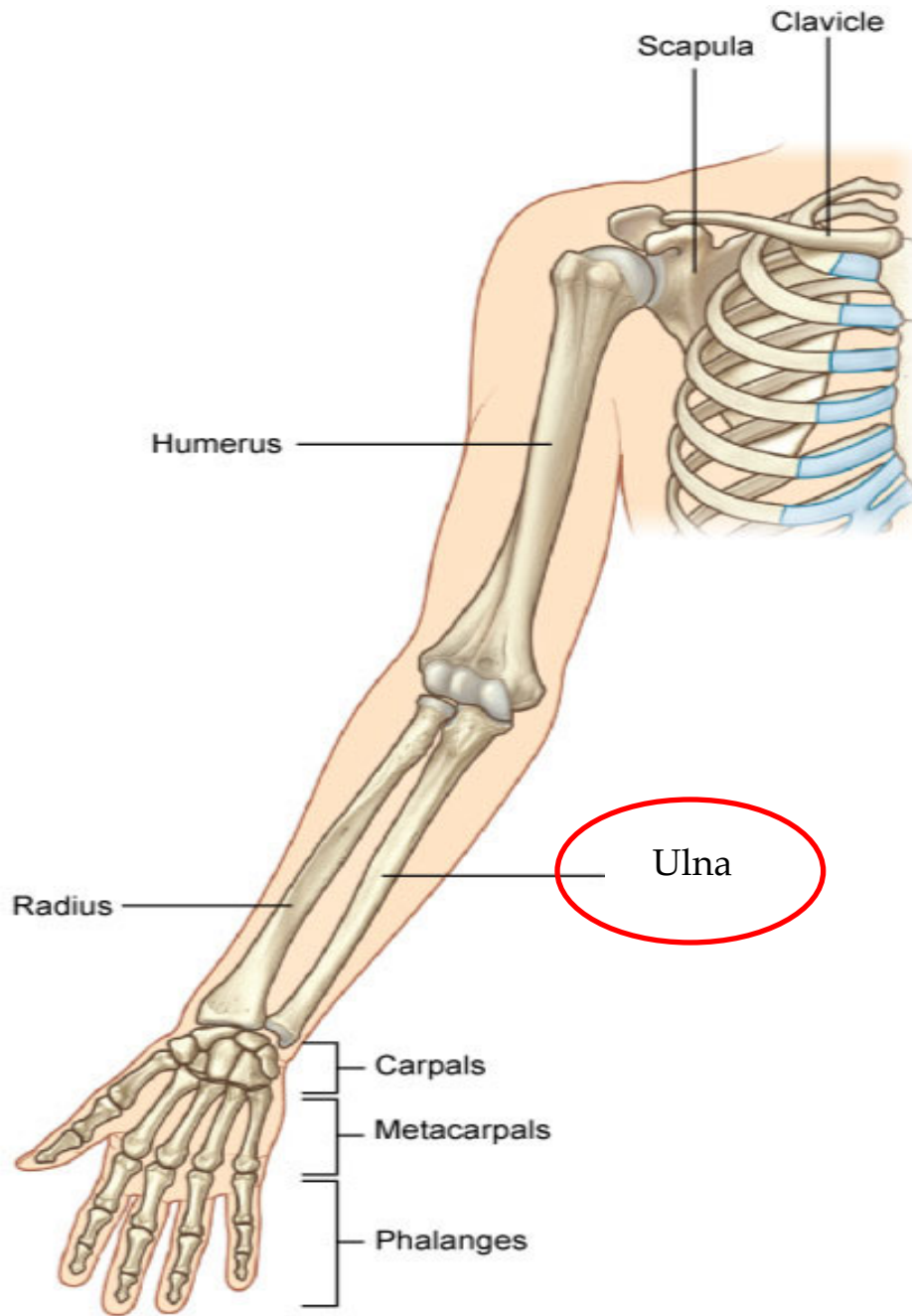


A Anterior View

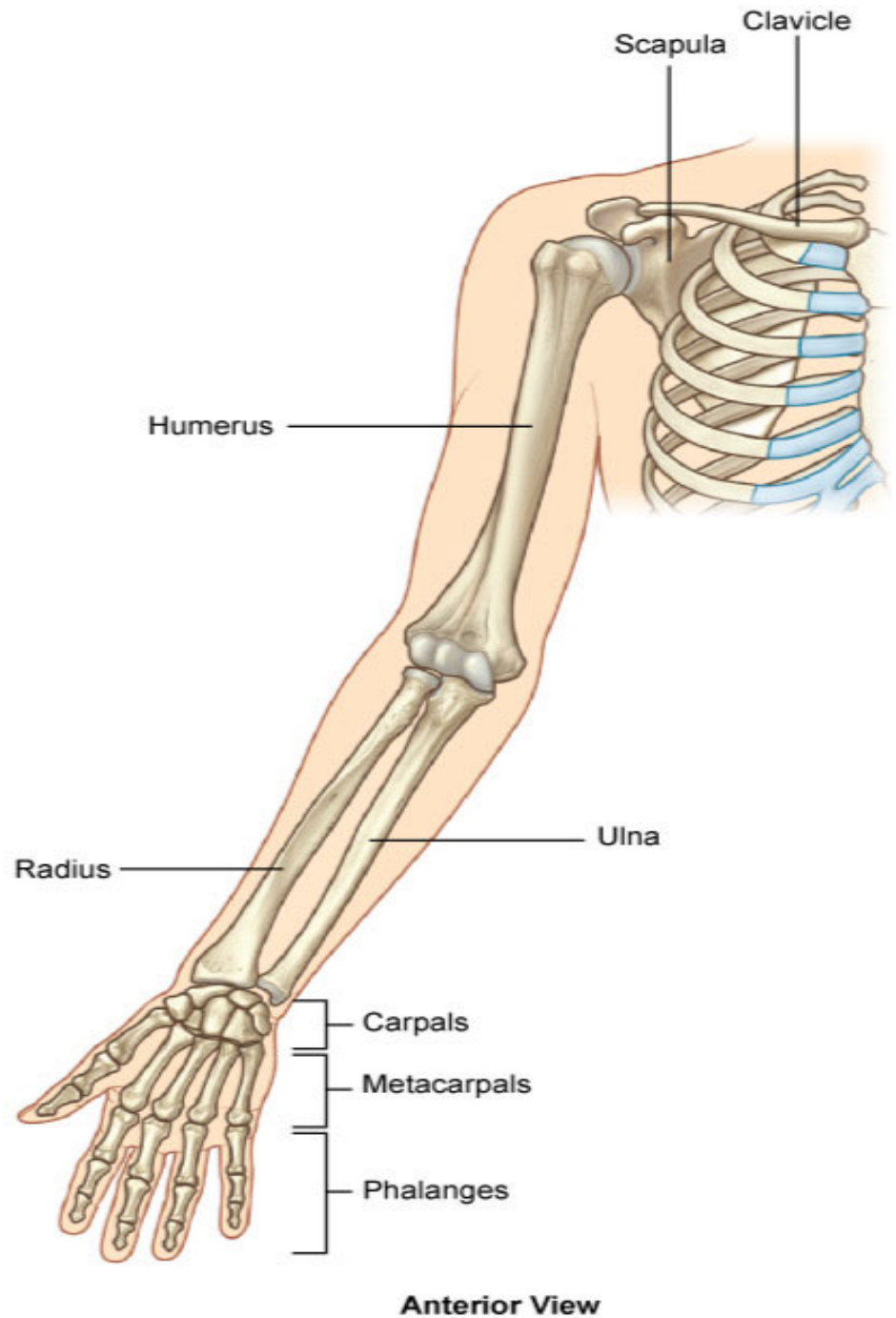
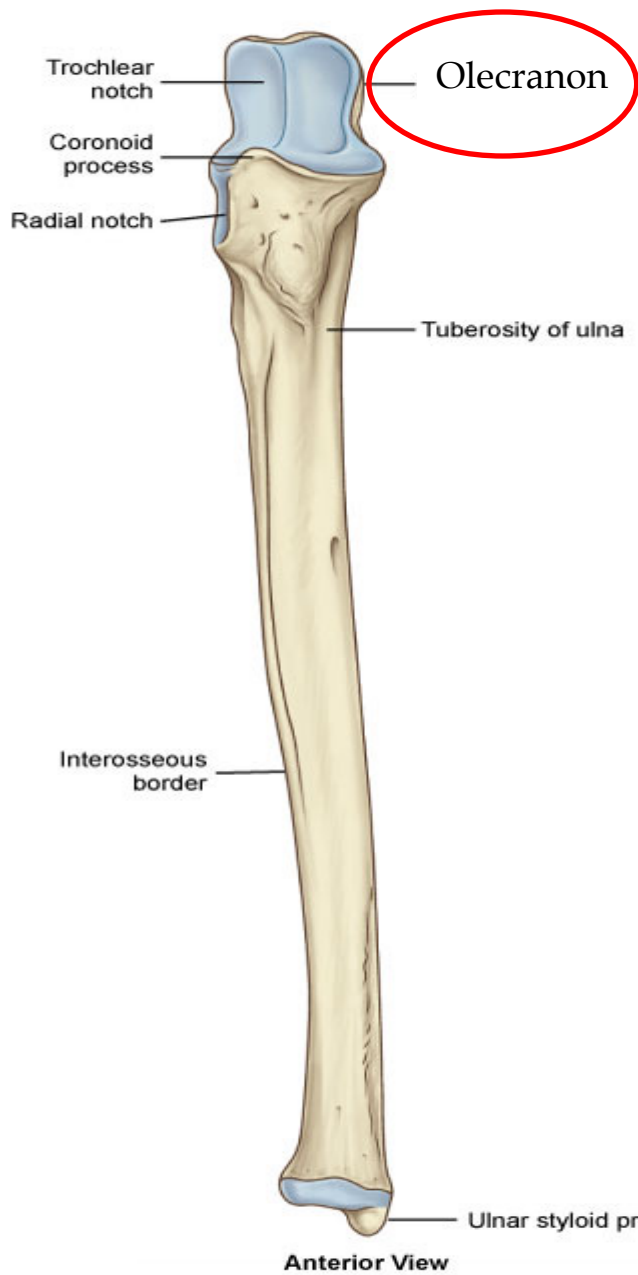


