

## **Table of Contents**

1. Basic Kinesiology Terminology
2. The Skeletal System
3. How Muscles Function
4. How to Palpate
5. Bony Palpation
6. Muscles of the Shoulder Girdle and Arm
7. Muscles of the Forearm and Hand
8. Muscles of the Spine and Rib Cage
9. Muscles of the Head
10. Muscles of the Pelvis and Thigh
11. Muscles of the Leg and Foot

Answer Key