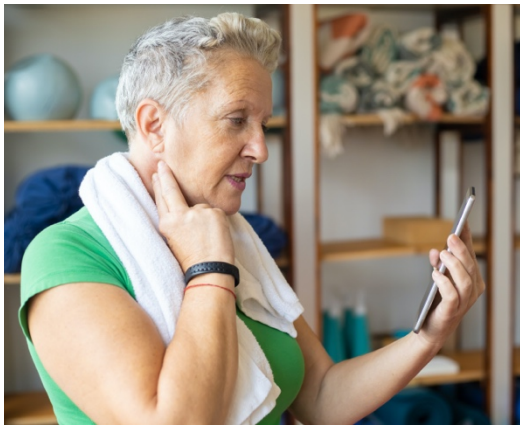
Optional Activity

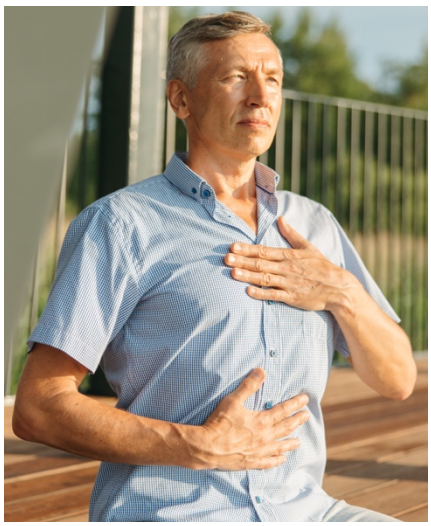
Perform a mini physical examination on yourself!

1) Can you find some of your pulses? Easy ones to find are in your neck just below the corner of your jaw, and on your wrist just below your thumb. Use 2 fingers to lightly press the area to see if you can feel it pulsing.
   See if you can count the number of pulses in one minute. Then try having a run around or doing some star jumps, then check your pulse again, what happened?





2) Focus on your breathing, you can place a hand on your chest and belly and feel what happens when you take a breath in and out. You can also put your hands on your sides where your ribs are, what happens to your ribs as you breath in? what direction do they move in? Can you count how many breaths you do in one minute?





3) Throat palpation. Have a feel of your trachea (wind pipe) which is the hard feeling tube in the middle of your neck, swallow, hum, talk and cough whilst touching it, what do you feel?

   Then you can see if you can find your lymph nodes, these are part of your immune system, they feel like firm round / oval lumps just under your jawline. Sometimes they can be hard to find unless they are swollen.





4) Limb & joint palpation. Have a feel of your knee, can you feel a hard round bit in the middle? That's your knee cap (patella). Below that is a firm long chord type structure, this is your patella ligament.
   Hold your hand gently over your knee as you bend and stretch it, what do you feel? Any funny feelings? Sometimes we can feel clicking, popping or creaking sensations in our joints as they move.
   See if you can have a go at feeling other joints in your body, how do they move, can you feel the muscles nearby the joint, tensing and relaxing?