Anterior View



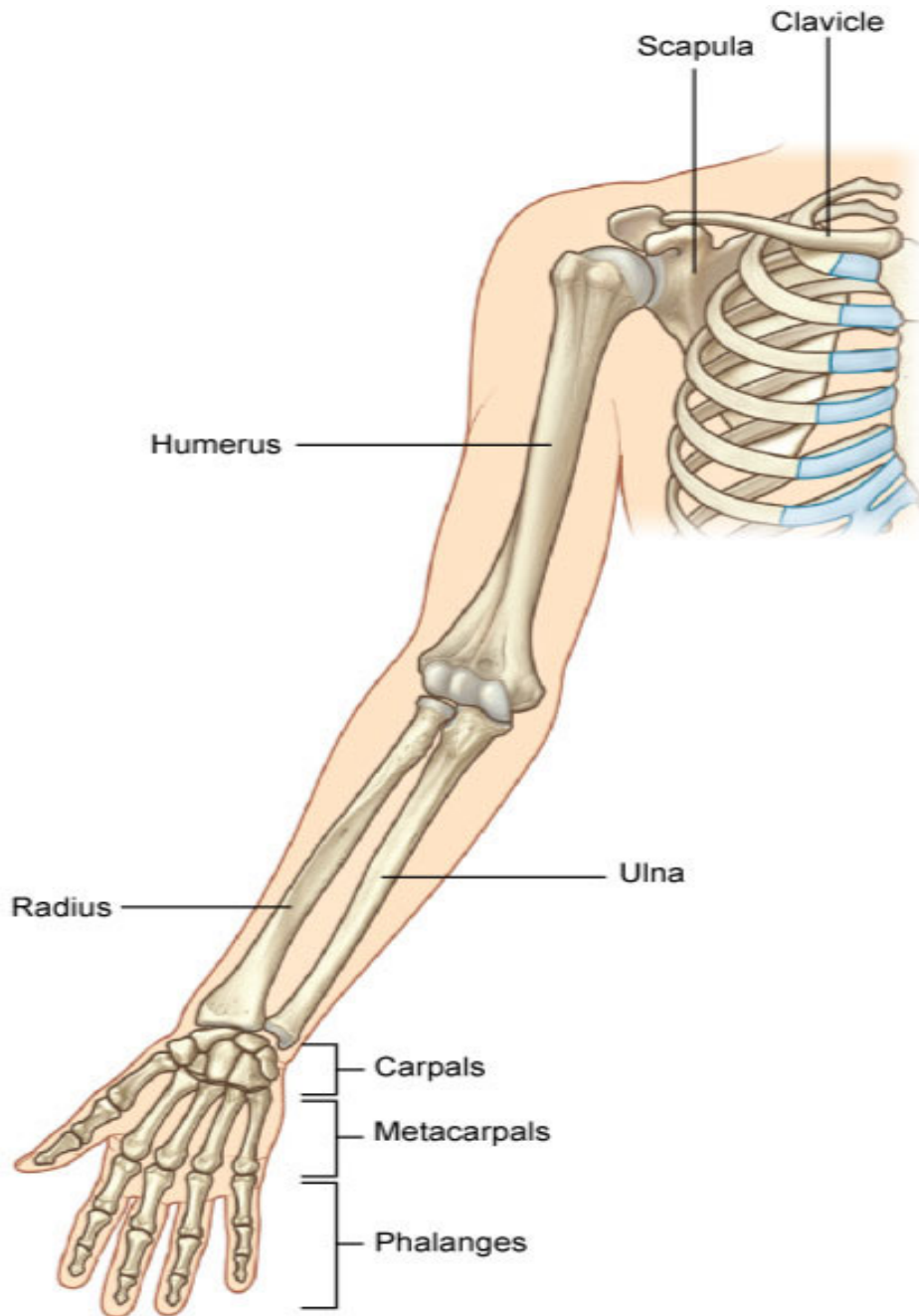


Anterior View

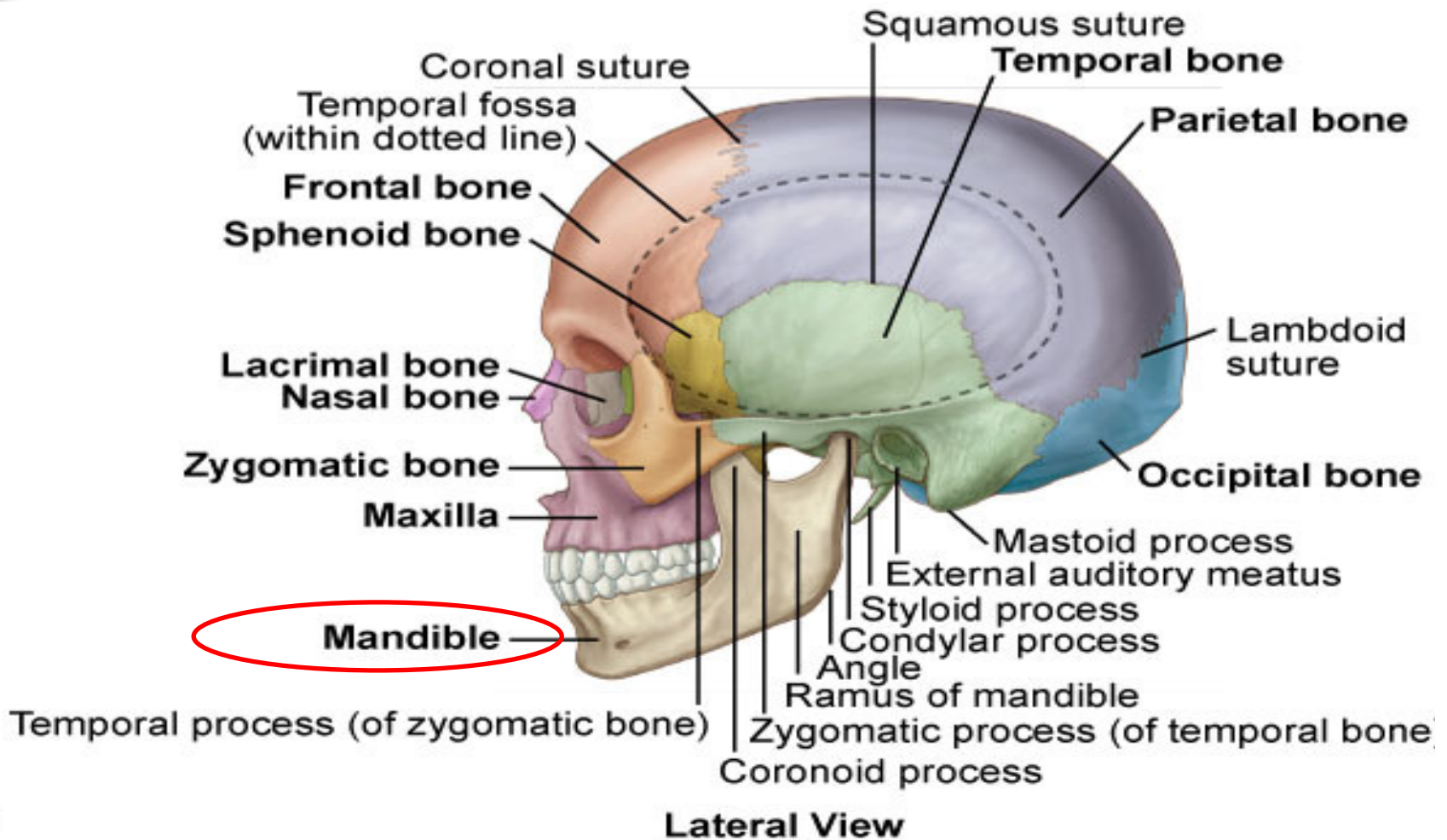


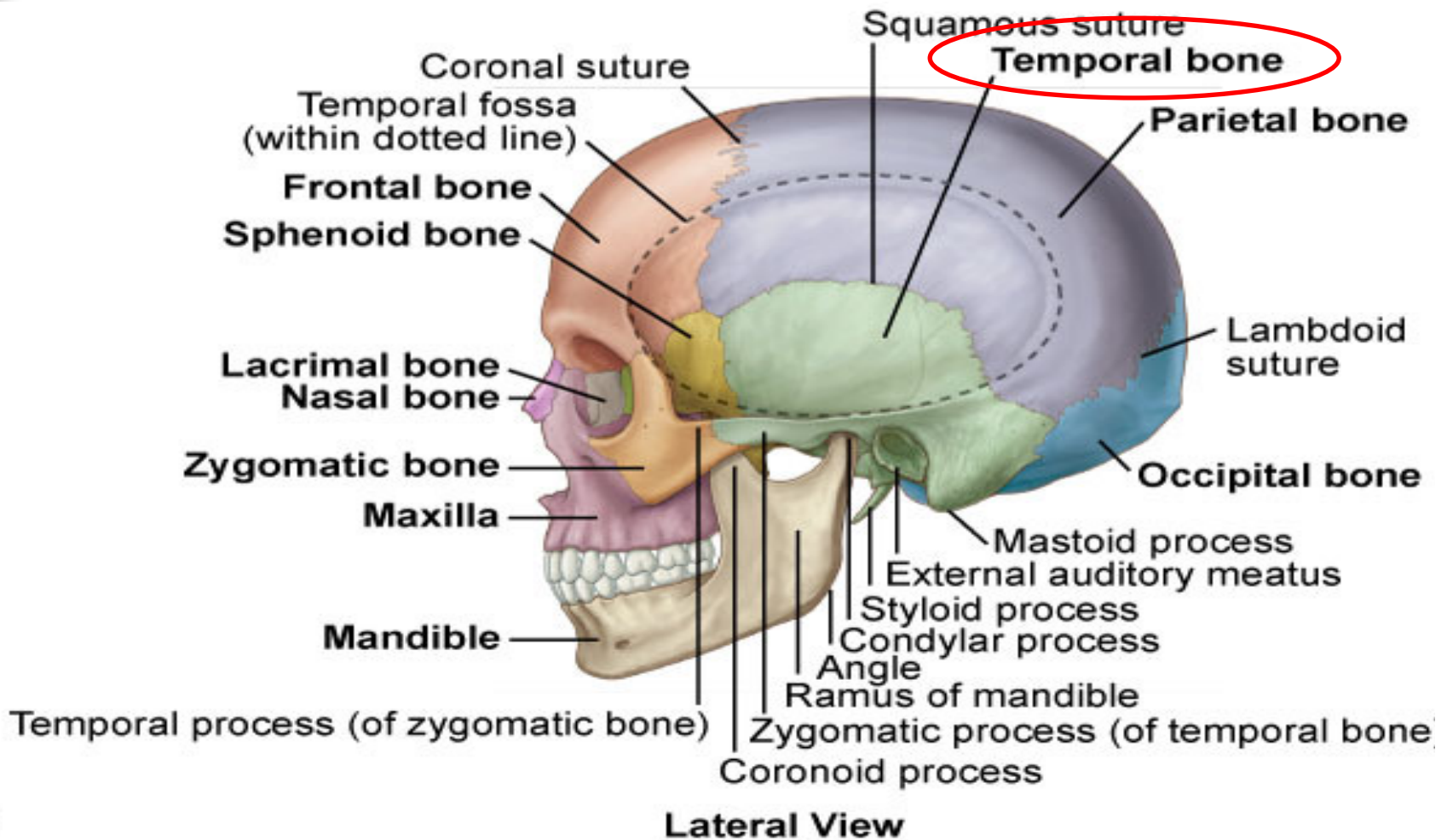


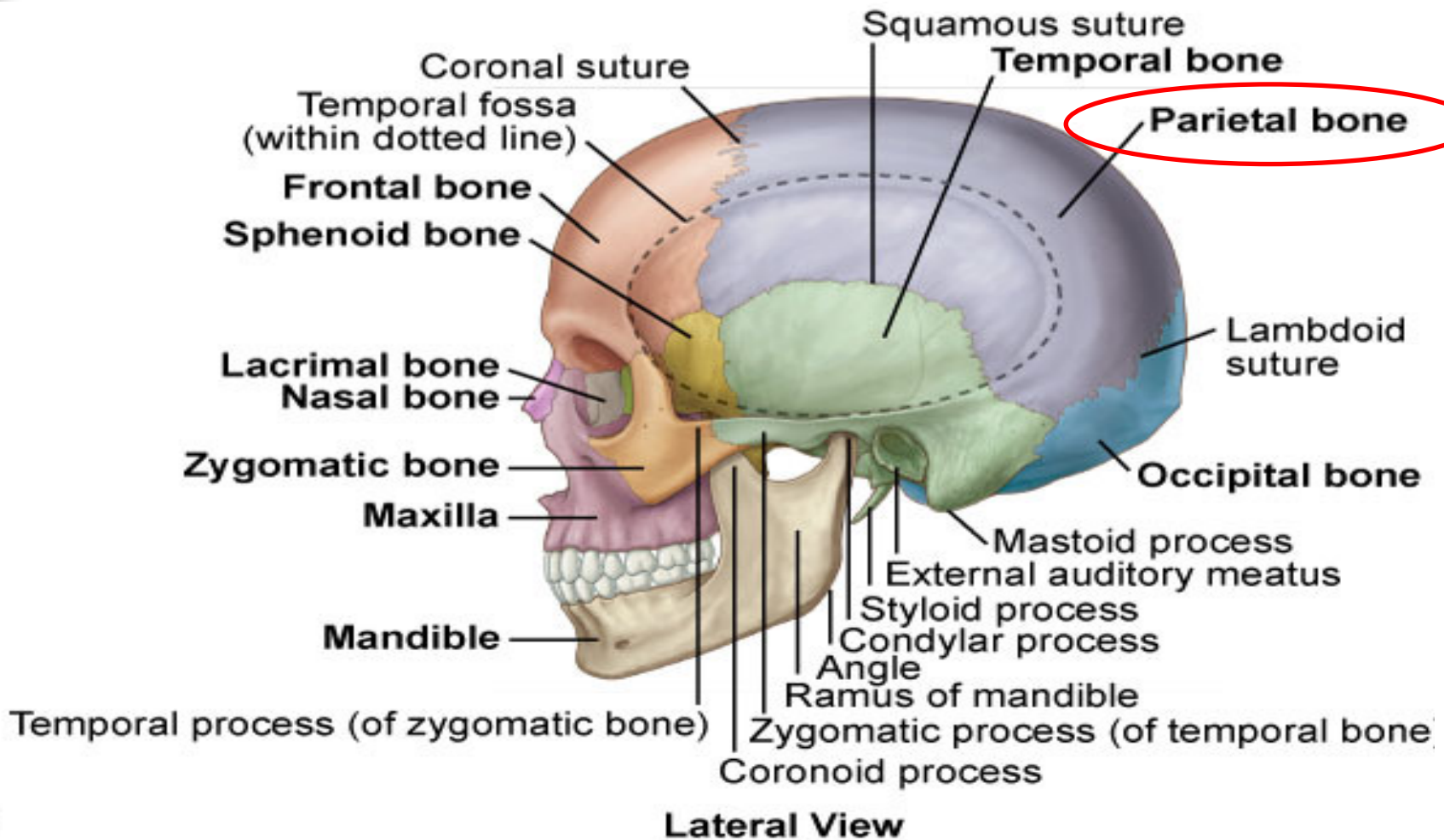
Posterior View

