Palpation Hints
Making Contact

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0.3 A firm top hand and a soft bottom hand

0.4 Using your thumbpads to explore the small carpal bones in the wrist

0.5 Using your entire hand to palpate the pelvis and sacrum
Muscle

0.15 Peeling an orange, with fascial layering highlighted

0.16 Cross section of a typical skeletal muscle
Muscles of the Forearm and Hand

3.50 Anterior view of right forearm and hand showing intermediate layer of muscles

3.51 Anterior view of right forearm and hand showing deep layer of muscles
Exploring the Skin and Fascia

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Bony Landmarks

- Anterior Spine
- Clavicle
- Jugular notch
- Sternum
- Manubrium
- Sternal angle
- Xiphoid process
- Intervertebral discs
- Costal cartilage
- Sacroiliac joint
- Ribs
- Costoarticular joints
- Sternum (body of)
- First rib
Bones and Bony Landmarks of the Head, Neck and Face

5.5 Anterior view
Muscles of the Head, Neck and Face
Topographical Views

7.1 Anterior view of right leg

- Popliteal fossa
- Patella
- Tibial tuberosity
- Pes anserinus attachment site
- Gastrocnemius
- Tibialis anterior
- Shaft of the tibia
- Calcaneal tendon
- Lateral malleolus
- Medial malleolus
- Tendon of the tibialis anterior
- Extensor digitorum longus tendons

7.2 Posterior view of right leg
Tibial Tuberosity and Shaft of the Tibia

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Head of the Fibula

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