

# practical yoga education

*esther m palmer*

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## get to know your bones

*just a little!*

**Practice palpating the bones listed below.** A bone you can palpate is one you can feel through the muscle + skin covering it. Most everyone can palpate their elbow easily, but not too many of us can palpate the middle of the thigh bone.

### **Here are some guidelines:**

Be gentle in your touch, but don't be afraid to press with some firmness if that gives you more information.

Think of tracing a shape with your fingers, but don't be surprised when you can't find the start or end of a bone!

You may be aided by a visual of the bones, but I encourage you to try *feeling* your way around before Googling the bones!

Observe shape, springy-ness, tenderness.

Observe which bones are easy to palpate and which not.

Observe how one bone sits next to another (at a joint).

### **Make a note of anything that catches your interest.**

Let me know what you find: tweet your observations using the hashtag [#knowmybones](#)

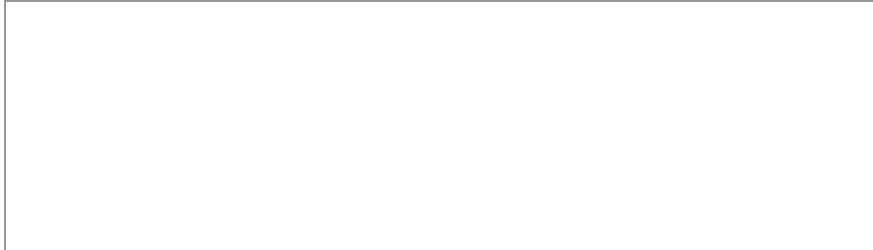
*xo, esther*

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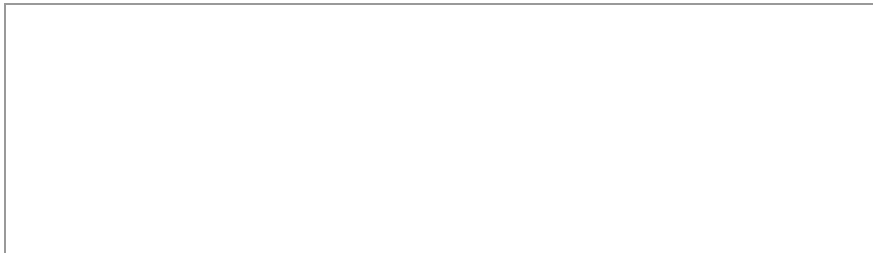
## start at the top

skull (*cranium*)

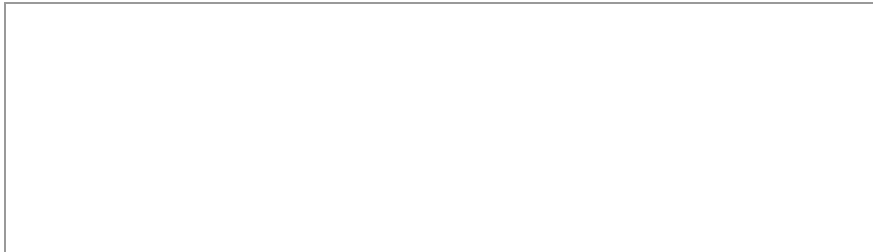


base of skull (*occipital bone*)

*The muscles in this area are often tender, so go ahead give yourself a bit of neck rub while you're there.*



jaw bone (*mandible*)



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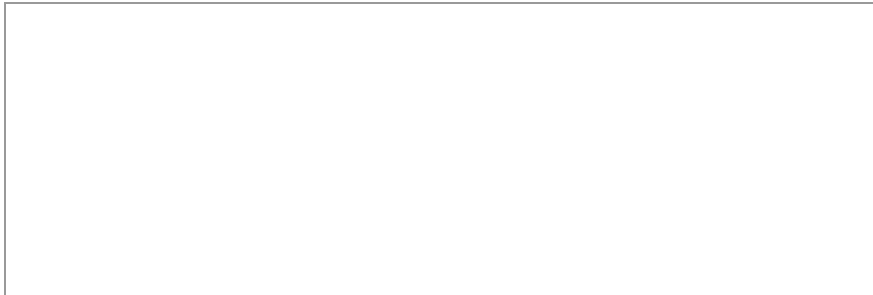
## spine - neck portion (*cervical spine*)