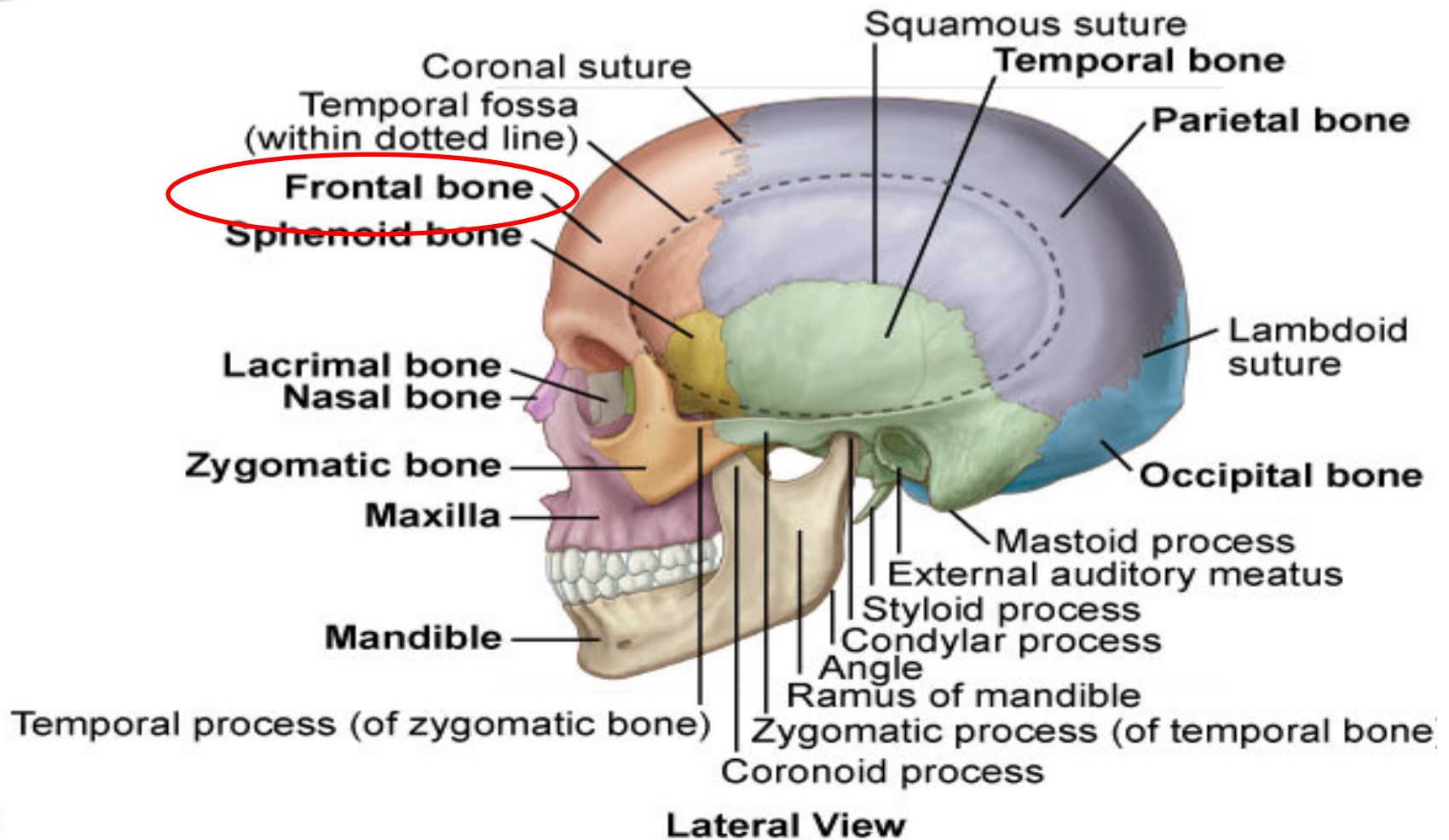


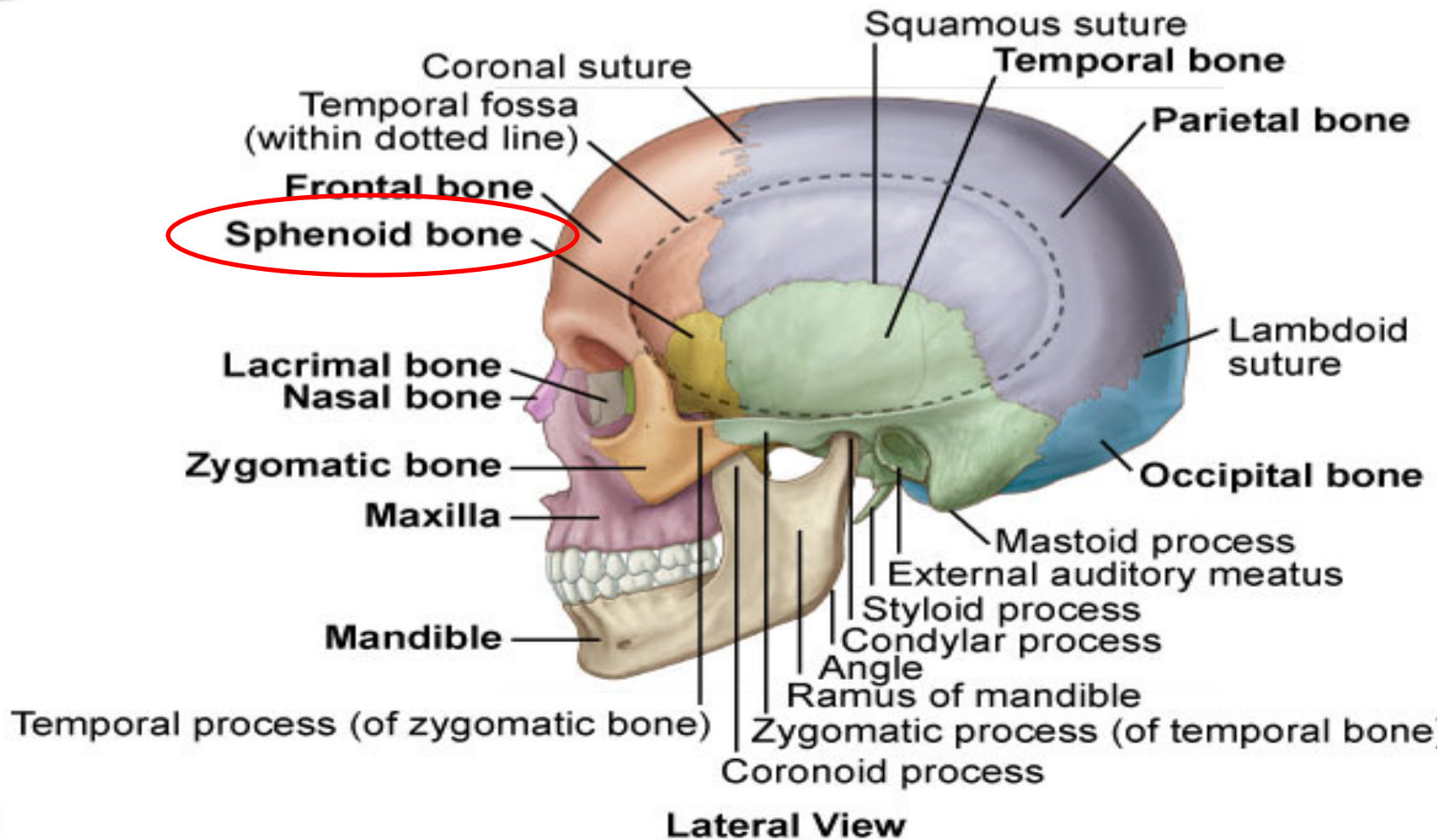
Anterior View

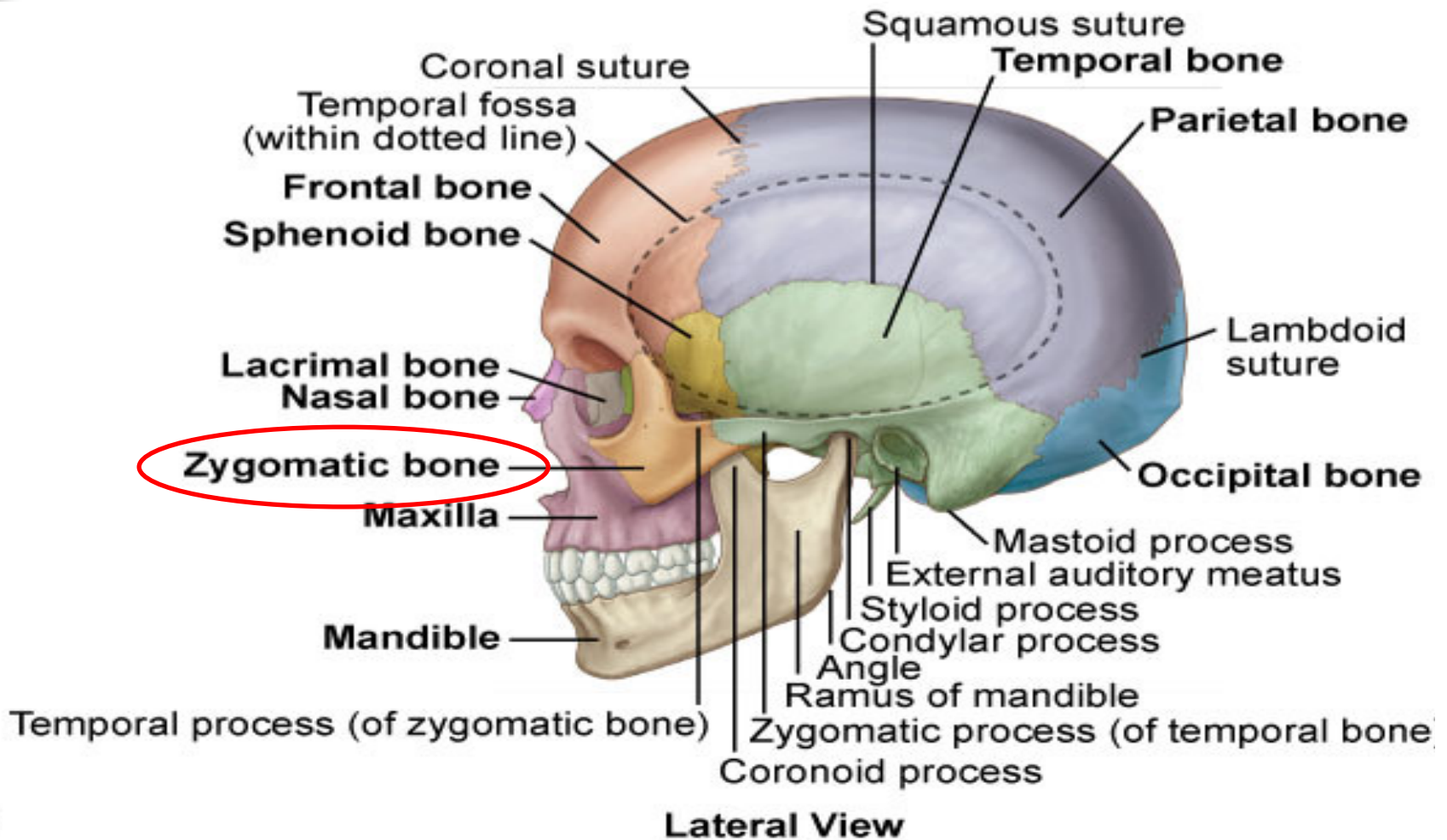


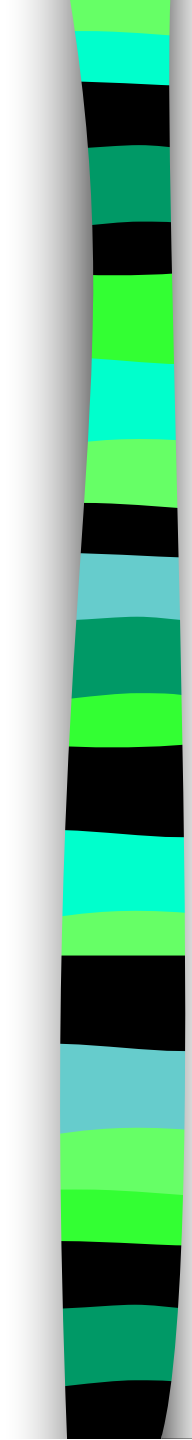


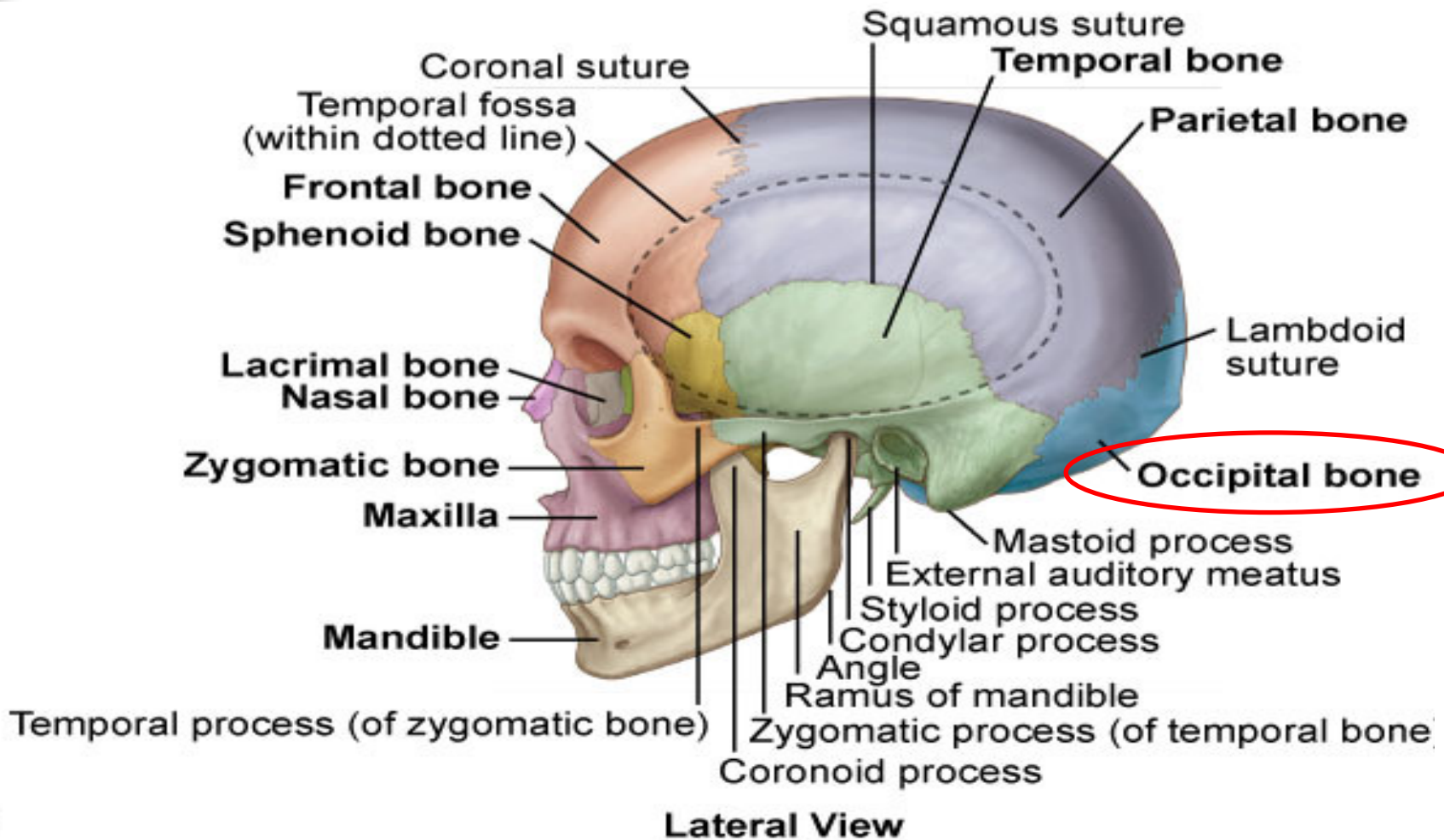


