

Contents

1 Basic Principles	3	Required Basic Anatomical and Biomechanical Knowledge	19
Why Do Clinicians Need In Vivo Anatomy?	3	General Orientation—Posterior	20
What Is Understood by In Vivo Anatomy in this Book?	3	Summary of the Palpatory Process	20
Where Can In Vivo Anatomy Be Used?	3	Starting Position	21
Component in the Assessment of a Joint or Section of the Spine	3	Topographical Position of the Scapula	21
Orientation before the Application of Special Assessment and Treatment Techniques	4	Medial Border of the Scapula	21
Basis for the Local Treatment of Tendons, Bursae, etc.	4	Local Palpation—Posterior	21
Clinical Relevance	4	Summary of the Palpatory Process	22
Characteristics of Palpation	4	Starting Position	22
When Is In Vivo Anatomy Applied?	5	Inferior Angle of the Scapula	22
Prerequisites	5	Medial Border of the Scapula	23
Anatomical Background	5	Superior Angle of the Scapula	23
Precise Palpation as a Process	5	Spine of the Scapula—Inferior Edge	23
Define Objectives	5	Acromial Angle	24
Preparation	5	Acromion	24
Localization	6	Spine of the Scapula—Superior Edge	25
The Reliable Result	6	Supraspinatus—Muscle Belly	26
Experience	6	Infraspinatus—Tendon and Insertion	27
Central Aspects of the Procedure	6	Local Palpation—Lateral	28
Pressure Applied during Palpation	6	Summary of the Palpatory Process	29
Palpatory Techniques	7	Lateral Edge of the Acromion	29
Palpating the Skin	7	Acromial Spine	29
Palpating Bony Edges	7	AC Joint—Anterior Approach	30
Palpating Bony Prominences	8	AC Joint—Posterior Approach	30
Palpating Muscle Bellies	8	Acromioclavicular Joint	31
Palpating the Edge of Muscles	9	Tips for Assessment and Treatment	33
Palpating Tendons	10	General Orientation—Anterior	34
Palpating Ligaments	10	Starting Position	34
Palpating Capsules	11	Supraclavicular and Infraclavicular Fossae	34
Palpating Bursae	11	Local Palpation—Anterior	35
Palpating Neural Structures	12	Summary of the Palpatory Process	35
Palpating Blood Vessels (Arteries)	13	Starting Position	35
Palpation Aids	13	Sternocleidomastoid	35
Guiding Structures	13	Medial End of the Clavicle	35
Connecting Lines	14	Sternoclavicular Joint Space	36
Supporting Measures for Confirming a Palpation ..	14	Infraclavicular Fossa	36
Marking Structures	15	Coracoid Process	36
Starting Positions for Practice (Practice SPs)	15	Tips for Assessment and Treatment	37
Study Questions	16	Local Palpation—Anterolateral	37
2 Shoulder Complex	19	Summary of the Palpatory Process	37
Significance and Function of the Shoulder Region	19	Starting Position	37
Common Applications for Treatment in this Region	19	Borders of the Coracoid Process	38
		Subscapularis Tendon	39
		Lesser Tubercle of the Humerus	39
		Intertubercular Sulcus and the Greater Tubercle of the Humerus	40
		Glenoid Cavity	41
		Supraspinatus—Insertion	42
		Study Questions	44

3 Elbow Complex	47	General Orientation on the Posterior Humerus	65
Significance and Function of the Elbow Complex ..	47	Summary of the Palpatory Process	66
Common Application for Treatment in this		Starting Position	66
Region	47	Palpating Warmth and Swelling	66
Required Basic Anatomical and Biomechanical		The Relationship between the Three Bony	
Knowledge	47	Elevations	66
General Orientation—Anterior	49	Tips for Assessment and Treatment	67
Boundaries of the Cubital Fossa	49	Study Questions	68
Local Palpation—Anterior	49		
Summary of the Palpatory Process	49	4 Hand	71
Starting Position	50	Significance and Function of the Hand	71
Humerus—Medial Shaft	50	Causes of the Diversity of Functions	
Muscle Belly and Tendons of Biceps Brachii	51	in the Hand	71
Neurovascular Bundle	51	Common Applications for Treatment in this	
Pronator Teres	52	Region	72
Brachioradialis	53	Common Pathological Conditions in the Hand	72
Proximal Radioulnar Joint	53	Required Basic Anatomical and Biomechanical	
Tips for Assessment and Treatment	53	Knowledge	73
Local Palpation—Medial	54	Axial Divisions of the Skeleton of the Hand into	
