

Ignite Your Students' Passion for Palpation

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Books of Discovery



TIPS & REMINDERS FOR INSTRUCTORS

Unlike subjects that lend themselves to more of a lecture presentation, palpatory anatomy is best facilitated by teachers-turned-tour guides. As a teacher, you have the opportunity to lead students on a journey. You can direct students' efforts and watch for those who lag behind. You can also initiate teamwork among students and help the class travel as a strong, cohesive group. Whether helping students who lack energy or simply need assurance that they are on the "right" path, you have much to consider and do while guiding students to their final destination.

Words of encouragement and respect from a teacher can promote the perfect climate for students to study, learn and grow. Like students, teachers can also benefit from a little guidance when they enter the classroom. Whether these tips are new to you or reflect your expertise, consider them food for thought as you facilitate your students' learning process.

Starting On the Right Foot

Most students approach their first class with a healthy mixture of excitement and anxiety. It is important to provide them with accurate information about who you are as a teacher and what will be expected of them as students. Consider designing your first session in a way that provides students with what they need to succeed both in and outside of the classroom.

A Quiet Example

Since palpation is a kinesthetic experience, you might consider spending a few minutes before class (while students are filtering into the room) gently stretching your body. Musing informally about your last class or posing warm-up questions while reaching for the ceiling or stretching your low back invites students to join in as they choose. Your example will speak volumes - demonstrating to students one way that they can take care of their bodies and warm up their brains at the same time.

Give Them What Their Hands Need

Providing your students with time to review earlier information will deepen their initial encounters and build their confidence for later experiences. Be sure to provide your students with opportunities to repeat and review palpatory experiences.

Faking It

Some palpation exercises can be nebulous and discouraging. Not wanting to look incompetent or slow the class down, students will fake it, "Oh, yeah. I feel it...sure." This is understandable, but not acceptable or useful. Students need to know from you that it is safe for them to admit what they do not know. Create an encouraging environment where students can share their learning, their confusion and ask "dumb" questions.

The Panic-Poke Response

Students with limited palpatory experience may have difficulty locating certain landmarks or structures. In their frantic attempt to locate something - anything - they begin to squeeze, rub or poke their partner's body tissue. Students often jab and mash their partners unmercifully until they locate something that resembles the intended structure. When this occurs, ask the student to step away from the table, take a few deep breaths and return to the palpatory exercise.

Challenge

Giving students a chance to try something new helps them expand their horizons, build their confidence and remind them that there is more than one way to palpate a structure. Challenging students to try less popular techniques - fingers instead of thumbs or supine instead of prone - adds depth to their understanding and skill.

Patience

It is easy for practitioners and teachers to forget what it was like to be a novice. Pushing students to learn too much information too quickly or in a way that satisfies your classroom agenda can hinder successful learning. Teachers who can demonstrate patience and compassion during the learning process not only create a safe and supportive learning environment, but model qualities that will be emulated by their students in the classroom and beyond.

A Good Start and a Strong Finish

Students tend to remember the first and the last moments in class. That said, consider beginning class by introducing the topic of the day followed by outlining the activities that will help students learn and execute that plan. At the end of class, include 5-10 minutes for student questions, and use those inquiries to review the information covered throughout the session. Ending class in this way will place an exclamation mark where a question mark or period otherwise might have been.

Sticky Tissue

Dense, adhered tissue can challenge the palpatory skills of even the most experienced practitioner. If this occurs in class, shift the palpating student to another partner where he can continue to practice the exercise. Then bring him back to his original partner to apply his new skills. This way he can gain insight into the differences of tissues while developing confidence as a practitioner.

Frustration and Learning

Fear, doubt and feelings of frustration are all part of the learning process. Although frustration does not prevent learning, it does intensify the experience and sometimes camouflages other feelings below the surface. Meeting with a student who appears overwhelmed or confused gives you a chance to engage with him about his progress and provides you with insight into what's really going on. This makes it possible for you to offer him guidance or refer him to tutoring programs or other out-of-class resources that can help him achieve success.

TIPS & REMINDERS FOR STUDENTS

Just as a golf instructor might recommend a particular club, stance or swing, you have the opportunity to offer students a few tips and reminders as they develop their palpation skills. These simple, seemingly obvious cues can turn a potentially frustrating situation (such as not being able to locate a specific structure) into an inspirational moment that motivates students to keep practicing.

Breathe

Stress happens - especially during learning experiences. Breathing supports relaxation and, besides keeping us alive, makes it possible for us to learn.

Be Receptive

Palpation is more than just locating a structure. It is about exploring its placement, shape, texture and the relationship it has with surrounding structures. Try closing your eyes. Now allow your hands and fingers to experience the contours, temperature and structures of your partner's body. This can bring new discoveries to your awareness while allowing your hands to "see."

