

Functional Anatomy Review of the Hip and Pelvis

A review and companion class for the cadaver lab

The purpose of this class is to review muscles and structures and prepare the student for the study of the hip and pelvis. This class will teach you how to evaluate the hip and pelvis and palpate major muscles. One can take this course on its' own or as a companion for the anatomy cadaver lab. Clothing must be loose and comfortable, preferable shorts. Must have access to the SI joint.

Class objectives

- Gain an understanding of joint biomechanics and its relationship to postural alignment
- Palpate and perform manual muscle testing of the major hip/pelvic muscles
- Perform mechanical evaluation tests of the sacroiliac joint
- Learn 4 pelvic balancing techniques