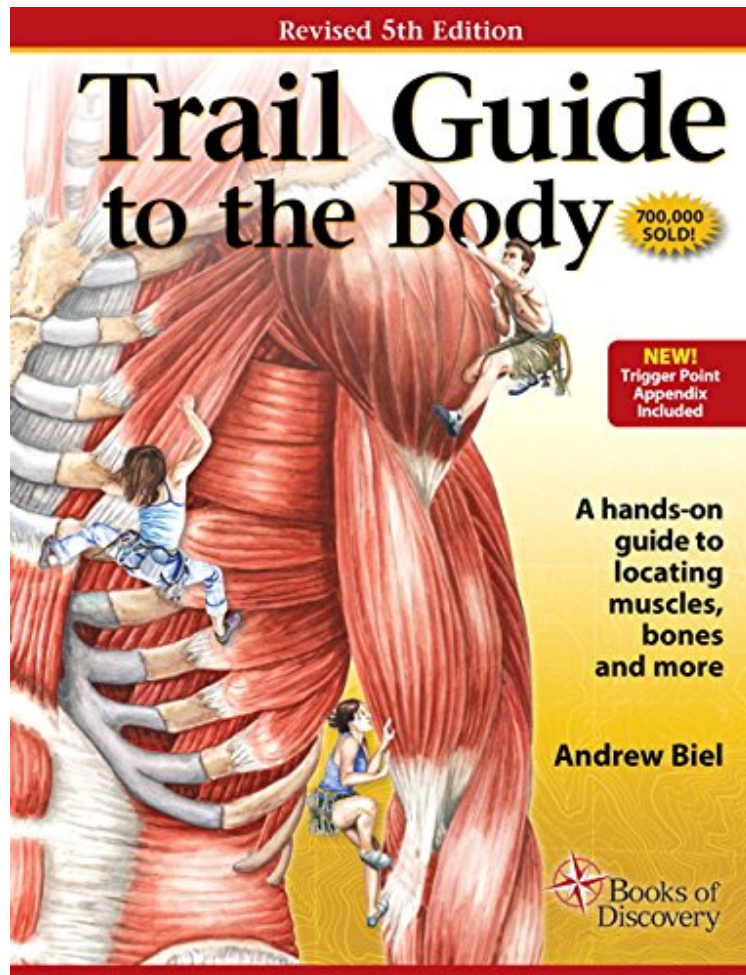


## Trail Guide to the Body: How to Locate Muscles, Bones and More

Andrew Biel

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each of the muscle origins, insertions, actions and innervations as well as bones, ligaments and other body landmarks, this book has amazingly great-quality, detailed sketch photos and extremely easy to follow text descriptions. Most of the book is layed out with photographs and various paragraphs of information, so it doesn't feel or look like you're reading a textbook. "Trail Guide" is a surprisingly accurate name for this, because instead of throwing facts and information at me, it feels like I'm just following simple instructions. One of the best aspects of this book is the palpating instructions. Everything that can be felt is given a detailed image and paragraph of suggestions. I also like that it's spiral bound, so I can flip the pages all around without the hassle of a spine trying to close the book. Overall great quality, easy to read textbook that I highly recommend for any PT, PTA or healthcare student who needs to know and understand the aspects of anatomy.

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!