

Creating a palpation Journal

To create a palpation journal you will need, a separate notebook, Trail Guide to the Body (4th addition w/DVD) and 3 dedicated clients. You will follow the book and DVD, and palpate each person in the areas assigned by your instructor. For each client you should have skin and fascia, boney landmarks, as well as the muscles described.

Use the following template to set up your journal:

“Exploring the skin and fascia” of the: shoulder and arm

Palpate the skin and fascia following the BOOK. You should have 3 entries, one for each person. They should be about ½ page in length EACH. Please use a separate page for EACH entry.

Exploring” boney landmark trails” of the: shoulder and arm

Palpate the boney landmarks following the BOOK. You should have 3 entries, one for each person. Make sure you describe EACH of the [palpable] boney landmarks for EACH bone. Please use a separate page for EACH entry.

Exploring the muscles of the: shoulder and arm

Palpate the muscle following the DVD (or book). Explain what YOU feel. There should be a separate entry for EACH muscle, on EACH person. Palpate only the muscles on the DVD provided with your book. If using the book, these muscles are indicated with a DVD logo on the muscle profile page along with a description of how to palpate, at the end of each muscle profile.