Summary of the Palpatory Process	54	Columns and their Clinical Significance	73
Starting Position	54	Triangular and Fibrocartilage Complex	74
Humerus—Medial Border	54	Construction of the Carpal Tunnel	74
Ulnar Nerve	54	Extensor Tendons and Their Compartments	75
Groove for the Ulnar Nerve and the Cubital Tunnel ..	55	General Orientation—Dorsal	76
Medial Intermuscular Septum of the Arm	55	Summary of the Palpatory Process	76
Medial Supracondylar Ridge and Medial		Starting Position	77
Epicondyle of the Humerus	55	Proximal Boundary of the Carpus	
Sites of Insertion at the Medial Epicondyle		(Radiocarpal Joint Line)	77
(Common Head, Pronator Teres)	56	Alignment of the Radiocarpal Joint Space	78
Differentiation in the Presence of Epicondylitis	57	Distal Boundary of the Carpus (Carpometacarpal	
Quick Orientation on the Forearm	58	Joint Line)	78
Tips for Assessment and Treatment	59	Tips for Assessment and Treatment	79
Local Palpation—Lateral	59	Local Palpation of the Dorsal Soft Tissues	79
Summary of the Palpatory Process	59	Summary of the Palpatory Process	80
Starting Position	59	Starting Position	80
Localization of the Most Important Osseous		Radial Fossa (Anatomical Snuffbox)	80
Structures	59	Extensor Tendons and Their Compartments	80
Humerus—Lateral Border	60	Radial Nerve, Cephalic Vein, and Radial Artery	82
Lateral Intermuscular Septum	60	Tips for Assessment and Treatment	83
Lateral Supracondylar Ridge	60	Local Palpation of the Dorsal Aspect of the	
Lateral Epicondyle and the Lateral Condyle of the		Carpal Bones	84
Humerus	60	Summary of the Palpatory Process	84
Humeroradial Joint Space and Muscle Belly of the		Starting Position	84
Anconeus	61	Carpal Bones in the Radial Column	85
Head and Neck of the Radius	61	Bones in the Anatomical Snuffbox	85
Locating the Muscles and Their Insertions	62	Tips for Assessment and Treatment	86
Localization of the Lateral Insertion		Carpal Bones in the Central Column	87
Tendinopathies	62	Boundary between the Lunate and Scaphoid	88
Brachioradialis and the Radial Nerve	62	Tips for Assessment and Treatment	88
Extensor Carpi Radialis Longus	63	Carpal Bones in the Ulnar Column	88
Extensor Carpi Radialis Brevis	63	Tips for Assessment and Treatment	90
Extensor Digitorum	64	General Orientation—Palmar	90
Extensor Carpi Ulnaris	64	Summary of the Palpatory Process	90
Tips for Assessment and Treatment—Local		Starting Position	90
Palpatory Techniques for Type II Tennis Elbow	65	Edge of the Radius	91

Local Palpation of the Palmar Soft Tissues	91	Inguinal Ligament	113
Summary of the Palpatory Process	91	Iliopsoas, Iliopectineal Bursa	114
Starting Position	92	Femoral Nerve, Artery, and Vein	114
Flexor Carpi Radialis and Tubercle of Scaphoid	92	Proximal Insertion of the Pectineus	115
Radial Artery	92	Proximal Insertion of the Adductor Longus	115
Flexor Pollicis Longus	92	Gracilis	116
Summary of all Radial Structures	93	Tips for Assessment and Treatment	116
Palmaris Longus	93	Study Questions	117
Flexor Digitorum Superficialis	93	6 Knee Joint	121
Flexor Carpi Ulnaris and Pisiform	93	Significance and Function of the Knee Joint	121
Ulnar Artery and Nerve	93	Common Applications for Treatment in this Region	122
Summary of All Ulnar Structures	94	A Selection of Possible Symptoms	122
Tips for Assessment and Treatment	94	Common Assessment and Treatment Techniques	122
Local Palpation of the Palmar Aspect of the Carpal Bones	94	Required Basic Anatomical and Biomechanical Knowledge	122
Summary of the Palpatory Process	94	Construction of the Femorotibial Joint	122
Starting Position	95	Construction of the Patellofemoral Joint	123
Pisiform	95	Palpating Edema and Increase in Temperature	123
Hook of Hamate	96	Summary of the Palpatory Process	123
Scaphoid	96	Starting Position	124
Trapezium	97	Large Effusion	124
Transverse Carpal Ligament and the Carpal Tunnel	97	Medium-sized Effusion	124
Median Nerve, Position	98	Minimal Effusion	124
