# Determination of Muscle Action - Palpation

# Palpation

 Using the sense of touch to feel or examine a muscle as it contracts

Limited to superficial muscles

 Helpful in understanding of joint movement

### Models

 Long rubber bands may be used as models to simulate muscle lengthening or shortening as joints move through ranges of motion

## **The Fundamentals Of Palpation**

**G** Orfield

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