

Advanced Palpation and Trigger Point Courses

Bones of the Knee & Muscles of the Thigh

Key Features

- 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; knee (patella and patella tendon, tibia and tibial condyles, fibula)
- location & palpation of muscles; quadriceps; hamstrings
- 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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