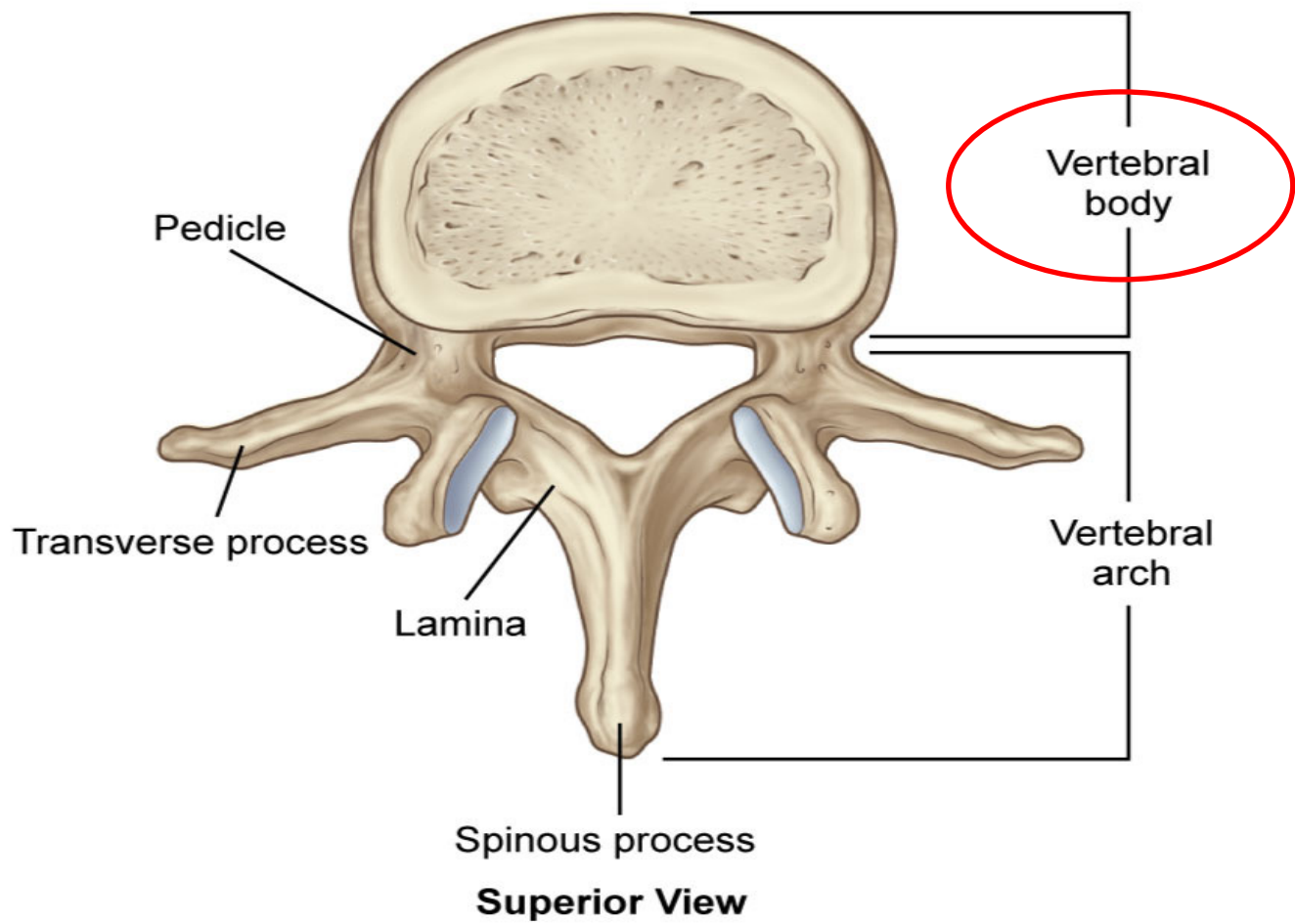


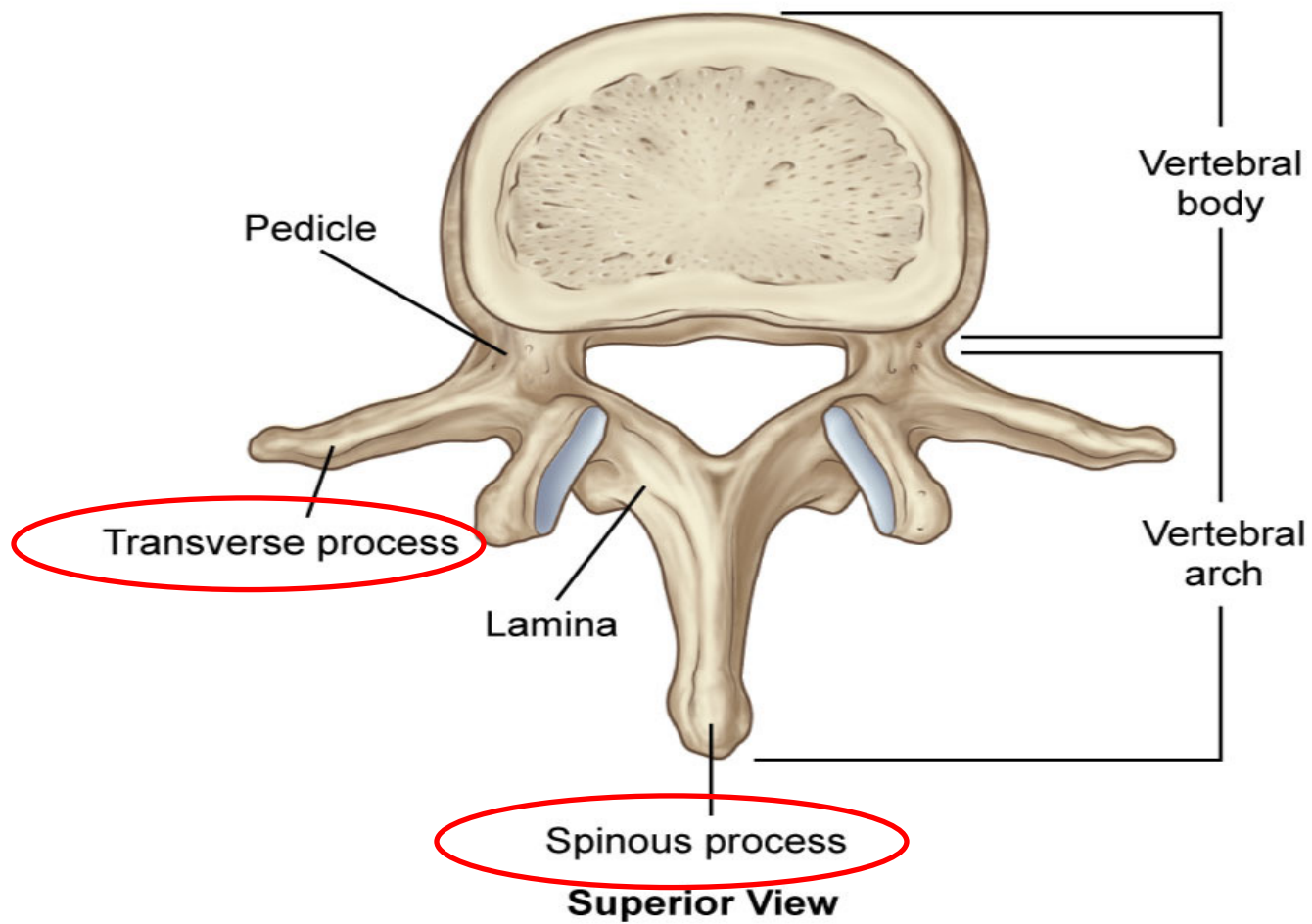


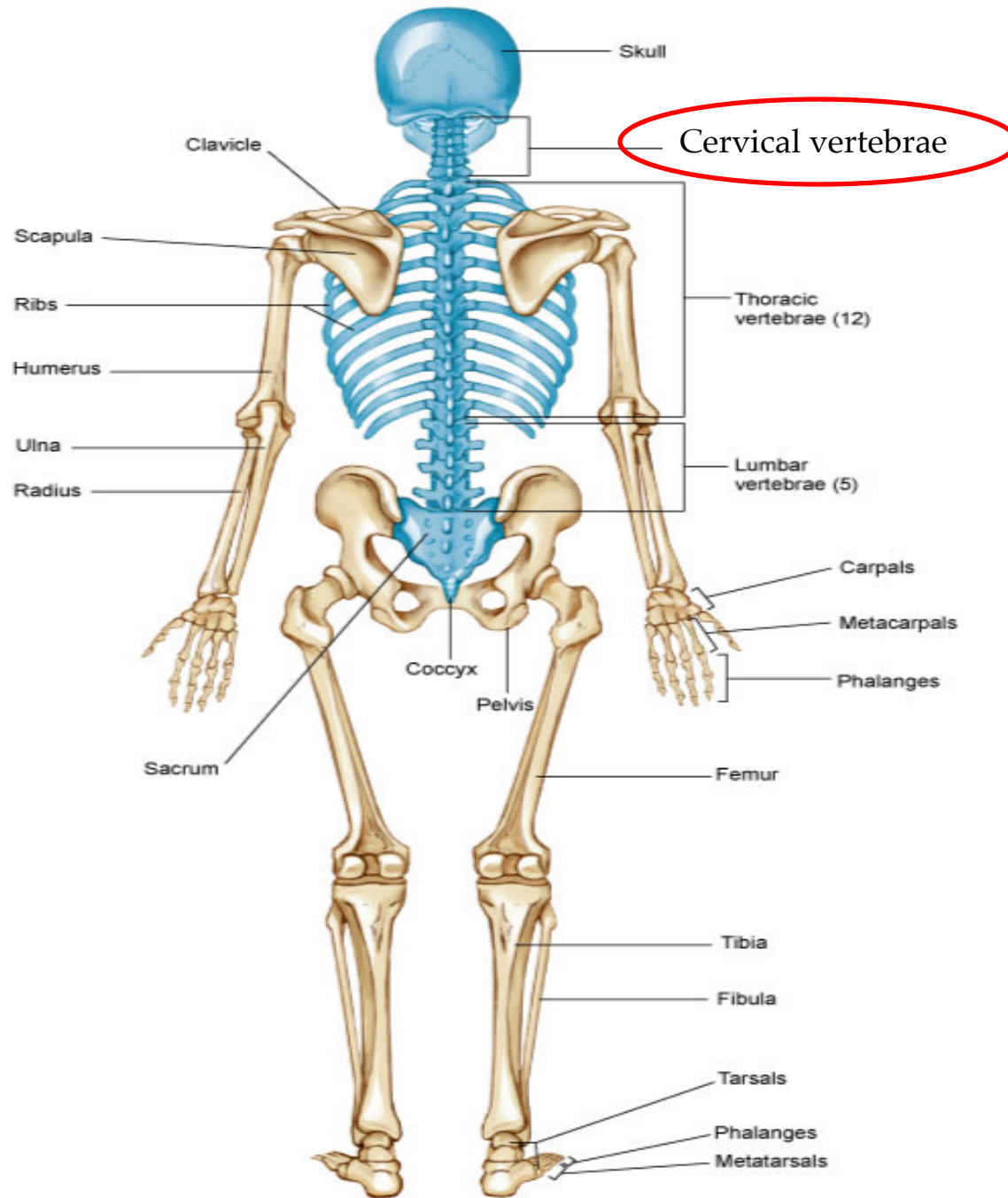


- 
- Put the face cradle in
 - Flip them over into the prone position
 - Adjust the bolster



