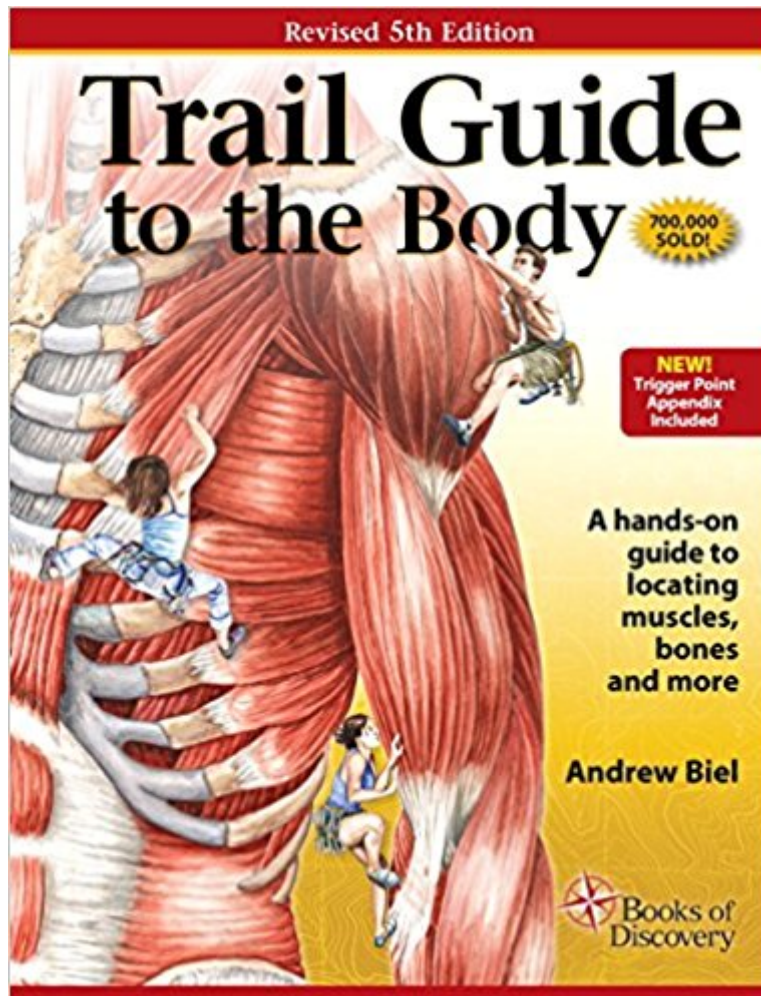




Ebook Directory
the best source of ebook

The book was found

Trail Guide To The Body: How To Locate Muscles, Bones And More



Synopsis

Trail Guide to the Body, 5th Edition, A hands-on guide to locating muscles, bones and more Before you can assess or treat a muscle, you first must be able to locate it. This acclaimed book delivers beautifully illustrated information for learning palpation and the musculoskeletal system. It makes mastering the essential manual therapy skills interesting, memorable and easy. With 504 pages and 1,400 illustrations covering more than 162 muscles, 206 bones, 33 ligaments and 110 bony landmarks, this text provides an invaluable map of the body. This new edition includes an extensive 56-page appendix that describes the common trigger point locations and pain patterns of 100 muscles. Trail Guide to the Body is a highly recommended textbook for the state licensing tests administered by both the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and the Federation of State Massage Therapy Boards (FSMTB) and is one of only five books on their official examination reference lists. In addition, the Board of Certification program for athletic trainers in the U.S. uses our high-quality Trail Guide to the Body illustrations in their various products, including exams. Whether you are a massage therapist, physical therapist, sports trainer or student in any bodywork modality, Trail Guide to the Body is for you!

Book Information

Spiral-bound: 491 pages

Publisher: Books of Discovery; 5 edition (November 6, 2014)

Language: English

ISBN-10: 0982978650

ISBN-13: 978-0982978658

Product Dimensions: 9.1 x 0.8 x 10.7 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 146 customer reviews

Best Sellers Rank: #714 in Books (See Top 100 in Books) #3 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Basic Sciences > Anatomy #3 in Books > Medical

Books > Basic Sciences > Anatomy #3 in Books > Textbooks > Medicine & Health Sciences >

Allied Health Services > Physical Therapy

Customer Reviews

I'm a massage therapist, and this book was a freakin' godsend when it came to studying for my MBLEx. It covers the lion's share of muscles you will need to know, plus it goes over bones, attachments, actions, and provides a fantastic visual aid. If you feel lost when it comes to finding a

good anatomy book, look no further. This book is worth every penny.

