

## Advanced Palpation and Trigger Point Courses

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### Bones & Muscles of the Lower Leg

#### 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; bones of the foot and ankle
- location & palpation of muscles; anterior compartment; posterior compartment; lateral compartment
- differentiation of above muscles from surrounding muscles and structures
- all trigger points and referred pain patterns from the above muscles
- class participation

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### Course Details

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

### Bookings

**Online Bookings:** [www.myofirst.com.au](http://www.myofirst.com.au)

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