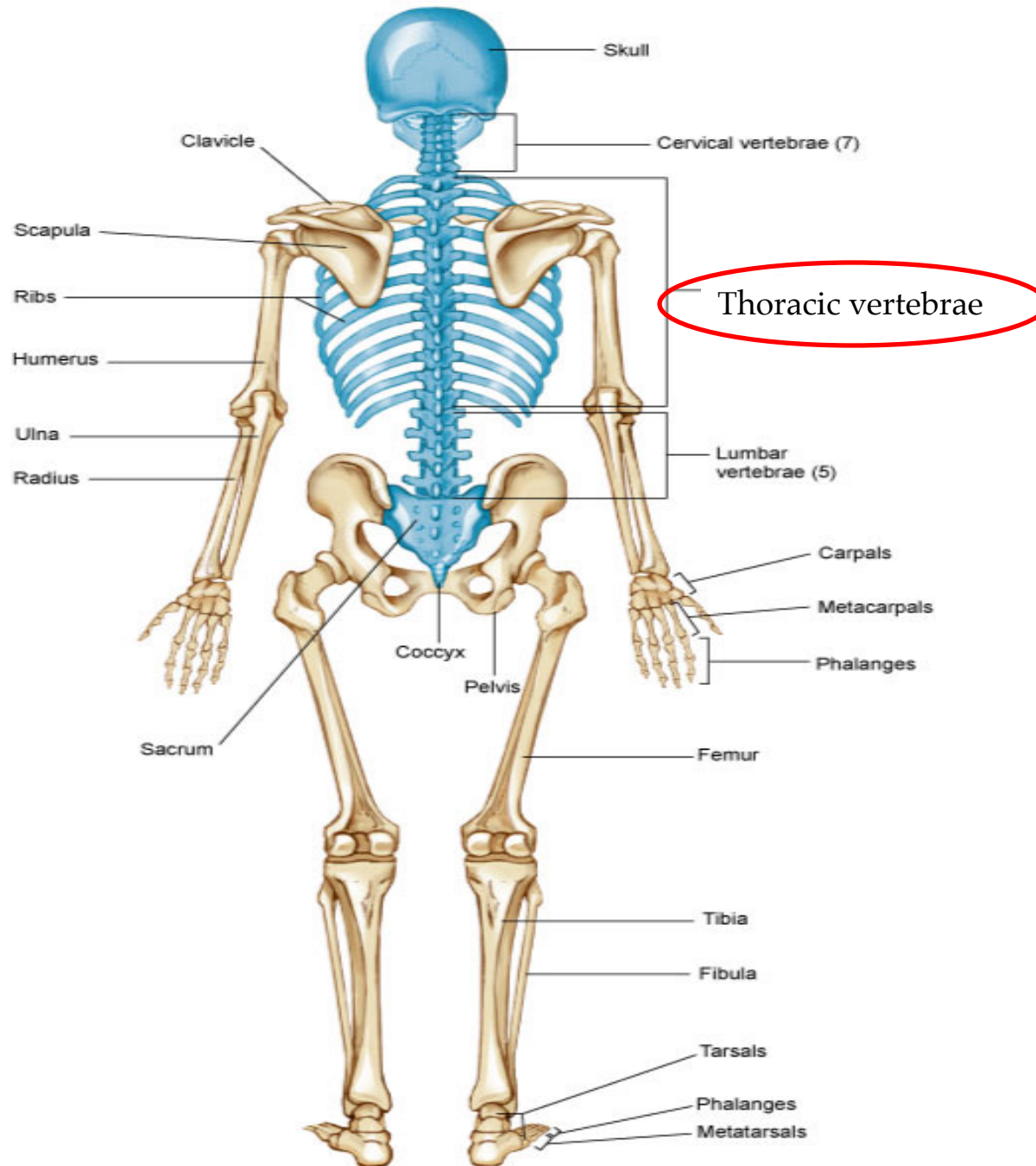






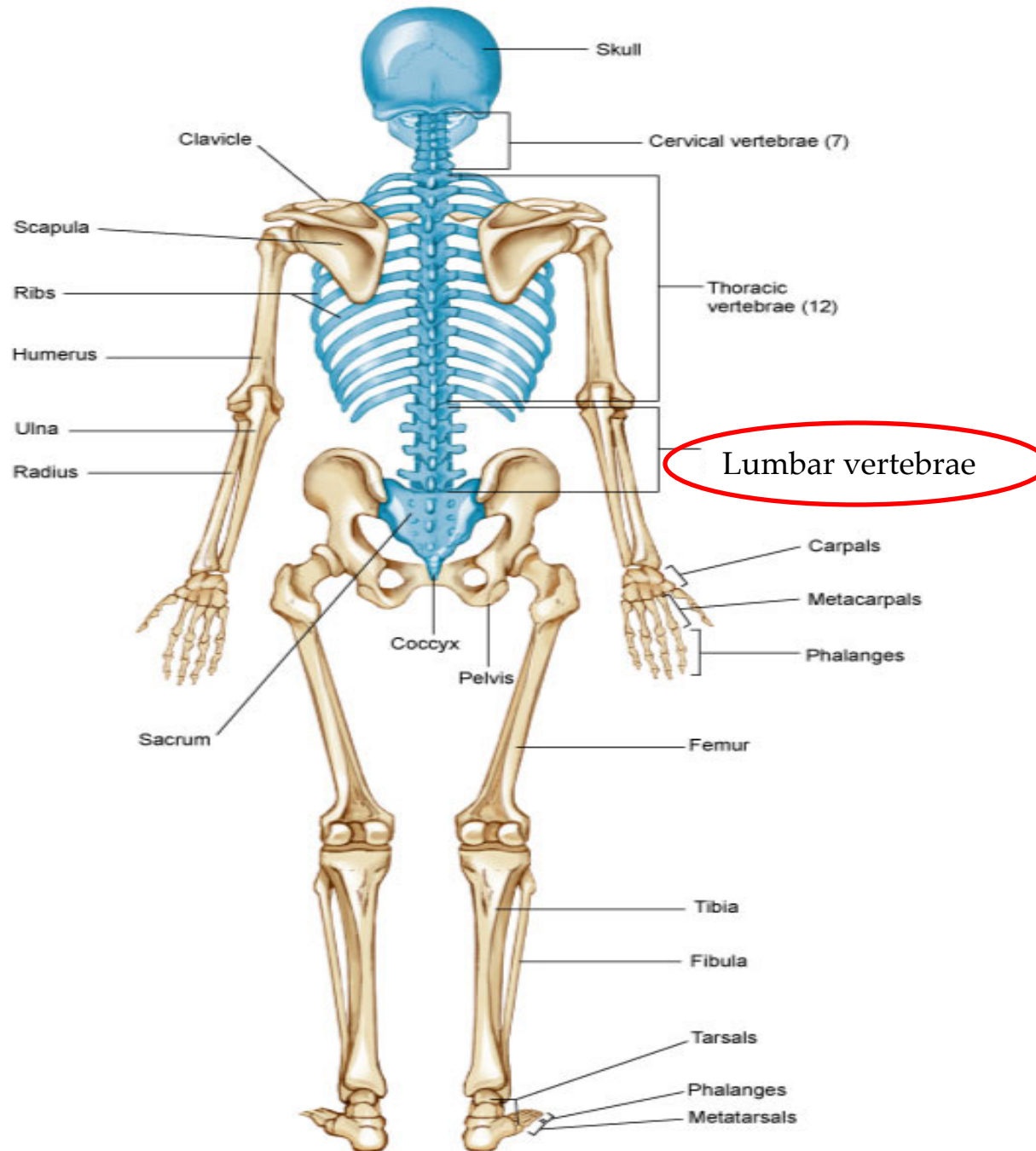
B

POSTERIOR VIEW



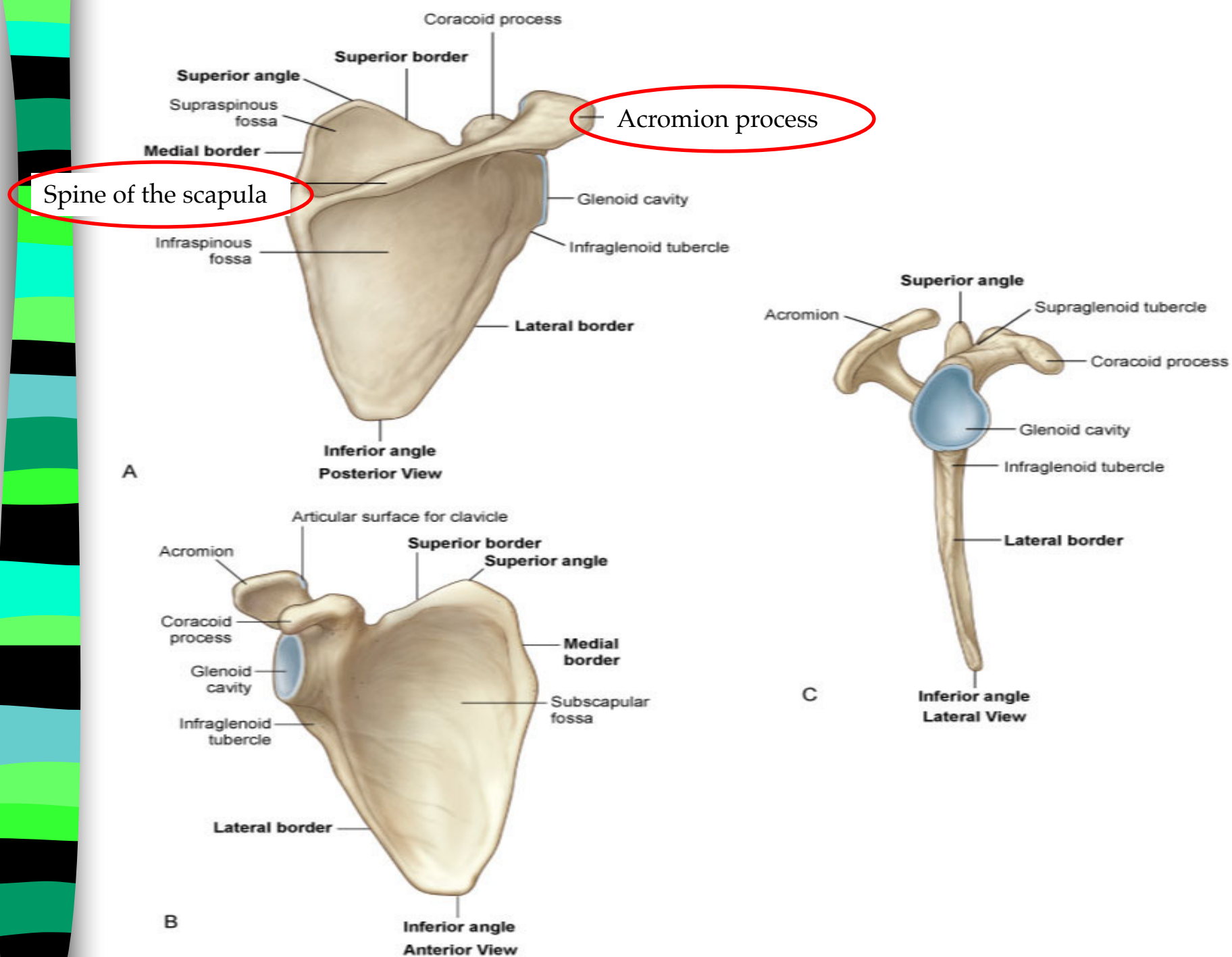
B

POSTERIOR VIEW

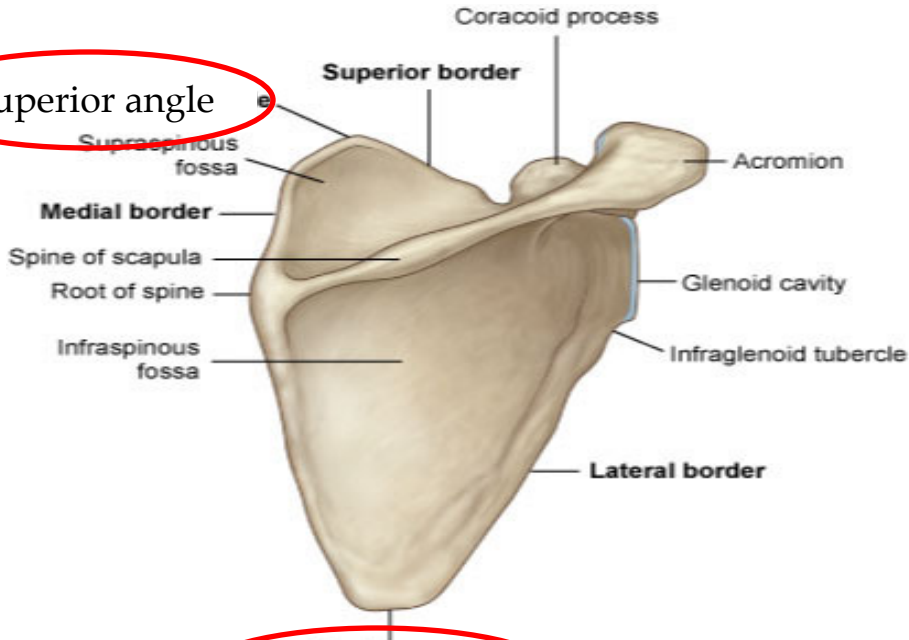


B

POSTERIOR VIEW

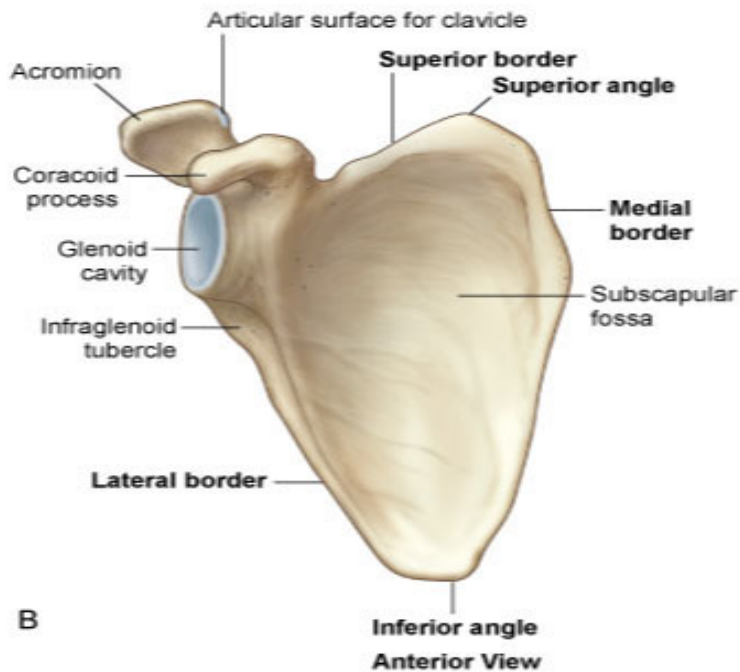


Superior angle