Tips for Assessment and Treatment	98	Palpating an Increase in Temperature	125
Study Questions	100	Local Palpation—Anterior	125
5 Hip and Groin Region	103	Summary of the Palpatory Process	125
Significance and Function of the Hip and Groin Region	103	Starting Position	125
Common Applications for Treatment in this Region	103	Base of the Patella	127
Common Pathological Conditions in the Hip	103	Edges of the Patella	127
Required Basic Anatomical and Biomechanical Knowledge	103	Apex of the Patella	127
Bone Anatomy	104	Patellar Ligament, Differentiation	128
Femoral Neck Anteversion Angle	104	Tibial Tuberosity	128
Relevant Anterior Soft Tissues	105	Tips for Assessment and Treatment	129
Relevant Posterior Soft Tissues	106	Local Palpation—Medial	130
Local Palpation—Posterior	106	Summary of the Palpatory Process	130
Summary of the Palpatory Process	106	Starting Position	130
Starting Position	106	Boundaries of the Joint Space	131
Greater Trochanter	106	Medial Epicondyle of the Femur	132
Femoral Neck Anteversion Angle, Measurement	107	Adductor Tubercle and the Tendon of Adductor Magnus	132
Ischial Tuberosity	108	Saphenous Nerve	133
Hamstrings	108	Medial Collateral Ligament	133
Tips for Assessment and Treatment	109	Pes Anserinus Muscle Group	135
Local Palpation—Anterior	109	Tips for Assessment and Treatment	135
Summary of the Palpatory Process	110	Local Palpation—Lateral	137
Starting Position	110	Summary of the Palpatory Process	137
Lateral Femoral Triangle	110	Starting Position	138
Sartorius	110	Boundaries of the Joint Space	138
Tensor Fasciae Latae	111	Iliotibial Tract	139
Rectus Femoris	112	Gerdy Tubercle	140
Medial Femoral Triangle	113	Lateral Epicondyle of the Femur	141
Sartorius	113	Head of the Fibula	141
Adductor Longus	113	Lateral Collateral Ligament	141
		Biceps Femoris	142

Common Peroneal Nerve	142	Palpation of the Posterior Foot	175
Tips for Assessment and Treatment	143	Summary of the Palpatory Process	175
Local Palpation—Posterior	144	Starting Position	175
Summary of the Palpatory Process	144	Borders of the Achilles Tendon	175
Starting Position	144	Insertion of the Triceps Surae	176
Neural Structures in the Popliteal Fossa	145	Palpation of the Tendon	177
Biceps Femoris	146	Study Questions	179
Pes Anserinus Muscle Group	146	8 Soft Tissues	183
Tips for Assessment and Treatment	147	Significance and Function of Soft Tissues	183
Study Questions	148	Common Applications for Treatment	183
7 Foot	151	Required Basic Anatomical and Biomechanical	
Significance and Function of the Foot	151	Knowledge	183
Function	151	Summary of the Palpatory Process	184
Special Characteristics of the Bony Construction	151	Extent of the Palpation	184
Special Biomechanical Characteristics	151	Criteria for Palpation	184
Common Symptoms in the Foot	152	Method and Techniques of the Palpatory Process	185
Required Basic Anatomical and Biomechanical		Starting Position	186
Knowledge	152	Difficult and Alternative Starting Positions	186
Palpating the Medial Border of the Foot	154	Neutral Starting Position: Sitting	187
Summary of the Palpatory Process	154	Neutral Starting Position: Side-lying	187
Starting Position	154	Palpation Techniques	187
Medial Malleolus	154	Palpating the Surface of the Skin	188
Sustentaculum Tali	155	Palpating the Quality of the Skin (Turgor)	188
Neck of the Talus	155	Palpating the Consistency of Muscle	
Posterior Process of the Talus (Medial Tubercle)	156	(Assessment of Muscle Tension)	189
Tendon of Tibialis Posterior	156	Tips for Assessment and Treatment	191
Navicular Tuberosity	157	Differentiating between Tissues	191
Position of the Medial Ligaments	157	Interpreting the Findings of Skin Surface	
Tendon of the Flexor Digitorum Longus	158	Palpation	192
Tendon of the Flexor Hallucis Longus	158	Interpreting the Skin Consistency (Turgor)	
Tibial Artery and Tibial Nerve	158	Palpation Findings	192
Tendon of the Tibialis Anterior	159	Interpreting the Muscle Consistency	