Great book for learning all the muscles, and their online videos are great too. It groups muscles and helps by giving easy ways to learn them.

Not had enough to review it all properly but think it will help with my Bowen Techniques studies. The ring bound books are so easy to access the areas you require and able to lie them flat - easy to reference. The drawing make it so easy to understand and follow. Excellent guide. Thank you.

Love this book. When it was delivered by mail, the postal carrier folded it and screwed it up. I asked for a new one and for them to mark it do not fold. Seller instead sent it by a package delivery service. Fast! In perfect condition. The sellers are amazing! The book is amazing! THANKS! I also bought their phone app! Fantastic app! I used the app to discover that pressure in my temple was jaw related and immediately made it go away using their pictures and trigger points. I did use two different release points to get full release. I also used it for foot cramps that hurt like crazy, bending two toes down. Two different points used to release it and had no cramps until I stepped on another small bit of bone a dog left on the floor. A little acupressure and cramps stopped again. LOVE IT!

It has very good descriptions and has beautiful drawings and directions on how to locate and palpate muscles. None of my other textbooks do as complete a job of showing and explaining the kinesiology that is so important for a massage therapist to know. Thanks, Mark R. San Antonio, TX

Seriously. Goodbye Palmer and Epler's Foundations of Musculoskeletal Assessment. Trying to use those photos for palpation was really difficult as a former DPT. This book is fabulous. I only regret I had known about this book before cause the photos are awesome. Seriously finding palpations makes performing the MMT's ten times easier.

In terms of Myology, definitely the best text for learning Origins, Insertions and Actions; also very helpful Palpation tips and techniques. The Osteology in here is also superiorly organized. The best thing is that each muscle is isolated and the I/O is shown highlighted on the bone. In Netter's everything is pretty much lumped together b/c so much material is presented at once; here it is isolated to Osteology, Myology and some Palpation, so it makes it easier to learn where the muscles are. Definitely the best book I've used this year.

I really enjoyed this book. The way it is organized is straightforward and easy to use. The illustrations are clear and numerous, and the instructions are detailed. I especially found the online videos that go along with the book very helpful! As a body worker, the palpation instructions were extremely beneficial. It is definitely a book I will continue to use for years to come.

[Download to continue reading...](#)

Trail Guide to the Body: How to Locate Muscles, Bones and More Anatomy & Physiology Part 1: Bones, Muscles, and the Stuff That Connects Bones and Muscles (Super Smart Science) Muscles: Testing and Function, with Posture and Pain (Kendall, Muscles) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Bones, Bones, Dinosaur Bones Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Leonardo's Foot: How 10 Toes, 52 Bones, and 66 Muscles Shaped the Human World A guide to Morija: Including self-guided walking tours of historic Morija Mission, mountain "lakes" trail, dinosaur footprints trail, Makhoarane trail Pacific Crest Trail Data Book: Mileages, Landmarks, Facilities, Resupply Data, and Essential Trail Information for the Entire Pacific Crest Trail, from Mexico to Canada Hiking Tennessee Trails: Hikes Along Natchez, Trace, Cumberland Trail, John Muir Trail, Overmountain Victory Trail, and many others (Regional Hiking Series) Tennessee Trails: Hikes Along the Appalachian Trail, Trail of the Lonesome Pine, Cherokee National Forest Trail and Many Others Get Strong!: Body By Jake's Guide to Building Confidence, Muscles, and a Great Future for Teenage Guys Inca Trail, Cusco & Machu Picchu: Includes Santa Teresa Trek, Choquequirao Trek, Vilcabamba Trail, Vilcabamba To Choquequirao, Choquequirao To Machu ... Inca Trail, Cusco & Machu Picchu) The Lost Art of Reading Nature's Signs: Use Outdoor Clues to Find Your Way, Predict the Weather, Locate Water, Track Animals and Other Forgotten Skills (Natural Navigation) How and Where to Locate Merchandise to Sell on eBay: Insider Information You Need to Know from the Experts Who Do It Every Day Revised 2nd Edition The Lost Art of Reading Nature's Signs: Use Outdoor Clues to Find Your Way, Predict the Weather, Locate Water, Track Animals and Other Forgotten Skills How to Read Your Opponents' Cards: The Bridge Experts' Way to Locate Missing High Cards How to Read Your Opponent's Cards: The Bridge Experts' Way to Locate Missing High Cards Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out, Flat Stomach, Weight loss) The Muscular System Manual: The Skeletal Muscles of the Human Body, 3e

Contact Us

DMCA

Privacy

FAQ & Help