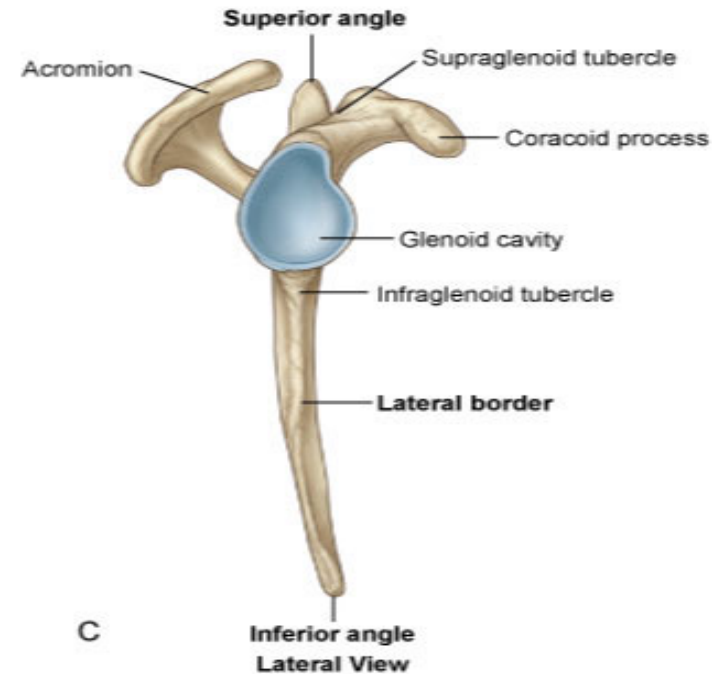


Inferior angle

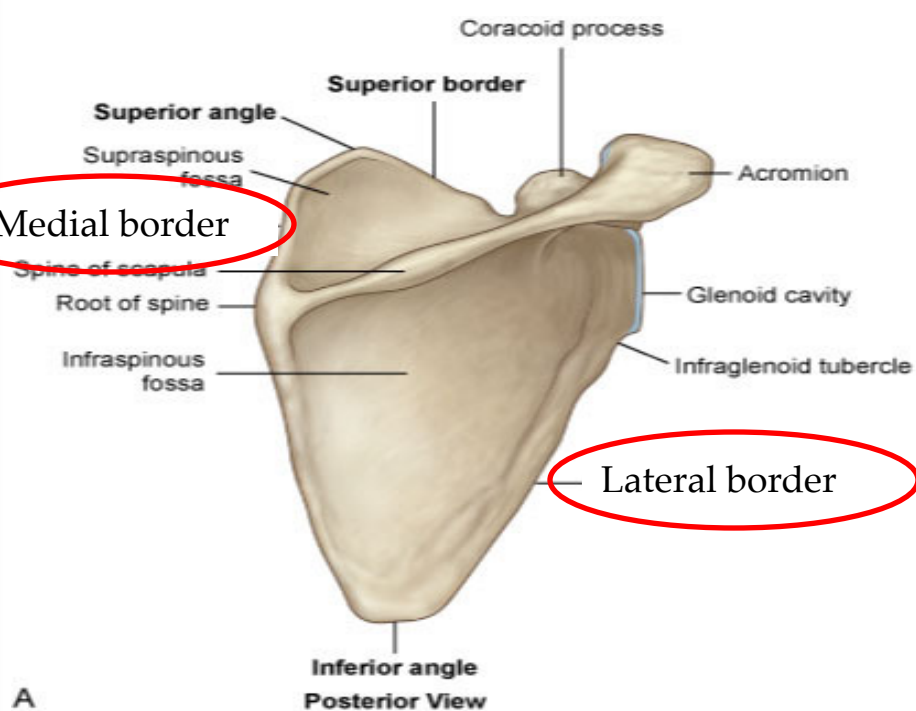
A



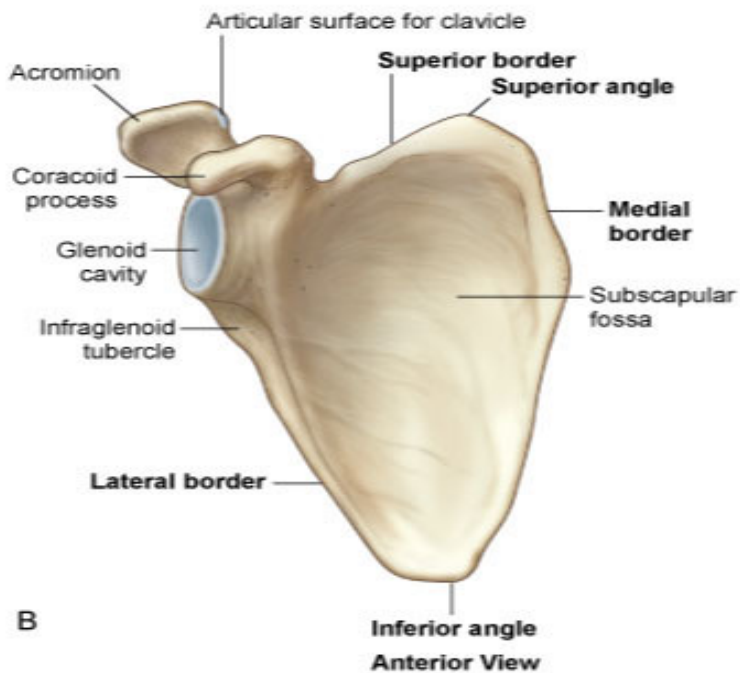
B



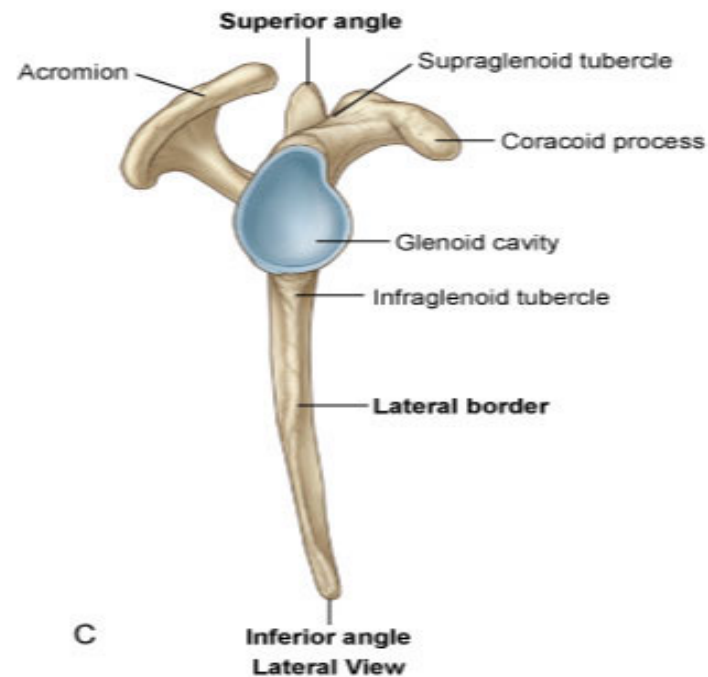
C



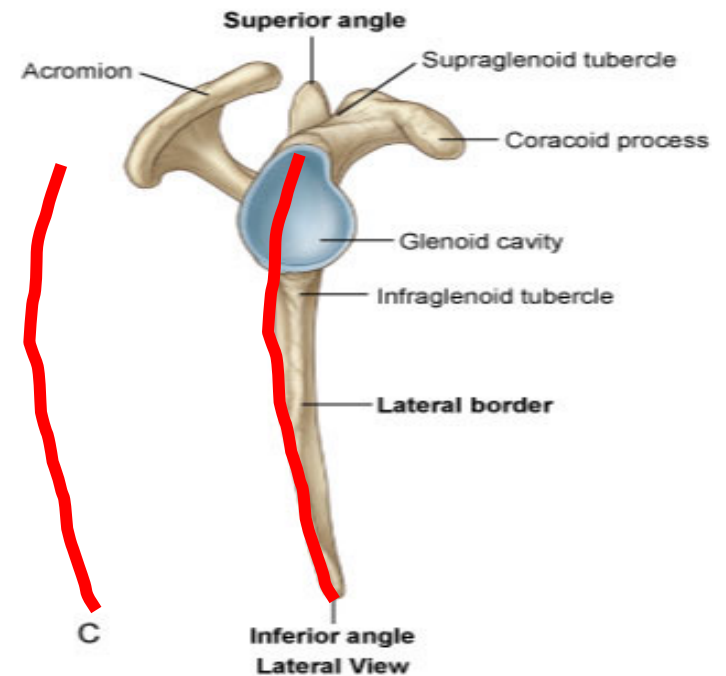
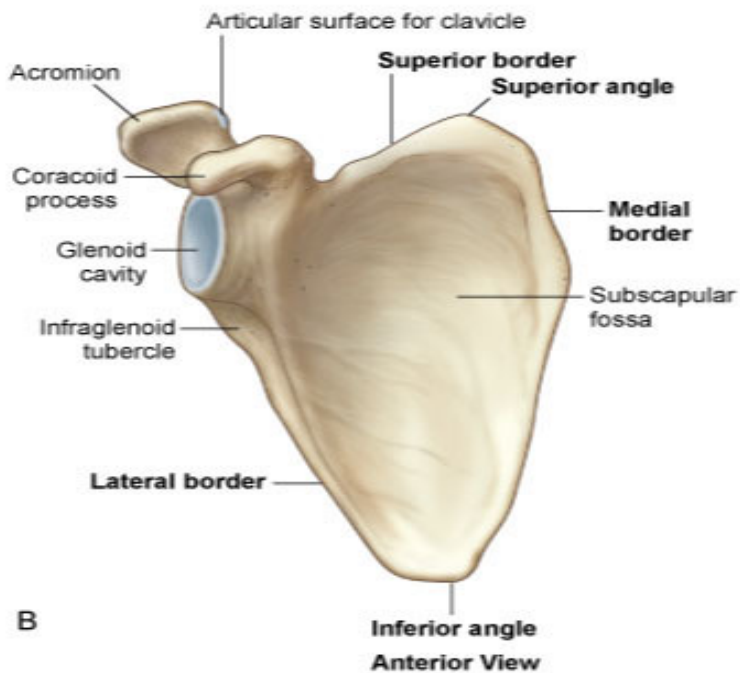
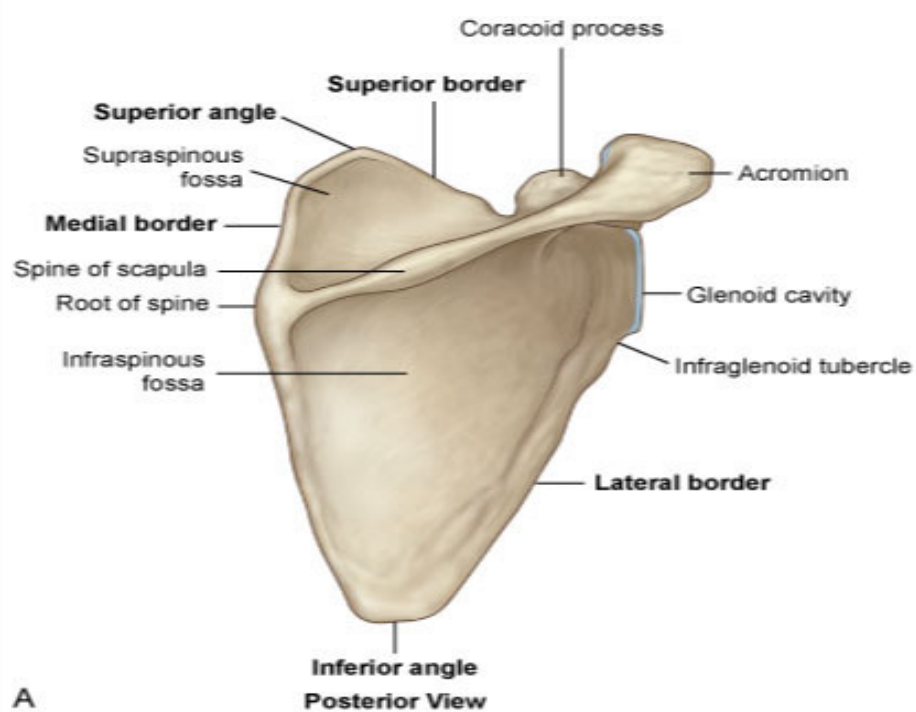
A