Soft and Sensitive

Reaching different structures - at various levels of palpation - is not accomplished through pressure but rather through intention. To gain depth, try placing one of your hands on top of the other, using the top hand to create pressure and stability while the bottom hand stays soft and sensitive to the tissues below. A slow and soft hand can help you move deeper into the tissue and reach structures more easily.

Just Because You Were Born With A Trapezius...

...doesn't mean that you will be able to locate it on yourself or on another person's body the first time you try. Be patient and keep trying. You might even find that making a wrong turn or getting lost will actually help you find what you are looking for.

Sculpting, Rolling and Strumming

Making full hand contact and sculpting (accessing all sides and edges of a muscle or bone) can help you define its shape and its relationship with surrounding structures. Rolling your fingers or thumb across rather than along the surface of a bone can help outline a structure's shape. When ascertaining the direction of a muscle's fibers or its tensile state, try strumming the muscle.

Reading Aloud

Just like learning a new language, hearing the words from *Trail Guide* as you read out loud increases your learning and retention.

Consult With Your Student Partners

Your fellow classmates are guinea pigs who are happy to share. Inquire about your pressure, depth and your palpation skills in general.

Sensitive Areas

Although it may go without saying, regions such as the groin and axilla require a slow, deliberate touch.

Changing Position

Your “supine” partner can turn over or lay on her side; different positions allow for better access to palpate certain structures.

Self-Palpation

Palpating yourself can make it easier to locate structures on others. Besides, your body is the one cheat sheet you can bring along during tests and quizzes.

LEARNING STYLES WEBSITES

Gregoric Style Delineator

<http://gregorc.com/instrume.html>

Kolb's LSI

<http://www.learningfromexperience.com/assessment-tools/>

VARC

<http://www.vark-learn.com/english/page.asp?p=questionnaire>

Myers Briggs

<http://www.myersbriggs.org/my%2Dmbti%2Dpersonality%2Dtype/take%2Dthe%2Dmbti%2Dinstrument/>

Color assessment

<http://www.truecolorspersonalitytest.com/what-is-true-colors-personality.htm>

Hunny and Mumford

<http://www.mftrou.com/honey-mumford.html>

MindMedia.com

http://mindmedia.com/links/personality_tests_learning_styles.html

LESS IS MORE EXERCISE

Cornstarch and Water demonstration

You will need

Cornstarch

Tap water

Small mixing bowl (or thick freezer bag)

Mixing fork or spoon

- Put approximately 1 cup of cornstarch into the bowl. You want about 1-inch thickness so using a small bowl is beneficial
- Begin adding water – 8 to 10 TBLS at a time
- Every time you add water, manually mix the 2 ingredients together
- Continue to add water as required to create a gel-like material and a more solid product below the surface. You will need to perform the experiment periodically to know if you have the correct consistency.
- Water will continue to be slowly absorbed into the cornstarch for the next hour or so

If a student “jams” a thumb into this mixture, the material will resist deep penetration. If, however, the student pushes the thumb in slowly, to merge and melt into the material, the thumb will be able to travel all the way down to the bottom of the container with little or no effort.

You can also use a thick freezer bag instead of a bowl. Once you get the right consistency in the bag, you can zip the bag shut and bring it into class. This allows the student to experience the exercise without the mess. As with the bowl, the water will continue to be absorbed and evaporate but the correct consistency will be maintained in the plastic bag a bit longer.

PALPATION CIRCLE OR ROUND ROBIN EXERCISE

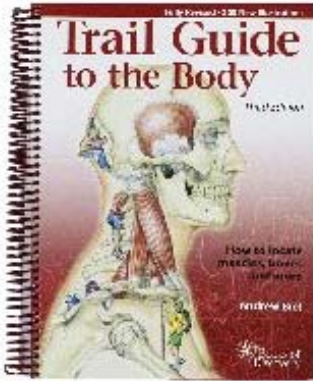
Practicing palpation on a variety of body types is imperative for the development of solid hands-on skills. The palpation circle exercise is an indispensable learning activity that gives students the chance to instantly feel the differences between bodies:

Directions

- Make sure that the massage tables are arranged in a way that allows practitioners to move easily from one table to the next.
- Ask students to partner-up and find a table. One student will be on the table as the “client” while the other is the “practitioner.”
- Have the practitioners palpate a specific structure on their clients (e.g., the tibialis anterior). Encourage the practitioners to get the sense of size, texture and the tension of the muscle.
- Request that the practitioners shift clockwise to the next table in a round robin fashion and explore the same structure on their new client. (Paper towels and antibacterial gel should be used between partners.) Ask the practitioners if they notice any differences between the two individuals they have palpated.
- Finally, have the practitioners move once again and repeat.

