

Advanced Palpation and Trigger Point Courses

Bones & Muscles of the Shoulder Girdle – Part A

Key Features

bone & muscle identification, location and palpation
trigger points and referred pain
comprehensive manual provided
practical & theoretical demonstration
small class sizes

Course Content

location & palpation of bony prominences:

- scapula
- clavicle
- proximal humerus
- sternum

location & palpation of muscles:

- trapezius
- latissimus dorsi
- rhomboid major & minor
- deltoid

differentiation of above muscles from surrounding muscles and structures
all trigger points and referred pain patterns from the above muscles
class participation

Course Details

Duration: 4 hours (plus 30 minute break)
Price: \$175.00

Bookings

Online Bookings: www.myofirst.com.au

Contact Details: Andrea Williams
0411 253 285
andrea.williams@myofirst.com.au
