

**Keele University
Faculty of Medicine and Health Sciences
School of Health and Rehabilitation**

Postgraduate Module

Module Title: Principles and Practice of Joint and Soft Tissue Injection

ANATOMY PREPARATION FOR THE MODULE

Before the module begins please make sure you are familiar with the following bony landmarks and anatomy

Shoulder

Bony landmarks - You should be able to palpate the head of humerus, greater and lesser tuberosities, coracoid process, acromion rim and acromio-clavicular joint, spine of the scapula and posterior edge of acromion.

Anatomy – please revise the position of the ACJ, subacromial bursa, shoulder capsule, rotator cuff

Elbow

Bony landmarks - You should be able to palpate the olecranon process, epicondyles and head of radius

Anatomy – please revise the position of the attachment and assessment of the common flexor tendon and common extensor tendon, elbow joint line

Hand/wrist

Bony landmarks - You should be able to palpate the ulnar styloid, distal radius, scaphoid tubercle, trapezium, hook of hamate and pisiform

Anatomy – please revise the position and contents of the carpal tunnel and of the finger and thumb flexor tendons

Hip

Bony landmarks - You should be able to palpate the greater trochanter

Anatomy – please revise the position of the trochanteric bursitis

Knee

Bony landmarks - You should be able to palpate the patella edge, joint line and medial tibial condyle

Anatomy – please revise the entry into the joint, the attachment of the pes anserinus bursa and collateral ligaments

Foot

Bony landmarks - You should be able to palpate the metatarsals and calcaneum, ankle joint line,

Anatomy – please revise the position and attachment of the plantar fascia, position of Morton's neuroma and anatomy of ganglions

The Module Team