

## Advanced Palpation and Trigger Point Courses

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### Bones & Muscles of the Hip & Pelvis – Part B

#### 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; anterior pelvis; proximal femur
- location & palpation of muscles; piriformis, psoas, TFL, ITB
- 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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