*Feel for the nobby parts down the middle of the back of the neck, and then see what you can feel to the sides of those protrusions!*



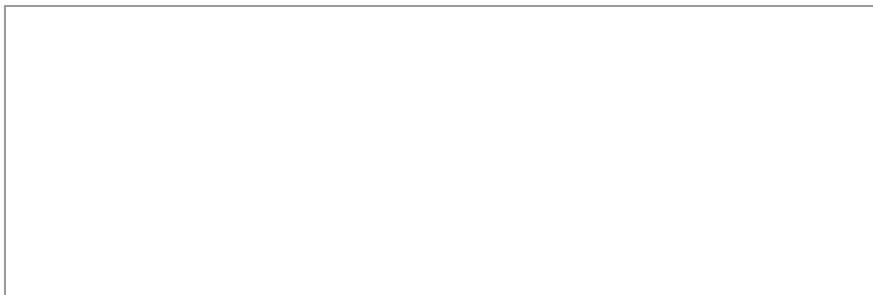
## rib cage

*Can you feel the lowest rib in the front? In the back?*



## shoulder girdle

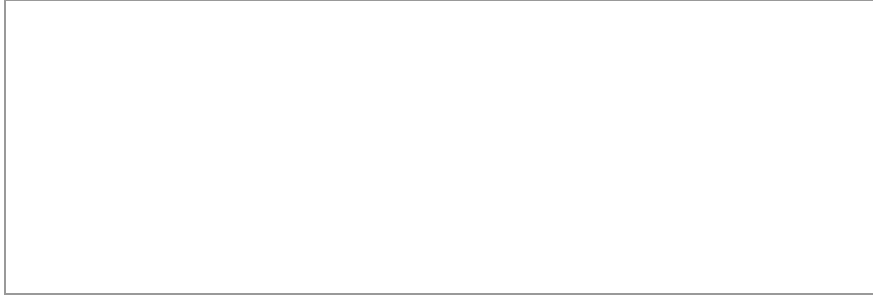
*Collarbones in the front. Shoulder blades in the back --which may be hard to reach. Try palpating a friend's shoulder blades instead!*



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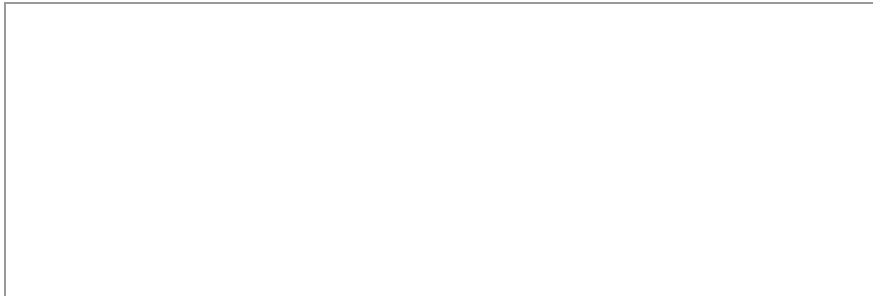
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upper arm (*humerus*)



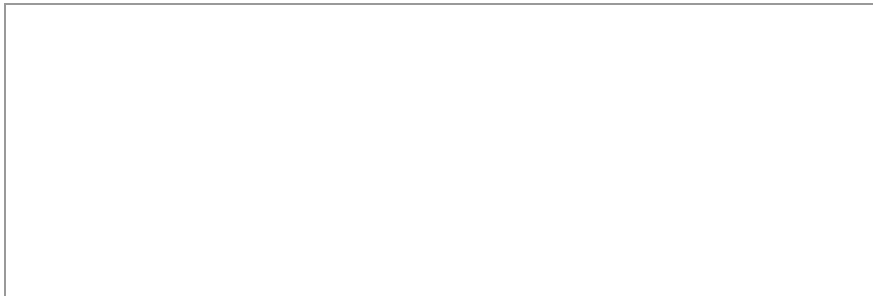
forearm bones (*ulna + radius*)

