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myersmyofascialmeridians.com present examples of the concepts explored in the book Podcasts on the website explore the therapeutic techniques involved Website addresses and references fully updated throughout Kinesiology - E-Book Joseph E. Muscolino, 2010-10-15 See the body's bones, joints, and muscles in action Highly visual and in full color Kinesiology: The Skeletal System and Muscle Function makes it easy to understand kinesiology concepts and how they would be applied to the treatment of dysfunction It contains over 1,200 illustrations including a bone atlas that shows every bone in the human body and six chapters with detailed illustrated coverage of joints Written by noted educator and author Joseph E. Muscolino this book clearly depicts how muscles function as movers, antagonists, and stabilizers This edition expands its reach to athletic training with two new chapters on stretching and strengthening exercises This title includes additional digital media when purchased in print format For this digital book edition media content may not be included Companion DVD includes over one hour of video demonstrating all the major joint actions of the human body with a voiceover explanation of the names of the motions, the planes in which motion occurs, and the axes around which motion occurs Unique A focus on the needs of massage therapists and bodyworkers makes it easier to apply kinesiology concepts to the practice of massage therapy Unique A complete bone atlas includes over 100 full color photographs showing every bone in the human body 1,200 full color illustrations help you understand concepts relating to the bones of the human body, joints of the human body, and muscle function parts A logical, easy-to-reference format moves from basics like parts of the body to more difficult topics such as microphysiology Six chapters on joints cover structure, function, and terminology with specific illustrations on each joint in the human body: joints of the axial body, joints of the upper extremity, and joints of the lower extremity Student-friendly features in each chapter include an outline, learning objectives, overview, key terms with pronunciations, and word origins designating the Latin or Greek derivative Clear, simple explanations make it easy to understand kinesiology concepts including muscle contraction, coordination of muscles with movement, core stabilization, posture, exercise, reflexes, and how the nervous system controls and directs the muscular system Expert author Joseph E. Muscolino, DC offers years of experience in the study of muscles and muscle function as well as bodywork and massage and conveys that information in an understandable format

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