

**Southern Ontario College of Osteopathy**  
**Anatomy & Palpation**  
**(Course outline)**  
**23 hours**

**The Skill of Palpation**

Receptors

**The Somatic System**

Connective Tissue

The Integumentary System

- Somatic Dysfunction
- Planes and Axes

The Muscular System

- Skeletal Muscle
- Cardiac Muscle
- Smooth Muscle

Barrier Concepts

The Skeletal System

- Bones
- Cartilage

Joints

- Bursae and Tendons
- Palpation of Joints

The Nervous System (NS)

- Central NS
- Peripheral NS
- Autonomic NS

**The Visceral System**

Intra/Retroperitoneal Organs

Digestive System

- Alimentary Tract
- Associated Digestive Organs

Palpation of the Digestive Organs

Cardiovascular System

Respiratory System

Urinary System

Immune System

Endocrine System

**Regional Palpation**

Upper Limbs

Lower Limbs

Head and Neck

Spine

Abdominal & Pelvic Region

**Advanced Practice**

Compensatory Patterns

Global and Local Listening  
Advanced Palpation and Assessment  
Palpating Motion  
Palpating Diaphragms  
Vital Signs  
Inherent Motion  
Primary Respiratory Mechanism  
Visceral Motion  
Thermodynamics  
Bioenergy

**Assessment Conclusions**

Organization of Clinical Findings  
Stages of Tissue Dysfunction  
Systemic Relationships  
Clinical Diagnosis

**References**

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