



Palpation Techniques

Surface Anatomy for Physical Therapists

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Description

This completely updated third edition of the award-winning Palpation Techniques is a beautifully illustrated guide with clear step-by-step descriptions that teach readers how to identify and distinguish between a multitude of underlying body structures, based mainly on palpation alone. A unique graphic technique using detailed drawings of muscles, bones, and tendons directly on the skin, which come alive in almost 900 full-color photographs along with complementary color illustrations, provides a solid understanding of the functional significance of each anatomic region. The previous edition introduced palpation techniques for the shoulder and included new photos and illustrations for the hand, hip, and foot. This third edition is upgraded with a chapter on the abdominal area and additional subchapters on further starting positions and palpation techniques of the shoulder, elbow, and hip/groin. Many new illustrations accompany these new sections.

Readers will learn how to use:

- Palpation during physical examination to localize painful, injured structures (provocative palpation)
- Joints as critical landmarks in carrying out tests and guiding manual therapy techniques
- Palpation of peripheral nerves to localize and assess sources of dysfunction and pain
- Deep soft-tissue palpation to relieve musculoskeletal pain

This outstanding book will enable physical therapy and osteopathy practitioners and students to refine their knowledge of practical anatomy further and thus optimize patient care.

This book includes complimentary access to a digital copy on <https://medone.thieme.com>.

