

Motion Palpation Perspectives

THE ART OF MOTION PALPATION

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While motion palpation is based upon biomechanical principles and sound anatomical observance, its application is an art. The chiropractor who uses motion palpation does so by utilizing his knowledge of anatomy and biomechanics to examine the joints of the body to discern movement, or lack thereof. A problem develops at this point. Just because a doctor is familiar with functional anatomy does not mean that he is competent at motion palpation. The art of motion palpation is not something that can be learned without diligent practice.

In my years of experience as a motion palpation doctor and instructor, this is where many chiropractors fail to master the art. Upon returning from their first motion palpation seminar, no one is fully proficient. It takes months and even years of effort to achieve the expertise.

As I observe my colleagues, it is obvious that too large a percentage of doctors who have been trained in motion palpation are not utilizing it in their practice. The point that I would like to make is this: Motion palpation is learned through practice much like learning to play the piano. If you were to attend a seminar on piano playing, you wouldn't expect to return home and play like a virtuoso. In fact, if you were able to play Chopsticks you would be pleased.

Those of you who have made an attempt at working with motion palpation in the past need to dust off your old notes, break out the videos, attend a refresher seminar, and start practicing. That's the only way I know to get good at the art of motion palpation. You may not feel much of anything when you start out, but by continued application, fixations become more and more apparent. Very soon, the obvious fixations become apparent, and in due time the discreet ones become obvious.

Thinking back, I am amazed at how inept I was after my first seminar, but I knew what I had learned was right and persisted until I could discern all the joints of the body. I had to repeat the seminars numerous times, review my notes frequently, and practice on my wife many times, but proficiency came, and if I can do it, you can too. Whatever it takes to get yourself back into motion palpation, the effort is well worth it.

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MARCH 1993