



ATHLETIC THERAPY
REHABILITATION
HEALTHCARE TRAINING

ATR[®] Clinical MSK Palpation

Lower 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 lumbar spine, pelvis and hip
11:00 – 11:15	Break
11:15 – 12:30	Palpation of the bony landmarks of the knee and thigh
12:30 – 13:15	Lunch Break
13:15 – 15:00	Muscles of the pelvis and hip (Part A)
15:00 – 15:15	Break
15:15 – 17:00	Muscles of the pelvis and hip (Part B)



DAY 2	
Time	Activity/Content
9:00 – 09:45	Revision of Day 1
09:45 – 11:00	Muscles of the knee and thigh
11:00 – 11:15	Break
11:15 – 12:45	Palpation of the bony landmarks of the foot and ankle
12:45 – 13:30	Lunch Break
13:30 – 15:30	Muscles of the foot and ankle
15:30 – 15:45	Break
15:45 – 17:00	Nerves and blood supply of the lower limb



ATR[®] Clinical MSK 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



ATR[®] Clinical MSK Palpation – Lower limb

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)

The image shows a person's hands palpating a human knee joint. The text 'ATR Clinical MSK Palpation – Lower limb Course content' is overlaid on the image in white font.

ATR[®] Clinical MSK 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

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).

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