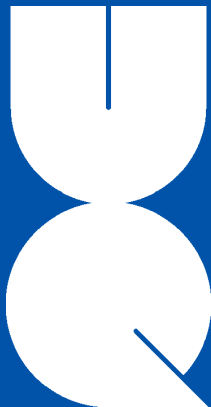


# THE LOWER LIMB

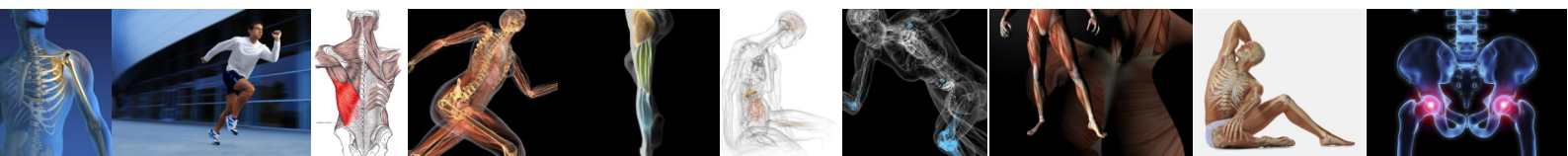
FOR THERAPISTS



## Anatomical Skills Workshop

School of Biomedical Sciences

THE UNIVERSITY OF QUEENSLAND



# THE LOWER LIMB FOR THERAPISTS

CLINICAL FUNCTIONAL ANATOMY FOR THERAPISTS



## COURSE CONTENT

**The Lower Limb for Therapists**<sup>®</sup> provides an overview of the anatomy of the lower limb, with an emphasis on clinically relevant functional anatomy and critical evaluation of therapeutic interventions.

This course is a hands-on workshop where participants will view and be encouraged to handle human anatomical specimens and models. This course will focus on the pelvic girdle, thigh, leg and foot, investigating both the individual anatomy, and their combined functional anatomical aspects.

### Lower Limb Anatomy

Dissected human specimens will allow participants to view the superficial and deep musculoskeletal structures of the lower limb, observing muscle compartments, vasculature, innervation, and lymphatic drainage.

Dissected joints will be used to examine extra and intra-capsular elements including ligaments and discs.

Functional anatomy will be reviewed through investigation of muscle origins and insertions, muscle type, and joint classification.

Dissected specimens will allow observation and inspection of different examples of fascia. The role and functional impact of fascia will be reviewed in light of the current literature.

Participants will review the surface anatomy of, and palpation techniques pertaining to, the trunk and lower limb, and undertake functional palpation of the lower back, pelvic girdle and lower limb.

### Gateways

The anatomical boundaries and contents of the major gateways of the lower limb will be investigated, including the gluteal region, femoral triangle, adductor hiatus, popliteal fossa, lateral knee, medial ankle, and dorsal foot. The surface anatomy and palpation of bony landmarks will be reviewed. The impact of gateway contents and boundaries on a therapist's technique in these areas will be discussed.

### Specific Problems, Injuries, and Syndromes

Dissected human specimens will allow participants to examine the anatomical basis of common clinical syndromes and common conditions, including shin splint, stress fractures, sprains, ITB syndrome, tendinitis and fasciitis, compartment syndrome, gait disturbances, piriformis syndrome, muscle soreness, strains, muscle tears, fibromyalgia, and chronic fatigue syndrome.

Critical analysis of the efficacy of common therapeutic interventions, such as patient positioning and recommended techniques, will be discussed in terms of the presenting anatomy.

## COURSE OBJECTIVES

*On completing the course, participants will appreciate:*

- the importance of surface anatomy and palpable bony landmarks in improving the reliability of palpation skills and massage techniques
- the axial and appendicular skeleton associated with the lower limb, with particular emphasis on surface anatomy of palpable bony landmarks, muscle and musculotendinous structures
- the significance of the structure and function of muscles, tendon and fascia
- the major muscle groups of the lower limb, including origins and insertions
- the anatomical basis for massage techniques and positioning

## PRE- AND POST-COURSE SUPPORT

Participants will be provided with pre-course material to enhance their learning experience and will have access to a University of Queensland Anatomist for 1 month following completion of the course.

A Certificate of Achievement is issued to participants who successfully complete the assessment for this course.

## THE COURSE FEES

The fee for completing all modules is \$175 plus GST. This fee covers course materials, Personal Protective Equipment (PPE), and light refreshments.

## MORE INFORMATION

Please contact our CPD Program Manager and visit our website to learn more about our continuing professional development offerings:

**Email:** [sbmscpdinfo@uq.edu.au](mailto:sbmscpdinfo@uq.edu.au)

**Web:** [www.uq.edu.au/sbms/continuing-professional-development](http://www.uq.edu.au/sbms/continuing-professional-development)

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