



ATR[®]

**ATHLETIC THERAPY
REHABILITATION**

HEALTHCARE TRAINING

ATR[®] Human Anatomy Palpation

Lower limb

Course content



ATR[®] Human Anatomy Palpation – Lower limb

Course content

Lumbar Spine, Pelvis and Hip

Bony landmarks:

- Iliac crest
- Spinous processes of L1-L5
- Posterior Superior Iliac Spine (PSIS)
- Sacrum
- Ischial tuberosity
- Anterior Superior Iliac Spine (ASIS)
- Iliac fossa
- Pubic tubercle
- Inguinal ligament
- Greater trochanter of the femur
- Lesser trochanter of the femur

Joint lines:

- Sacroiliac joint (SIJ)
- Pubic symphysis joints
- Hip joint

Muscles:

- Gluteus maximus
- Gluteus medius and minimus
- Piriformis
- Quadratus femoris
- Superior and inferior gemellus
- Obturator internus
- Biceps femoris
- Semitendinosus
- Semimembranosus
- Tensor fascia lata (TFL)
- Iliotibial band (ITB)
- Sartorius
- Rectus femoris
- Adductor longus and brevis
- Gracilis
- Adductor magnus
- Iliacus
- Psoas major
- Pectineus
- Quadratus lumborum



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Course content

Knee and Thigh

Bony landmarks:

- Patella (base, apex, medial and lateral borders)
- Knee joint line (medial and lateral grooves)
- Medial / Lateral condyles of the femurs
- Medial / Lateral epicondyles of the femur
- Adductor tubercle
- Medial / Lateral condyles of the tibia
- Head of the fibula
- Neck of the fibula
- Tibial tuberosity
- Pes anserinus
- Gerdy's tubercle

Joint lines:

- Patellofemoral joint
- Knee joint
- Superior tibiofibular joint

Muscles:

- Rectus femoris
- Vastus Lateralis
- Vastus Medialis
- Biceps femoris
- Semitendinosus
- Semimembranosus
- Sartorius
- Tensor Fascia Lata (TFL)
- Gracilis
- Plantaris
- Gastrocnemius
- Popliteus

Ligaments:

- Medial Collateral Ligament (MCL)
- Lateral Collateral Ligament (LCL)



ATR[®] Human Anatomy Palpation – Lower limb Course content

Lower leg and Foot

Bony landmarks:

- Shaft of the tibia
- Medial malleolus
- Sustentaculum tali
- Tuberosity of navicular
- Medial cuneiform
- Shaft of the fibula
- Lateral malleolus
- Peroneal trochlea
- Tuberosity of the base of the 5th metatarsal
- Cuboid
- Intermediate cuneiform
- Lateral cuneiform
- Body of calcaneus
- Body, neck and head of talus
- Metatarsals (head, shaft, base)
- Phalanges (distal, intermediate, proximal)

Joint lines:

- Ankle joint
- Subtalar joint
- Inferior tibiofibular joint
- Midtarsal joint
- Tarsometatarsal joints
- Metatarsophalangeal joints
- Interphalangeal joints

Muscles:

- Plantaris
- Peroneus longus and brevis (tertius)
- Extensor hallucis longus and brevis
- Extensor digitorum longus and brevis
- Tibialis anterior
- Tibialis posterior
- Flexor Digitorum Longus and Brevis
- Flexor Hallucis Longus and Brevis
- Abductor hallucis
- Abductor digiti minimi
- Gastrocnemius
- Soleus
- Plantar fascia

Ligaments:

- Anterior talofibular ligament (ATFL)
- Posterior talofibular ligament (PTFL)
- Calcaneofibular ligament (CFL)
- Anterior tibiotalar ligament
- Posterior tibiotalar ligament
- Tibionavicular ligament
- Tibiocalcaneal ligament

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