



Trail Guide to the Body: How to Locate Muscles, Bones and More by Biel, Andrew (2014) Spiral-bound

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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 appendix that describes the common trigger point locations and pain patterns of 100 muscles. INCLUDED: When you purchase the 5th edition of the Trail Guide to the Body, you get access to the online student resource section for musculoskeletal anatomy & palpation, e-XPLORE. This includes a wide variety of digital resources to support the Trail Guide to the Body textbook, including 90+ palpation videos, audio files for 100 major muscles, 28 overlay images, and the trail head community page. 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. 5th EDITION, ISBN # 978-0-9829786-5-8. Trail Guide to the Body Video Library (part of eXPLORE) - Palpation of 79 essential muscles featured in the Trail Guide to the Body textbook - Overlaid images from the Trail Guide textbook, which help the viewer visualize underlying anatomy - Presentation of bony landmarks, attachment sites, muscle borders and muscle activation - Multiple body types and camera angles presented. Mastering palpation requires practice - and having someone guide you through it makes practice more effective. The revised footage, which was released in September 2010, gives students and practitioners the confidence they need to master this fundamental skill so that they can succeed and thrive in their careers.

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