

SHSS5062 Principles and Practice of Joint Mobilisations: Peripheral

What can I remember from level 4?

Everything listed below is knowledge and practical competencies that you should already possess. We will not revisit these on this module but we do expect you to know them and USE them in class!

It is important that you develop a working knowledge of anatomy as a Student and Graduate Sports Therapist. It is something that will always need revisiting and refreshing no matter how long you have been practising!

LOWER LIMB

Hip

		I KNOW THIS	I NEED TO REVISE
AROM & PROM	Flexion Extension Abduction Adduction Medial Rotation Lateral Rotation		
MMTs	Rectus Femoris Iliopsoas Adductor Brevis, Adductor Longus & Adductor Magnus Glute Med & Min TFL Hamstrings (as a group over hip) Gluteus maximus		
Palpation	Anterior superior iliac spine (ASIS), Pubis symphysis, Inguinal ligament Greater trochanter, Joint line, Anterior inferior iliac spine (AIIS) Posterior superior iliac spine (PSIS), Iliac crest, All associated tendons / muscles		

Knee

		I KNOW THIS	I NEED TO REVISE
AROM & PROM	Flexion Extension Medial Rotation Lateral Rotation		

MMTs	Quadriceps (as a group) Vastus medialis obliquus (isolated) Rectus femoris Iliotibial band (TFL) Hamstrings (as a group) Popliteus Gastrocnemius		
Palpation	Head of fibula, Patella Tibial tuberosity, Tibial plateau (joint line), Condyles & Epicondyles, Ligaments All associated muscles & tendons including pes anserinus		

Foot & Ankle

		I KNOW THIS	I NEED TO REVISE
AROM & PROM	Dorsiflexion Plantarflexion ST Inversion ST Eversion MT Inversion MT Eversion		
MMTs	Tibialis anterior EHL EDL Peroneus longus and brevis (group) Tibialis posterior FHL FDL Soleus Gastrocnemius		
Palpation	Malleoli, Talocrural joint line, sub talar joint line, tarsals including navicular, cuboid & cuneiforms metatarsals heads and bases, calcaneus, phalanges, all associated muscles and tendons		

UPPER LIMB

Shoulder

		I KNOW THIS	I NEED TO REVISE

AROM & PROM	Flexion Extension Abduction Adduction/Horizontal Adduction Medial Rotation Lateral Rotation		
MMTs	Trapezius: (upper, middle & lower) Rhomboids Serratus Anterior Rotator Cuff (Supraspinatus, Infraspinatus, Teres minor, Subscapularis) Deltoid: anterior, middle & posterior fibres Pectoralis Major: clavicular & sternal fibres Latissimus Dorsi Long head of Biceps brachii Triceps Brachii		
Palpation	Acromium, A/C joint Clavicle, Sterno-Clavicular joint, Spine of scapula, Borders & angles of scapula, Long head of biceps; bicipital groove, Coracoid process, Joint Line & all associated ligaments, muscles and tendons		

Elbow

		I KNOW THIS	I NEED TO REVISE
AROM & PROM	Flexion Extension (3 Planes) Pronation Supination		
MMTs	Biceps brachii Brachioradialis Brachialis Triceps Pronator teres Supinator ECRB/ECRL ECU FCR FCU		

Palpation	Medial & Lateral epicondyles Olecranon Head of radius Annular ligament Joint line MCL & LCL All associated Muscles & Tendons (especially CETO & CFTO)		
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Wrist & Hand

		I KNOW THIS	I NEED TO REVISE
AROM & PROM	Flexion Extension Ulnar Deviation Radial Deviation *Supination *Pronation		
MMTs	Flexor Carpi Radialis Flexor Carpi Ulnaris Palmaris Longus Flexor digitorum profundus (PIP's) Flexor digitorum superficialis (DIPs) Flexor Pollucis Longus ECRB & ECRL, ECU Extensor digitorum Extensor indicis Extensor digiti minimum Extensor Pollucis Longus Extensor Pollucis Brevis Abductor Pollucis Longus Interossei Lumbricles		
Palpation	Styloids, Radio-carpo joint line, Carpal bones (including scaphoid), Carpo-metacarpal joint of thumb, Metacarpals, Phalanges, MCP & IP joints & all associated muscles & tendons		