*Yes! There are two bones in your forearm. Your ulna is on the pinky side and your radius is on the thumb side.*



wrist (*carpals*)

*There are several bones in your wrist. Can you find an "arch" on the underside of your wrist? That's the "tunnel" of "carpal tunnel".*

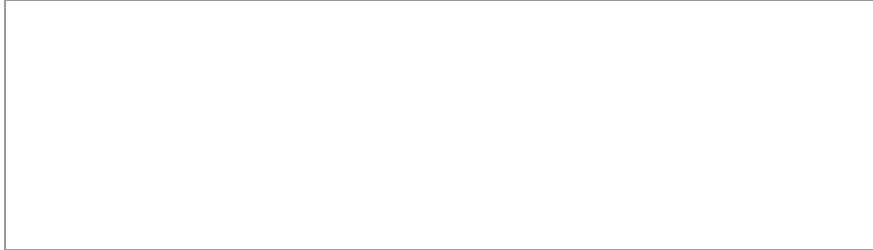


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## hand

*Try to feel for many bones. There are about 26 bones in each hand!*



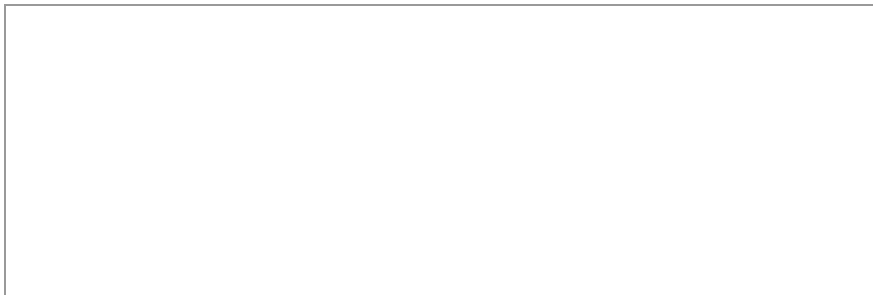
## on to the lower half

### pelvic ridge (*iliac crest*)

*This is the area that we colloquially refer to as our hips when we "put our hands on our hips".*



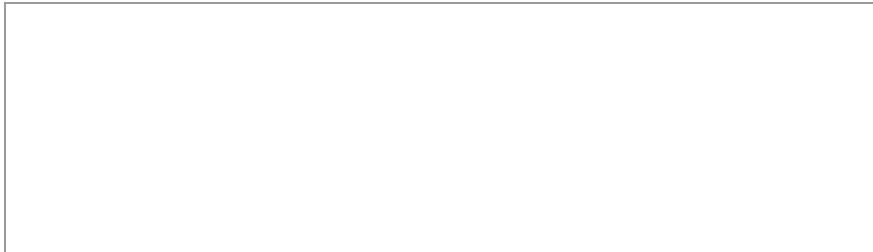
### knee + kneecap (*patella*)



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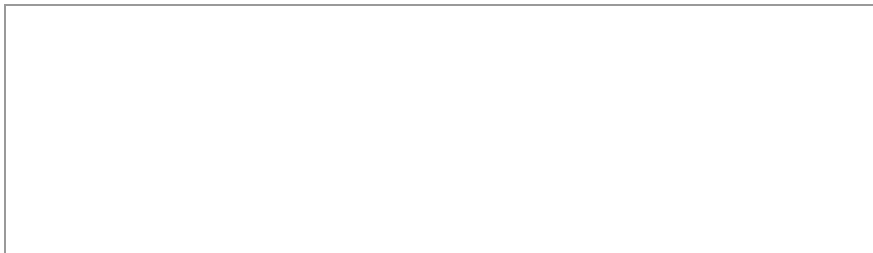
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shinbone (*tibia*)



ankle

*Malleoli are what you'll be able to feel*



foot

*Try to feel for many bones. There are about 26 bones in each foot!*

