

Contents

Preface vii

Acknowledgments ix

1 Introduction to the Art and Science of Palpation

Definition of Palpation 1 • Goals of Palpation 2 • Psychomotor Skill of Palpation 2 • Importance of Palpation as a Component of the Examination 4 • Role of Anatomy in Palpation 5 • Palpation of Different Structures 6 • Conclusion 13

2 Skull and Face

Functions of the Skull and Face 15 • Bony Anatomy 15 • Soft Tissue Anatomy 17 • Neurovascular Anatomy 19 • Palpation 20 • Case Study 37

3 Superficial Back and Shoulder Complex

Functions of the Shoulder Girdle Complex 39 • Bony Anatomy 39 • Soft Tissue Anatomy 42 • Neurovascular Anatomy 45 • Palpation 46 • Case Study 70

4 Pectoral and Axillary Regions

Functions of the Pectoral Region 73 • Bony Anatomy 73 • Soft Tissue Anatomy 76 • Neurovascular Anatomy 77 • Palpation 79 • Case Study 97

5 Elbow and Forearm

Functions of the Elbow and Forearm 99 • Bony Anatomy 99 • Soft Tissue Anatomy 101 • Neurovascular Anatomy 104 • Palpation 105 • Case Study 134

6 Wrist and Hand

Functions of the Wrist and Hand 137 • Bony Anatomy 138 • Soft Tissue Anatomy 139 • Neurovascular Anatomy 142 • Palpation 144 • Case Study 172

7 Cervical and Thoracic Spine

Functions of the Cervical Spine, Thoracic Spine,
and Rib Cage 175 • Bony Anatomy 176 • Soft
Tissue Anatomy 178 • Neurovascular
Anatomy 182 • Palpation 184 • Case Study 201

8 Lumbar and Sacral Spine

Functions of the Lumbosacral Spine 203 • Bony
Anatomy 204 • Soft Tissue Anatomy 205 • Neurovascular
Anatomy 207 • Palpation 209 • Case Study 225

9 Hip and Groin Region

Functions of the Hip Joint 229 • Bony
Anatomy 229 • Soft Tissue Anatomy 231 • Neurovascular
Anatomy 233 • Palpation 234 • Case Study 258

10 Knee and Thigh

Functions of the Knee Joint 261 • Bony
Anatomy 261 • Soft Tissue Anatomy 263 • Neurovascular
Anatomy 265 • Palpation 265 • Case Study 288

11 Lower Leg, Ankle, and Foot

Functions of the Foot and Ankle Joints 291 • Bony
Anatomy 292 • Soft Tissue Anatomy 294 • Neurovascular
Anatomy 299 • Palpation 300 • Case Study 333

References 335

Index 341

About the Authors 349