B



C

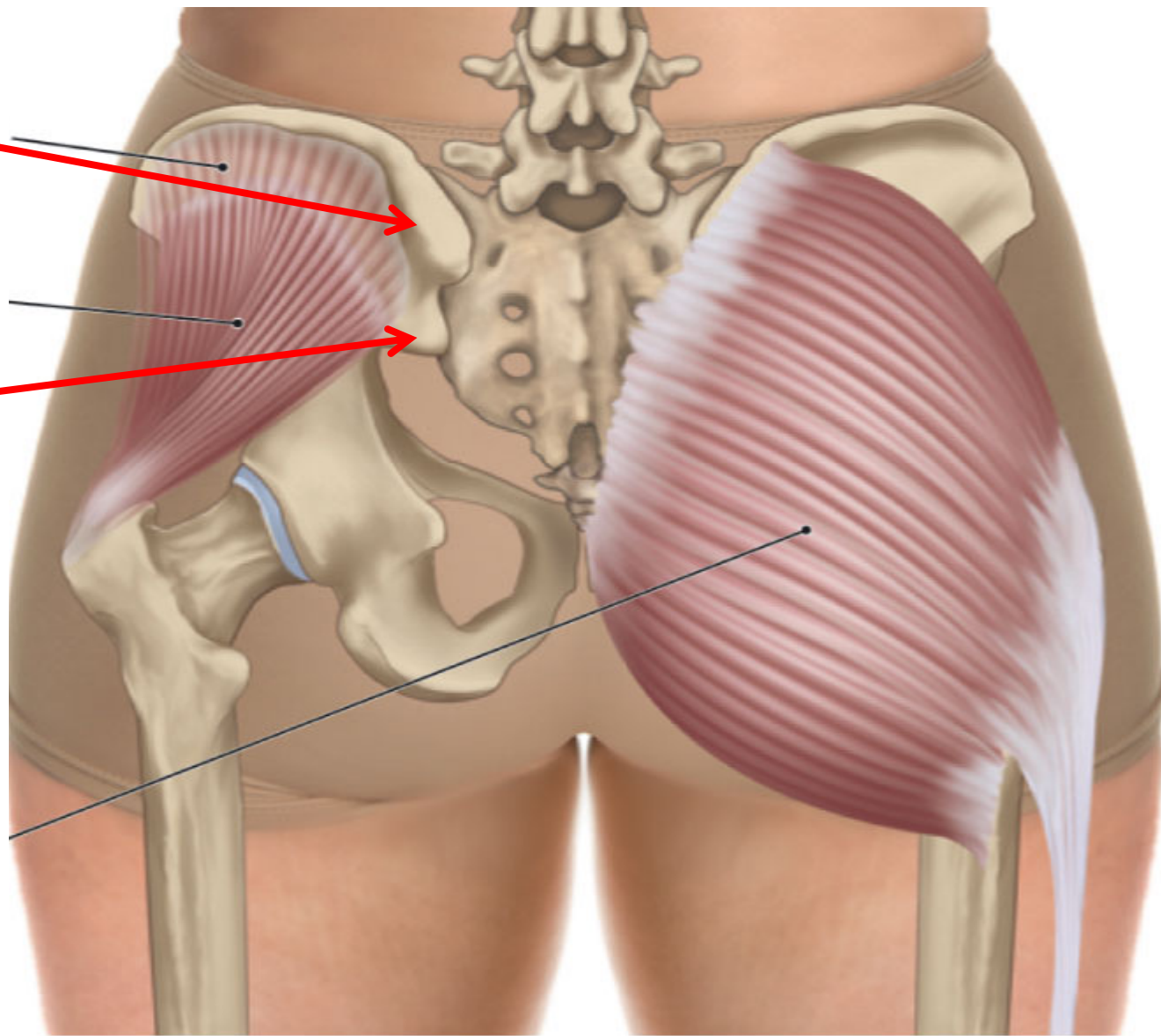


PSIS

- Posterior Superior Iliac Spine

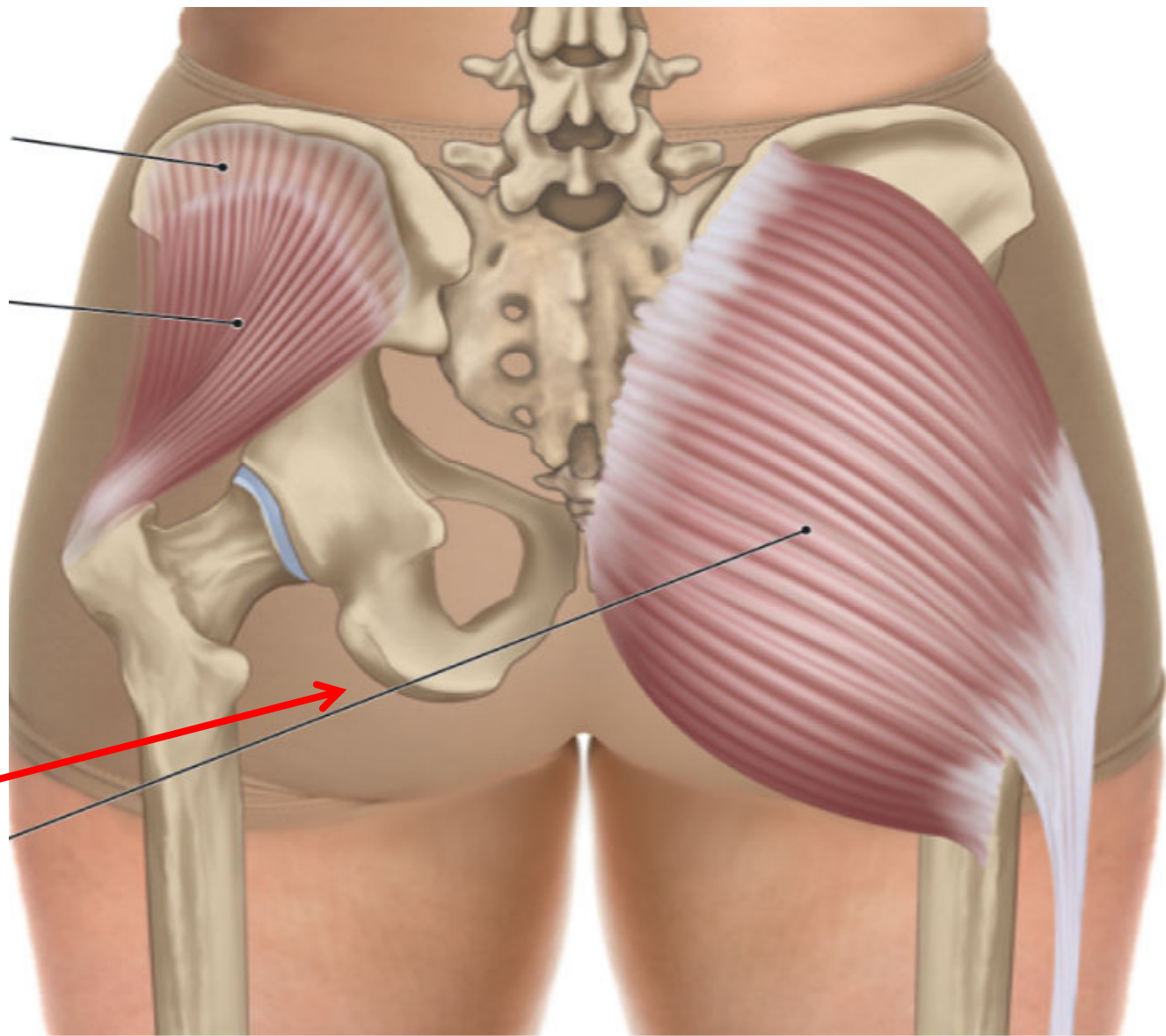
PIIS

- Posterior Inferior Iliac Spine

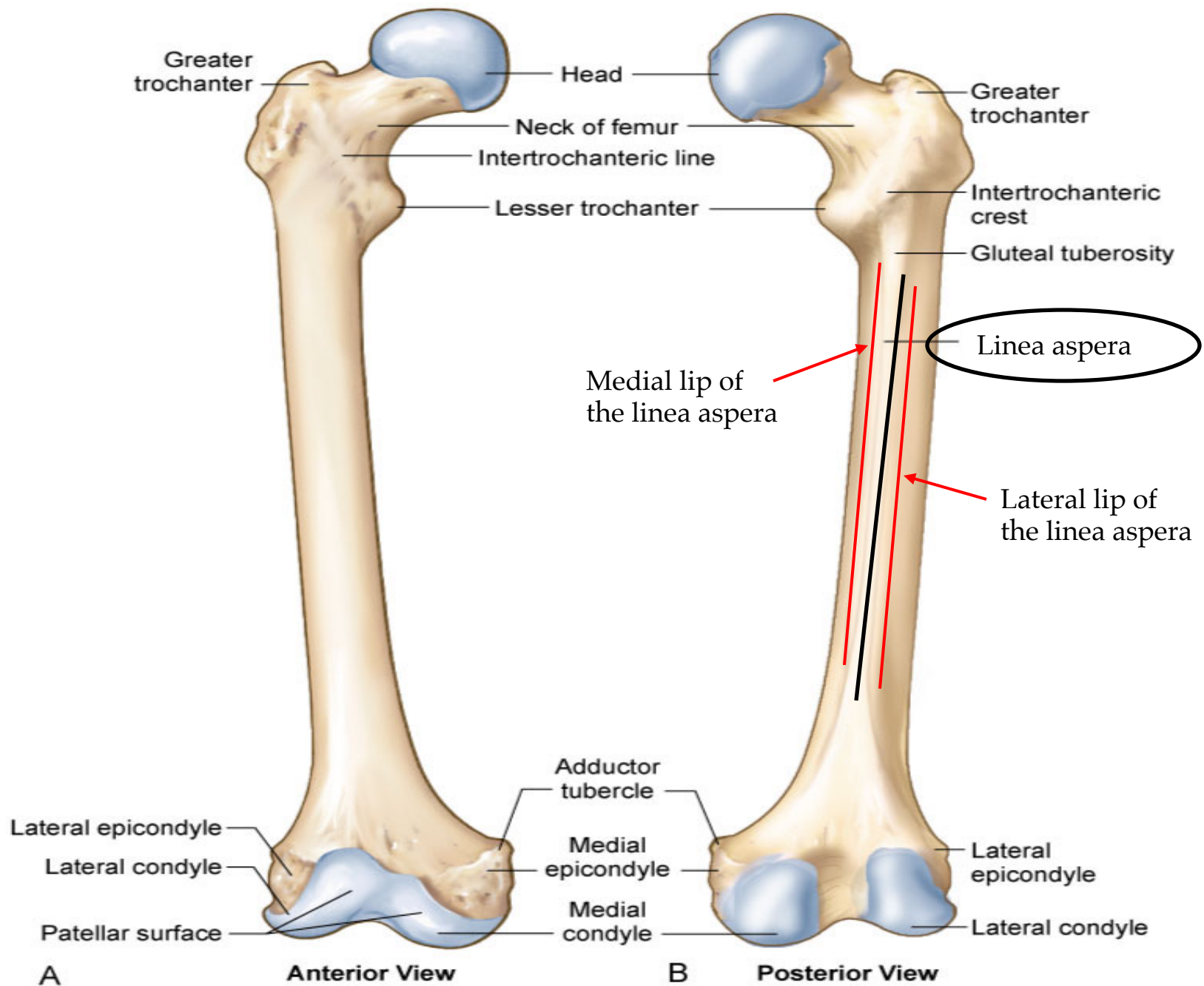


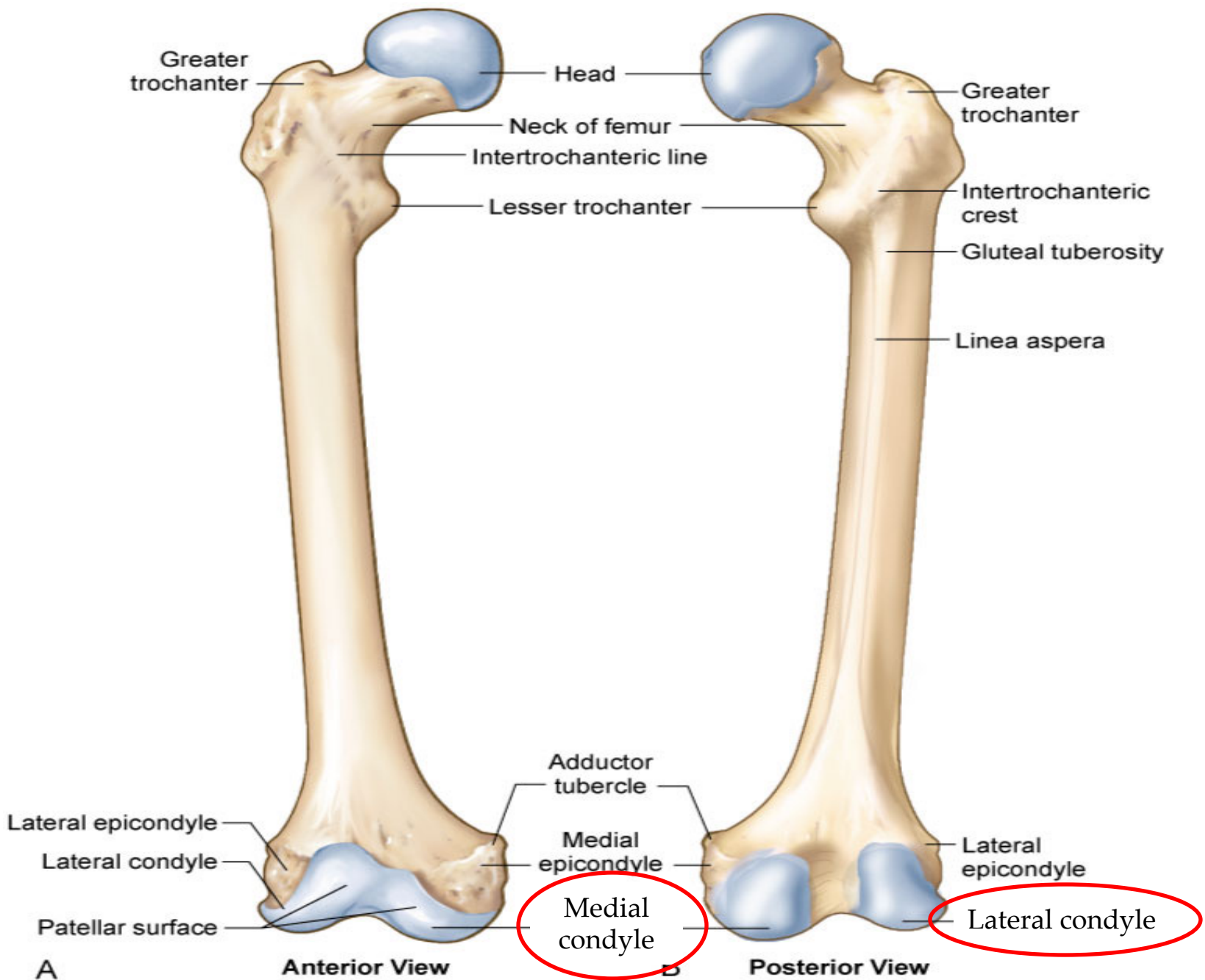
Posterior View