Joint Spaces on the Medial Border of the Foot	159	(Tension) Palpation Findings	192
Tips for Assessment and Treatment	161	Examples of Treatment	193
Palpating the Lateral Border of the Foot	162	Lumbar Functional Massage in the Prone Position	193
Summary of the Palpatory Process	163	Lumbar Functional Massage in Side-lying	194
Starting Position	163	Functional Massage of the Trapezius in Side-lying	196
Lateral Malleolus	163	Functional Massage of the Trapezius in the Supine	
Peroneal Trochlea	163	Position	198
Base of the Fifth Metatarsal	164	Study Questions	199
Peroneus Longus and Brevis	164	9 Posterior Pelvis	203
Calcaneocuboid Joint	165	Significance and Function of the Pelvic Region	203
Fourth/fifth Metatarsal—Cuboid Joint Space	166	Common Applications for Treatment in this	
Dimensions of the Cuboid	167	Region	203
Position of the Lateral Ligaments	167	Required Basic Anatomical and Biomechanical	
Anterior Tibiofibular Ligament	168	Knowledge	205
Tips for Assessment and Treatment	169	Gender-based Differences	206
Palpating the Dorsum of the Foot	170	Coxal Bone	207
Summary of the Palpatory Process	170	Sacrum	207
Starting Position	170	The Pelvic Ligaments	209
Joint Space of the Ankle	170	The Sacroiliac Joint	210
Neck and Head of the Talus	171	Sacroiliac Joint Biomechanics	211
Blood Vessels on the Dorsum of the Foot	172	Ligament Dynamization in the Sacroiliac Joint	212
Neural Structures on the Dorsum of the Foot	172		
Tips for Assessment and Treatment	173		

Summary of the Palpatory Process	213	Common Applications for Treatment in this Region	242
Palpatory Techniques for Quick Orientation on the Bones	214	Required Basic Anatomical and Biomechanical Knowledge	243
Starting Position	214	Anatomical Definitions	243
Iliac Crests	214	Shape of the Inferior Lumbar Vertebrae and Intervertebral Disks	244
Greater Trochanter	215	Detailed Anatomy of Bony Structures	245
Sacrum	216	Detailed Anatomy of the Ligaments	248
Ischial Tuberosity	217	Detailed Anatomy of the Muscles	252
Palpatory Procedure for Quick Orientation on the Muscles	217	Basic Biomechanical Principles	256
Starting Position	217	Summary of the Palpatory Process	258
Gluteus Maximus	217	Starting Position	258
Gluteus Medius	220	Difficult and Alternative Starting Positions	259
Iliotibial Tract	220	Palpation Techniques	259
Local Palpation Techniques	221	Orienting Projections	259
Summary of the Palpatory Procedure	221	Local Bony Palpation	260
Starting Position	221	Tips for Assessment and Treatment	264
Ilium—Iliac Crest	221	Test for Rotation (Transverse Vertebral Pressure)	264
Ilium—Posterior Superior Iliac Spine	222	Posteroanterior Segmental Joint Play	265
Sacrum—S2 Spinous Process	224	Palpation during Flexion and Extension Movements	266
Sacrum—Median Sacral Crest	225	Anteroposterior Segmental Joint Play	266
Sacrum—Insertion of the Multifidus	225	Local Segmental Mobility Using Coupled Movements	267
Sacrum—Sacral Hiatus	226	Training the Multifidus	268
Sacrum—Sacrococcygeal Transition	226	Study Questions	269
Sacrum—Inferolateral Angles of the Sacrum	227	11 Thoracic Spine and Thoracic Cage	273
Sacrotuberous Ligament	228	Significance and Function of the Thoracic Region	273
Long Posterior Sacroiliac Ligament	228	Protective Function	273
Orienting Projections	229	Supportive Function	273
Posterior Inferior Iliac Spine	229	Junction between the Cervical and Lumbar Spines	273
Sacroiliac Joint Projection	229	Respiration	273
Piriformis	230	How Does this Affect Palpation?	274
Sciatic Nerve and the Gluteals	231	Common Applications for Treatment in this Region	274
Local Palpation of the Pelvic-Trochanter Region	233	Required Basic Anatomical and Biomechanical Knowledge	275
Region of the Greater Trochanter and Ischial Tuberosity	233	Functional Divisions in the Thoracic Spine	275
Trochanteric Bursa	233	Anatomical Characteristics of the Thoracic Spine	276
Measuring the Femoral Neck Anteversion Angle	234	Thorax	278
