

# Course Description

While healthcare is an evolving field, clinical anatomy is one of the cornerstones of patient examination that remains the same. Knowledge of muscle origins, insertions, innervations, and actions paired with a structured palpation examination often results in a clinical diagnosis, which may then be confirmed with special tests or diagnostic imaging. This course will provide healthcare providers with the ability to conduct thorough palpation examinations of the upper extremity, spine, and lower extremity that will enable patient diagnosis, determination of the need for additional diagnostic testing, and generation of a treatment plan.

# Course Objectives

1. Accurately palpate bony landmarks, muscles, ligaments, and pulses of the upper extremity, spine, and lower extremity.
2. Generate differential diagnoses lists based on palpation examinations that allow for further hypothesis-driven assessment.
3. Recognize when additional special tests or diagnostic testing or imaging is required for diagnosis and/or treatment planning.

**Who Should Attend:** This weekend course will be open to physicians, physician assistants, physical therapists, physical therapy assistants, athletic trainers, and nurse practitioners.

**Recommended Textbook:** Biel A. Trail Guide to the Body. 5<sup>th</sup> Edition. Available on Amazon.com.

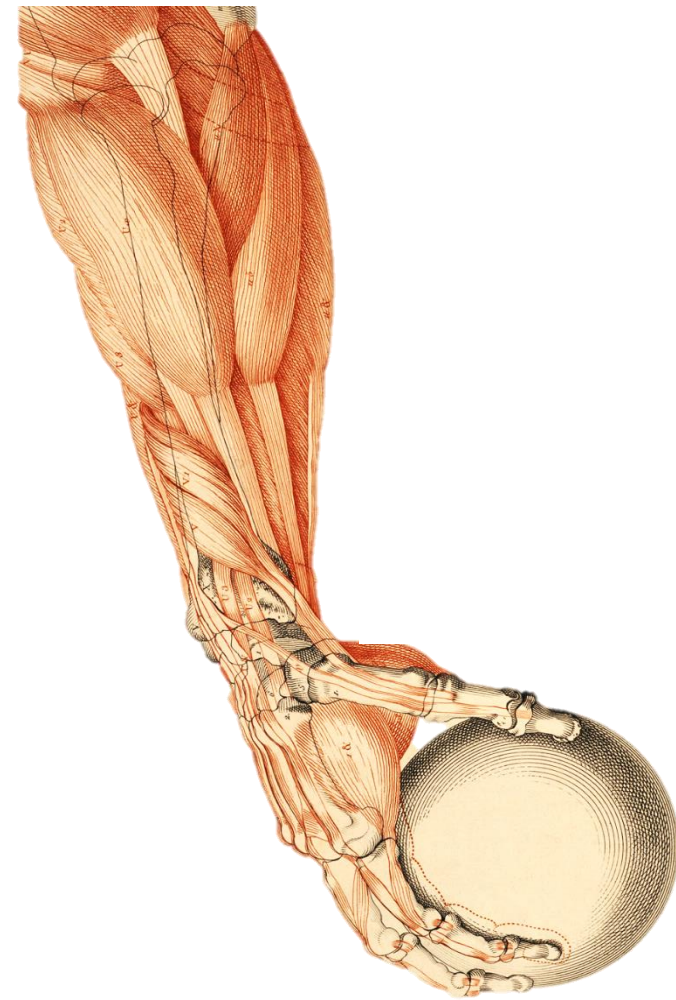
**Early Bird Registration \$235/person**  
**Standard Registration \$295/person**

# Instructor Biographies

**Dr. Megan Sions, PhD, DPT, OCS:** Dr. Sions currently teaches in the Doctoral of Physical Therapy Program at the University of Delaware in the Clinical Gross Anatomy, Functional Biomechanics, Musculoskeletal Evaluation, and Spine Management courses. She has been teaching palpation in the Clinical Gross Anatomy course since 2009. Dr. Sions received her MPT from West Virginia University in 2004, her DPT from Temple University in 2009, and her PhD in Biomechanics in 2012. She became an Orthopaedic Certified Specialist through the American Board of Physical Therapy Specialties in 2008. She currently practices as a physical therapist and serves as a residency mentor for physical therapists in the University of Delaware Physical Therapy Clinic. She maintains an active research agenda in evaluation and treatment of spine-related disorders.