Books of Discovery Product Line

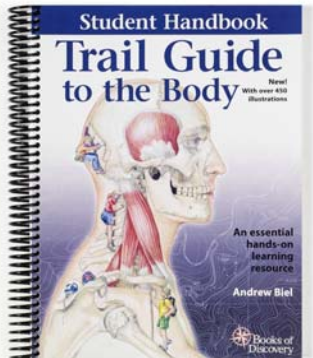
Visit our website, www.booksofdiscovery.com to see samples of all our products.



Trail Guide to the Body textbook

Before you can assess or treat a muscle, you must first be able to locate it on the body. This acclaimed book is designed as a hands-on tour that will teach you to palpate the body's structures with ease and precision. With 420 pages and 1,100 illustrations covering more than 144 muscles, 206 bones, 30 ligaments and 110 bony landmarks, this text provides an invaluable map of the body.

This book is translated into [Korean](#), [Japanese](#) and [Spanish](#).

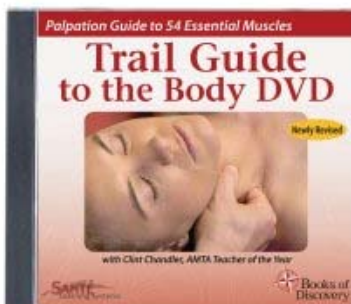


Trail Guide to the Body Student Handbook

This workbook follows the chapters and structures as they are arranged in the *Trail Guide to the Body* textbook. It contains 220 pages and 450 illustrations.

It offers a variety of questions and exercises including fill-in-the-blanks, drawings to color, illustrations and matching exercises. This handbook is a fun learning tool that will test students *Trail Guide* knowledge as well as prepare them for national exams.

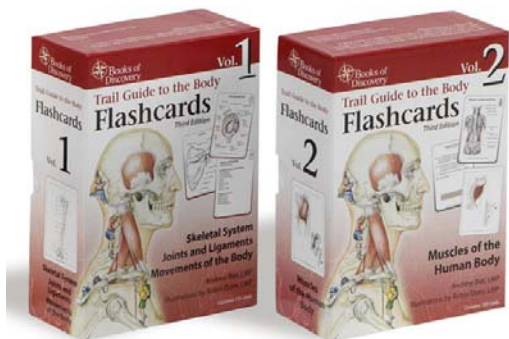
This handbook is translated into [Korean](#).



Trail Guide to the Body DVD

This DVD provides a detailed visual and kinesthetic guide to palpating the most important muscles in the body. At nearly three hours, this one-disc DVD features the palpation of 54 essential muscles featured in *the Trail Guide to the Body* textbook as well as the presentation of bony landmarks, attachment sites, muscle borders and muscle activation. In addition, images are overlaid from the textbook, which help the viewer visualize underlying anatomy.

A version of this DVD is translated into [Japanese](#).

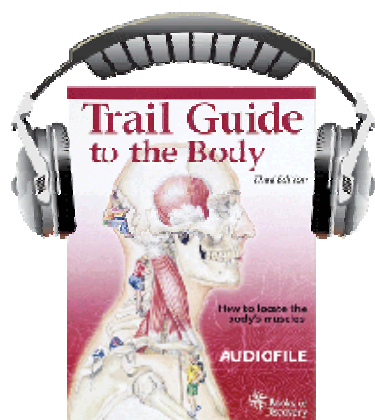


Trail Guide to the Body Flashcards (2-Volume Set)

Volume 1 covers the Skeletal System, Joints and Ligaments and Movements of the Body (175 cards). It includes 61 bony and bony landmark cards, 50 joint and ligaments cards and 64 common movements cards, including the synergists and antagonists.

Volume 2 covers the Muscles of the Human Body (169 cards). The cards feature 144 muscles and

follow the chapters in *Trail Guide to the Body*. It includes a list of the action, origin, insertion and nerve innervation (AOIN) of each muscle.

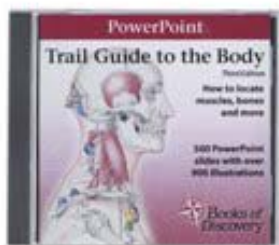


Trail Guide to the Body Audiofile

This 3-hour downloadable series follows the seven chapters as they are presented in the *Trail Guide to the Body* textbook.

Each track begins with an introduction to the muscle, followed by the AOIN information (actions, origin, insertion, nerve innervation) and, finally, the step-by-step instructions for palpating each muscle. Each track also contains the “check-it” information found in the book.

This audiofile is only available as a [download](#) on the Books of Discovery website.



Trail Guide to the Body PowerPoint

With 500 PowerPoint slides and more than 900 illustrations, it contains nearly every anatomy and palpation illustration from the textbook as well as all AOIN information.

As for versatility, you can add or delete slides within this PowerPoint presentation or take a slide and move it to your own PowerPoint. You can even add text directly to any of the slides.

If your school requires the *Trail Guide to the Body* textbook you can receive an additional discount on this PowerPoint. It is available in a [CD format](#) or [downloadable version](#) on the Books of Discovery website.