

Palpation List

As a sports massage therapist its vital to recognise significant landmarks on your client, to aid treatment planning and identifying any dysfunction or conditions.

SHOULDER:	ANKLE:	KNEE:	SPINE AND HIP:	ELBOW AND WRIST:
Teres Minor	Soleus	Tibialis Anterior	C1 – C7	Tricep Tendon
Teres Major	Gastrocnemius	Tibia	T1 – T12	Olecranon Process
Lateral Border of Scapula	Achilles Tendon	Tibial Tuberosity	L1 – L5	Medial / Lateral Epicondyle
Latissimus Dorsi	Calcaneus	Tibial Plateau	PSIS	Radial / Ulnar Collateral Ligaments
Inferior Angle of Scapula	Plantaris	Patellar Tendon	ASIS	Annular Ligaments
Medial Border of Scapula	5 TH Metatarsal	Head of Fibula	Sacroiliac Joint	Wrist Flexors / Extensors
Rhomboids	Talocrural Joint Line	Peroneus	Quadratus Lumborum	Radius / Ulna
Superior Angle of Scapula	Talar Dome	Medial / Lateral Collateral Ligaments	Gluteus Maximus	Interosseus Membrane
Trapezius	Navicular Ligament	Head of femoral Condoyle	Iliac Crest	Tunnel of Guyon
Spine of Scapula	Talofibular Ligament	Meniscus	Psoas Major	Radioulnar Joint
Acromion Process	Calcaneofibular Ligament	VMO / VI / RM / VL	TFL	Radial / Ulnar Styloid Process
Acromioclavicular Ligament	Medial / Lateral Malleous	Pes Anserine / Graciliis	Sartorius	Retinaculum Ligament
Deltoids	Extensor Digitorium Longus	Rectus Femoris Tendon		Scaphoid Process
Bicep Tendon	Tibalis Anterior	Superior / Inferior Pole of Patella		Metatarsals
Gleno-humeral Joint Line				Phalanges [.
Corocoid process				
Coroclavicular Ligament				
Pectoral Minor/Major				
Clavicle				
Sternoclavicular Ligament				
Sternum				