

TABLE OF CONTENTS

Rhomboids, 170, 400
Risorius, 269
Rotatores, 404
Sartorius, 476
Scalene group, 220
Semimembranosus, 470
Semispinalis, 240, 243, 404
Semitendinosus, 470
Serratus anterior, 196
Serratus posterior inferior, 399
Serratus posterior superior, 173
Soleus, 523
Spinalis, 401
Splenius capitis, 237
Splenius cervicis, 239
Sternocleidomastoid, 217
Subclavius, 205, 418
Subcostales, 417
Suboccipital group, 244
Subscapularis, 192, 308
Superior gemellus, 459
Supinator, 346
Supraspinatus, 186
Temporalis, 258
Temporoparietalis, 257
Tensor fasciae latae, 474
Teres major, 183, 308
Teres minor, 180
Thenar group, 363
Tibialis anterior, 506
Tibialis posterior, 529
Transversospinalis group, 404
Transversus abdominis, 426
Transversus thoracis, 417
Trapezius, 166, 231, 400
Triceps brachii, 309
Vastus intermedius, 480
Vastus lateralis, 480
Vastus medialis, 480
Wrist flexor group, 328
Zygomaticus major, 269
Zygomaticus minor, 269

PART 1: ASSESSMENT

Chapter 1: Introduction to Palpation, 1

1

Chapter 2: The Art and Science of Muscle Palpation, 6

2

Chapter 3: Orthopedic Assessment Testing, 19

3

PART 2: TREATMENT TECHNIQUES

Chapter 4: Draping and Basic Massage Strokes, 49

4

Chapter 5: Anatomy, Physiology, and Treatment of Trigger Points, 58

5

Chapter 6: Stretching, 73

6

Chapter 7: Body Mechanics for the Manual Therapist, 86

7

PART 3: BONE PALPATION AND LIGAMENTS

Chapter 8: Upper Extremity Bone Palpation and Ligaments, 102

8

Chapter 9: Axial Body Bone Palpation and Ligaments, 123

9

Chapter 10: Lower Extremity Bone Palpation and Ligaments, 140

10

PART 4: MUSCLE PALPATION

Chapter 11: Tour #1: Palpation of the Muscles of the Shoulder Girdle, 161

11

Chapter 12: Tour #2: Palpation of the Neck Muscles, 211

12

Chapter 13: Tour #3: Palpation of the Muscles of the Head, 251

13

Chapter 14: Tour #4: Palpation of the Muscles of the Arm, 290

14

Chapter 15: Tour #5: Palpation of the Muscles of the Forearm, 315

15

Chapter 16: Tour #6: Palpation of the Intrinsic Muscles of the Hand, 356

16

Chapter 17: Tour #7: Palpation of the Trunk Muscles, 389

17

Chapter 18: Tour #8: Palpation of the Pelvic Muscles, 438

18

Chapter 19: Tour #9: Palpation of the Thigh Muscles, 462

19

Chapter 20: Tour #10: Palpation of the Leg Muscles, 501

20

Chapter 21: Tour #11: Palpation of the Intrinsic Muscles of the Foot, 539

21

Index, 569