	Department of Biomedical Sciences **Physiotherapy Degree Programme** **Palpatory Anatomy Practices and Mobilisation Techniques Syllabus**

Academic year 2020-2021. Academic term: first and second semester of the first year

Palpatory anatomy practices and mobilisation techniques (3 ECTS)	
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Objectives	The Palpatory Anatomy and Mobilisation module aims to provide essential knowledge of anatomical landmarks in order to learn how to evaluate joints and mobilise body segments and to facilitate the observation of normal and pathological movement. The workshop will be carried out while studying anatomy, so that some of the notions learnt can be recognised in the human locomotor system. The technical skills acquired will enable the student to recognise the different structures of the locomotor system; through these skills the student will be able to apply manual therapy techniques.
Teaching methods	Guided practical workshops. The teaching material will be available on the Hunimed LMS website. At the end of each lesson, questions concerning the topics covered will be discussed and answered.
Teaching material	Slides presented in class, available for physiotherapy students on LMS. Bernard R italiana 2013 UTET.

Content

1) Explanation of the course objectives and introduction to the basic concepts of body movement. C

4) Cervical spine
Observe and evaluate the physiological movements of the cervical spine and conduct palpation, for which the students should have knowledge of the bone and muscular structures. Structures to be palpated: Bony landmarks: nuchal plane, occipital protuberance, superior nuchal line, inferior nuchal line, mastoid process, C1 transverse process, C2 spinous process, middle cervical vertebra spinous process, spinous processes T1 to T4. Muscles: scalene, sternocleidomastoid, levator scapulae and trapezius.

5) Temporomandibular joint
Observe and evaluate the physiological movements of the temporomandibular joint and conduct palpation, for which the students must have knowledge of the bone, muscular and ligamentous structures. Structures to be palpated: Bony landmarks: temporal bone, mandibular condyle. Muscles: masseter, medial and lateral pterygoid, temporal, digastric.

6) Shoulder and scapula
Observe and evaluate the physiological movements of the shoulder and scapula and conduct palpation, for which the students should have knowledge of the bone, muscular and neural structures. Structures to be palpated: Bony landmarks: suprasternal notch, sternoclavicular joint, clavicle, coracoid process, acromioclavicular joint, acromion, greater tuberosity, bicipital groove, lesser tuberosity, spine of the scapula, superior angle of the scapula, inferior angle of the scapula, lateral margin and vertebral border of the scapula. Soft tissue: rotator cuff, pectoralis major, latissimus dorsi, serratus anterior, biceps brachii, deltoid, trapezius, rhomboids, teres major muscle, triceps brachii. Nerves: median, ulnar, radial.

7) Elbow
Observe and evaluate the physiological movements of the elbow and conduct palpation, for which students should have knowledge of the bone, muscular and neural structures. Structures to be palpated: ANTERIOR Bony landmarks: medial epicondyle, ulnar border, epicondyle, radial head. Soft tissue: biceps brachii, brachioradialis, pronator teres, flexor carpi radialis, palmaris longus, flexor carpi ulnaris. POSTERIOR Bony landmarks: medial epicondyle, olecranon, ulnar border, olecranon fossa, ulnar nerve groove, epicondyle, radial head. Soft tissue: triceps brachii, extensor carpi radialis longus and brevis, extensor carpi ulnaris and extensor digitorum.

8) Wrist and hand
Observe and evaluate the physiological movements of the wrist and hand and conduct palpation, for which students should have knowledge of the bone, muscular, ligamentous and neural structures. Structures to be palpated: DORSAL PART Bony landmarks: Lister's tubercle, radial and ulnar styloid, anatomical snuffbox, scaphoid, trapezius, trapezoid, capitate, lunate, pyramidal, ulnar styloid. Soft tissue: anatomical snuffbox extensor carpi radialis longus and brevis, extensor pollicis brevis, extensor digitorum communis, extensor indicis, extensor digiti minimi, extensor carpi ulnaris. PALMAR Bony landmarks: pisiform, hamate bone. Soft tissue: palmaris longus tendon, flexor carpi radialis, transverse carpal ligament.

9) Hip and pelvis
Observe and evaluate of the physiological movements of the hip and pelvis and conduct palpation, for which the students should have