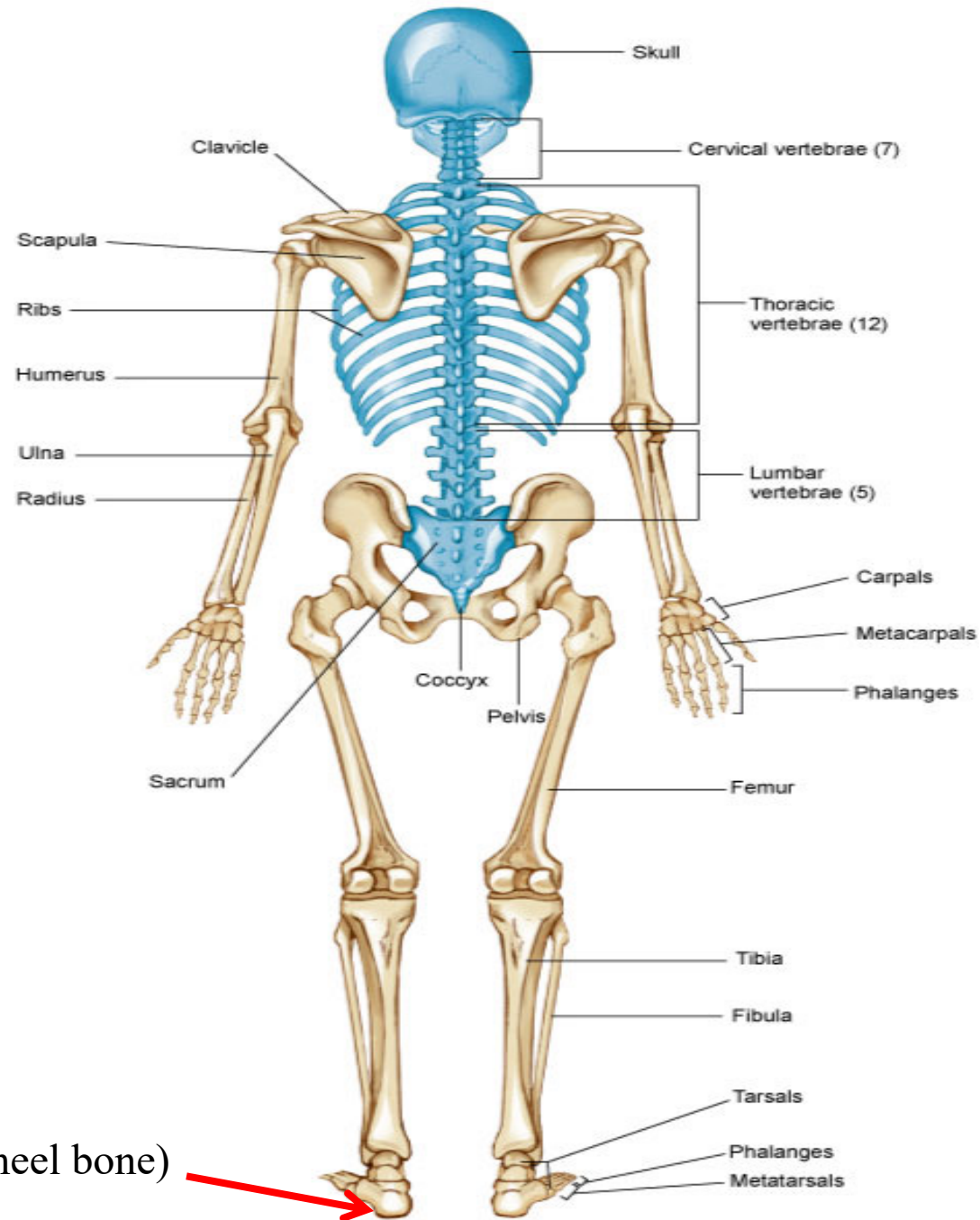
Ischial
Tuberosity



Posterior View





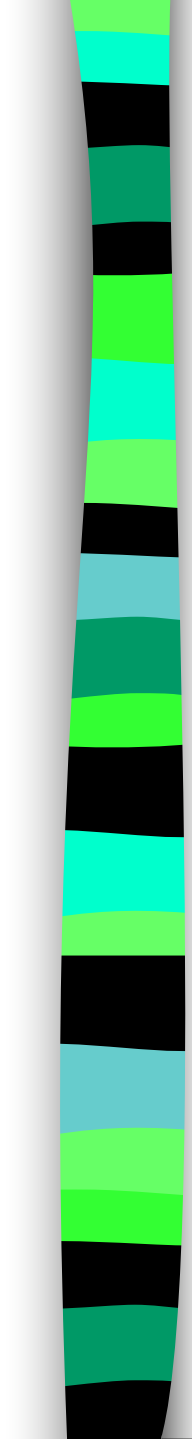


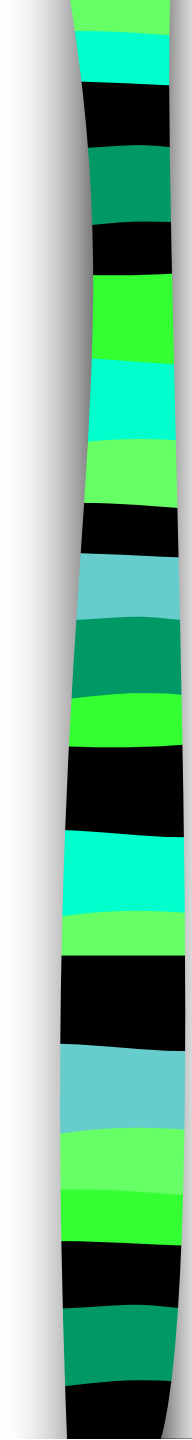
Calcaneus (heel bone)



B

POSTERIOR VIEW

- 
- Switch and do it again!



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