Module 3 – Hands-on assessment

Handy tips

▰ Finding key bony landmark

Find these on yourself or practice these with a colleague.

Pelvis:

- **Anterior superior iliac spine (ASIS)**
  - Put your hand on the hips
  - Locate the Iliac Crest / hip bone palpate frontward
  - ASIS is a sharp notch, above the femur/ thigh bone when seated.

- **Posterior superior iliac spine (PSIS)**
  - The “dimples’ between the buttocks and waist
  - Put your hand on the hips
  - Locate the Iliac Crest / hip bone and palpate backward
  - PSIS is less pronounced but has no muscle over it

- **Ischial tuberosity (IT)**
  - Sit on your hand with palm up to feel the IT against your fingers tips.
  - Sit on your hands, palm facing down on a firm surface to feel these on yourself
  - Cup your hand to feel the IT against the dorsal aspect of your hand
  - Wear a slippery glove / plastic bag to reduce friction when you assess others
  - IT is located only about 5cm from midline, slip you hand right under & towards the midline
  - If the client is sitting with posterior pelvic tilt (slouching), the ITs will be moved forward, away from backrest.
  - If the client is sitting with anterior pelvic tilt (arching the back), the ITs will be pointing backwards toward the backrest.

- **Greater trochanter**
  - As if you are giving a deep tissue massage, using the ball of your palm, rub along the lateral thigh from knee to pelvis to find a notch.