



ATR[®]

**ATHLETIC THERAPY
REHABILITATION**

HEALTHCARE TRAINING

ATR[®] Clinical MSK Palpation

Upper limb

Course flyer



DAY 1	
Time	Activity/Content
8:45 – 9:00	Registration
9:00 – 9:15	Welcome and Introduction to the course
9:15 – 9:30	Introduction to human anatomy palpation
9:30 – 11:00	Palpation of the bony landmarks of the shoulder girdle
11:00 – 11:15	Break
11:15 – 12:30	Palpation of the bony landmarks of the elbow and forearm
12:30 – 13:15	Lunch Break
13:15 – 15:00	Muscles of the shoulder girdle (Part A)
15:00 – 15:15	Break
15:15 – 17:00	Muscles of the shoulder girdle (Part B)



DAY 2	
Time	Activity/Content
9:00 – 10:00	Revision of Day 1
10:00 – 11:00	Muscles of the elbow and forearm
11:00 – 11:15	Break
11:15 – 12:45	Palpation of the bony landmarks of the wrist and hand
12:45 – 13:30	Lunch Break
13:30 – 15:30	Muscles of the wrist and hand
15:30 – 15:45	Break
15:45 – 17:00	Nerves and blood supply of the upper limb



Shoulder Girdle

Bony landmarks:

- Occipital protuberance
- Mastoid process
- Spinous processes of C2-T12
- Transverse processes of C1-C7
- Jugular notch of sternum
- Manubrium of sternum
- Body of sternum
- Xiphoid process
- Ribs 1-12
- Clavicle
- Coracoid process
- Greater and lesser tubercles
- Intertubercular/Bicipital groove
- Head of humerus
- Medial/Lateral/Superior scapular borders
- Inferior/Lateral/Superior scapular angles
- Spine and root of the spine of the scapula
- Acromion
- Supraspinous fossa
- Infraspinous fossa

Joint lines:

- Sternoclavicular (SC) joint
- Acromioclavicular (AC) joint
- Scapulothoracic joint
- Glenohumeral (GH) joint

Muscles:

- Trapezius
- Levator scapula
- Rhomboid minor and major
- Teres major
- Teres minor
- Infraspinatus
- Supraspinatus
- Subscapularis
- Deltoid
- Biceps brachii
- Coracobrachialis
- Triceps brachii
- Sternocleidomastoid
- Subclavius
- Latissimus dorsi
- Pectoralis major
- Pectoralis minor
- Serratus anterior



Elbow and Forearm

Bony landmarks:

- Shaft of the humerus
- Lateral epicondyle of humerus
- Head of radius
- Shaft of radius
- Styloid process of radius
- Lister's/Dorsal tubercle of radius
- Medial epicondyle of humerus
- Olecranon process and fossa
- Cubital tunnel
- Shaft of ulna
- Styloid process of ulna
- Head of ulna

Muscles:

- Biceps brachii
- Brachialis
- Triceps brachii
- Anconeus
- Brachioradialis
- Pronator teres
- Supinator

Joint lines:

- Humero-radial joint
- Humero-ulnar joint
- Superior radio-ulnar joint
- Inferior radio-ulnar joint



Wrist and Hand

Bony landmarks:

- Styloid process of radius
- Scaphoid (and tubercle)
- Lister's tubercle
- Head of ulna
- Lunate
- Pisiform
- Styloid process of ulna
- Triquetrum
- Trapezium (and tubercle)
- Trapezoid
- Capitate
- Hamate
- Metacarpals
- Phalanges

Joint lines:

- Radiocarpal joint
- Carpal joints
- Carpometacarpal joints
- Metacarpophalangeal joints
- Interphalangeal joints

Muscles:

- Abductor Pollicis Longus
- Extensor Pollicis Brevis
- Extensor Pollicis Longus
- Extensor Carpi Radialis Longus
- Extensor Carpi Radialis Brevis
- Extensor Carpi Ulnaris
- Extensor Digitorum
- Extensor Digiti Minimi
- Extensor Indicis
- Flexor Carpi Radialis
- Palmaris Longus
- Flexor Carpi Ulnaris
- Flexor Digitorum Superficialis
- Flexor Profundus
- Thenar and Hypothenar muscles

Course Tutor



Stavros is a Senior Lecturer in Physiotherapy and Sport Rehabilitation in the Institute of Health and Social Care at London South Bank University (LSBU), in the UK. He is leading the Functional Anatomy and Kinesiology module across the Physiotherapy, Chiropractic and Sport Rehabilitation courses.

Alongside academia, he works as Band 7 MSK Sonographer in the Radiology Department at Barking, Havering and Redbridge University Hospital NHS.

Prior to that, he worked in elite professional football as an Athletic Therapist (GSR) in the medical teams of Barnet FC, and Queens Park Rangers (QPR) FC.

Stavros serves as Deputy Editor at Ultrasound Journal of the British Medical Ultrasound Society (BMUS) and he is Accreditor at the Consortium for the Accreditation of Sonographic Education (CASE). He is the Chairman of the Greek Association of Sports Therapy and Rehabilitation (PASTaR); and serves as Committee Member in the Research and Education Committee at the World Federation of Athletic Training and Therapy (WFATT).

He is member of the British Association of Sport Rehabilitators (BASRaT); the British Association of Sports and Exercise Medicine (BASEM); and the British Medical Ultrasound Society (BMUS).

The course is accredited by



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