Insertions on the Trochanter	234	Thoracic Back Muscles	282
Width of the Gap between the Pelvis and the Greater Trochanter	235	Summary of the Palpatory Process	284
Ischial Tuberosity and Sciatic Bursa	236	Starting Position	284
Palpating Muscle Activity in the Pelvic Floor Muscles	236	Difficult and Alternative Starting Positions	284
Tips for Assessment and Treatment	237	Posterior Palpation Techniques	284
Study Questions	238	Cervicothoracic Junction in the Sitting Starting Position	285
10 Lumbar Spine	241	Cervicothoracic Junction in the Prone Starting Position	292
Significance and Function of the Lumbar Spine	241	Posterior Palpation in the Prone Starting Position	294
Supporting the Weight of the Body	241	Tips for Assessment and Treatment	297
Spatial Alignment of the Upper Body	241		
The Importance of Stability for Standing and Lifting	241		
Movement in the Trunk	241		
Development of Energy Needed for Locomotion	242		
Junction between the Rigid and Mobile Vertebral Column	242		

Anterior Palpation Techniques	302	Anterior Palpation Techniques	361
Anterior Palpation in the Sitting Starting Position . .	302	Anatomy	362
Anterior Palpation in the Supine Starting Position . .	304	Hyoid Bone—Lamina C3	362
Thoracic Palpation in the Side-lying Starting Position	306	Thyroid Cartilage (Indentation)—Lamina C4	363
Tips for Assessment and Treatment	306	Thyroid Cartilage (Lateral Surfaces)— Lamina C5	363
Study Questions	313	Cricoid Cartilage—Lamina C6	363
12 Cervical Spine	317	Carotid Tubercle	364
Significance and Function of the Cervical Spine	317	Jugular Notch—T2 Spinous Process	365
Common Applications for Treatment in this Region	317	Study Questions	366
Required Basic Anatomical and Biomechanical Knowledge	318	13 Head and Jaw	369
Sections of the Cervical Spine	318	<i>Wolfgang Stelzenmueller</i>	
Anatomy of the Lower Cervical Spine	318	Introduction	369
Lower Cervical Spine Biomechanics	320	Significance and Function of the Temporomandibular Joint	369
Anatomy of the Occiput and the Upper Cervical Spine	322	Common Applications for Treatment in this Region	369
Ligaments of the Cervical Spine	324	Required Basic Anatomical and Biomechanical Knowledge	369
Biomechanics of the Upper Cervical Spine	326	Anatomy of the Bony Skull	370
Posterior Muscles	327	Dividing the Head into Regions	370
Anterior and Lateral Muscles	329	Overview of the Frontal Aspect of the Viscerocranium	370
Nerves and Blood Vessels	331	Palpation of the Bony Skull	370
Summary of the Palpatory Process	332	Frontal Aspect of the Viscerocranium	370
Starting Position	332	Lateral Aspect of the Skull	371
Difficult and Alternative Starting Positions	334	The Jaw—Temporomandibular Joints	371
Posterior Palpation Techniques	334	Required Basic Knowledge of Topography and Morphology	372
Occiput	334	Biomechanics of the Temporomandibular Joint	372
Suboccipital Fossa and Ligamentum Nuchae	335	Assessing Deviations from the Mid-line during Mouth Opening	373
C2 Spinous Process	337	Palpating the Temporomandibular Joints	374
Spinous Processes of the Lower Cervical Spine	338	Summary of the Palpatory Process	374
Facet Joints	339	Assessment of the Clicking Phenomenon during Active Mouth Opening	375
Muscles, Suboccipital Nerves, and Blood Vessels . . .	342	Palpatory Examination of the Jaw Muscles	375
Tips for Assessment and Treatment	346	Summary of the Palpatory Process	375
Test for the Alar Ligaments	347	Masseter	376
Identifying the Level of Chronically Irritated Intervertebral Disks	349	Medial Pterygoid Muscle	377
Functional Massage	349	Lateral Pterygoid Muscle	378
Lateral Palpation Techniques	350	Temporalis	380
Angle of the Mandible	351	Anterior and Posterior Bellies of the Digastric	382
C1 Transverse Process	352	Study Questions	385
C2 and C3 Transverse Processes	353	Bibliography	387
Boundaries of the Posterior Triangle of the Neck . . .	353	Index	391
Occipital Triangle of the Neck	357		
Supraclavicular Triangle of the Neck	358		
Tips for Assessment	360		