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**Trail Guide to the Body** Andrew Biel,2005 Before you can assess or treat a structure in the body you must first locate it Designed as a hands on tour Trail Guide to the Body will teach you to palpate the body s structures with ease and precision Whether you are a massage therapist physical therapist sports trainer or student in any bodywork modality Trail Guide to the Body is for you back cover

**Trail Guide to the Body + Digital Student Workbook** Andrew Biel,2016-12-01 Hard copy book and Digital Student Workbook

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THE BODY helps you test your knowledge and retention of information presented in the textbook It is an outstanding study tool for national exams

**N101 - Foot Reflexology Course** Donald A. Bisson, Ontario College of Reflexology, 2010-12-31

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[Anatomy Trains E-Book](#) Thomas W. Myers, 2013-12-06

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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

Massage Therapy - E-Book Susan G. Salvo, 2015-03-25 Covering massage fundamentals, techniques, and anatomy and physiology Susan Salvo's *Massage Therapy: Principles and Practice*, 5th Edition brings a whole new meaning to the word comprehensive This student-friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class, on licensing and board certification exams, and in a wide range of therapeutic practice settings Clear, straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification

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### **Trail Guide to the Body DVD**

Andrew Biel,2014-06-01 [Trail Guide to the Body](#) Andrew Biel,2019 Published by Books of Discovery in the USA and now distributed in Europe by Handspring Publishing this is the 6th edition of the internationally acclaimed gold standard textbook for teaching surface anatomy and palpation Before you can assess or treat a muscle you must first be able to locate it This beautifully illustrated book delivers essential information for learning the musculoskeletal system and palpation It makes the mastery of essential manual therapy skills interesting and accessible With 456 pages and 945 illustrations covering 162 muscles 206 bones 33 ligaments and 110 bony landmarks Trail Guide to the Body provides a trustworthy map of the body It prepares students of massage therapy physiotherapy sports therapy and rehabilitation occupational therapy and other bodywork movement and health care students for the skilled and knowledgeable practice of manual therapy With this textbook students also gain access to an amazing repository of free study tools including palpation videos audio files and overlay images

**Anatomy Trains** Thomas W. Myers,2009-01-01 An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic

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