**Dr. Joseph Zeni, PhD, PT:** Joseph Zeni is an Assistant Professor in the Department of Physical Therapy at the University of Delaware. He leads the Anatomy coursework within the Doctoral of Physical Therapy Program and is the primary instructor of the Clinical Gross Anatomy, Functional Anatomy and Biomechanics, and Advanced Regional Anatomy courses. Dr. Zeni has been involved in anatomy instruction at the University of Delaware since 2007. He has a strong research focus in the area of biomechanics of lower extremity pathologies. He is the Principal Investigator on several outcomes studies that evaluate functional and biomechanical recovery after total hip and knee replacement.

For full instructor CVs visit <http://www.udel.edu/PT> (Faculty Directory tab)



# Application of Clinical Anatomy

***Let Palpation Drive Your Clinical Examination***  
A 2-day Continuing Education Course

JULY 11-12

**PT CEU's Pre-Approved in MD & DE**  
**PT CEU Approval Pending in PA**  
**AT CEU Approval Pending in DE**

University of Delaware Department of Physical Therapy

# Agenda *Day 1*

- 7:30-8:00 Registration/Breakfast
- 8:00-8:05 Introduction
- 8:05-8:45 Scapula & Shoulder: Lecture
- 8:45-9:05 Nerve & Blood Supply Upper Extremity
- 9:05-9:20 Break
- 9:20-9:25 Palpation Tips
- 9:25-11:00 Scapula & Shoulder: Hands-on Instruction
- 11:10-11:30 Patient Case: Upper Extremity
- 11:30-12:00 Elbow & Forearm: Lecture
- 12:00-1:00 LUNCH BREAK (Not Provided)**
- 1:00-2:00: Elbow & Forearm: Hands-on Instruction
- 2:00-2:15 Break
- 2:15-2:45 Wrist & Hand: Lecture
- 2:45-3:30 Wrist & Hand: Hands-on Instruction
- 3:30-3:45 Patient Case: Upper Extremity
- 3:45-4:00 Break/Change for Cadaver
- 4:00-5:00 Cadaver Lab



# Agenda *Day 2*

- 7:30-8:00 Check-In/ Breakfast/Questions & Palpation Confirmation
- 8-8:10 Round Robins: Upper Extremity
- 8:10-8:30 Cervical, Thoracic, Lumbopelvic Lecture
- 8:30-9:15 Cervical: Hands-on Instruction
- 9:15-9:30 Break
- 9:30-10:45 Thoracic & Lumbopelvic: Hands-on Instruction
- 10:45-11:00 Patient Cases: Spine
- 11:00-11:15 Break
- 11:15-12:00 Hip, Knee, Ankle, and Foot Lecture
- 12:00-12:15 Nerve & Blood Supply of Lower Extremity Lecture
- 12:15-1:15 LUNCH BREAK (Not Provided)**
- 1:15-2:50 Hip, Knee, Ankle, & Foot: Hands-on Instruction
- 2:50-3:10 Patient Cases: Lower Extremity
- 3:10-3:20 Round Robins: Spine & Lower Extremity
- 3:20-3:35: Break/Change for Cadaver Lab
- 3:35-5:00 Cadaver Lab



# To Register



**Register and pay online at:**  
<http://udptclub.wix.com/palpation>

**Or by mail:**

**Checks payable to:** University of DE PT Club  
*\*All proceeds support UD DPT student's fundraising efforts for the **Foundation for Physical Therapy***

**Mail check and registration form to:**

Nick Milton  
University of Delaware Dept. of Physical Therapy  
540 S. College Avenue  
Newark, DE 19713  
Fax: 302-831-4234  
nmilton@udel.edu

## Registration Form

Name: \_\_\_\_\_  
Occupation: \_\_\_\_\_  
Facility: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
E-mail: \_\_\_\_\_

**Early Bird Registration (before June 11, 2015):**  
**\$235/person**  
**Standard Registration (including Day of course):**  
**\$295/person**