

Advanced Palpation and Trigger Point Courses

Bones & Muscles of the Thoracic Spine and Rib Cage

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; ribs & costal cartilage, thoracic spinous processes, costovertebral joints, intercostals spaces, costal margins, paravertebral gutter
- location & palpation of muscles; serratus anterior and posterior, sternalis, intercostal muscles, thoracic erector spinae muscles
- 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

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