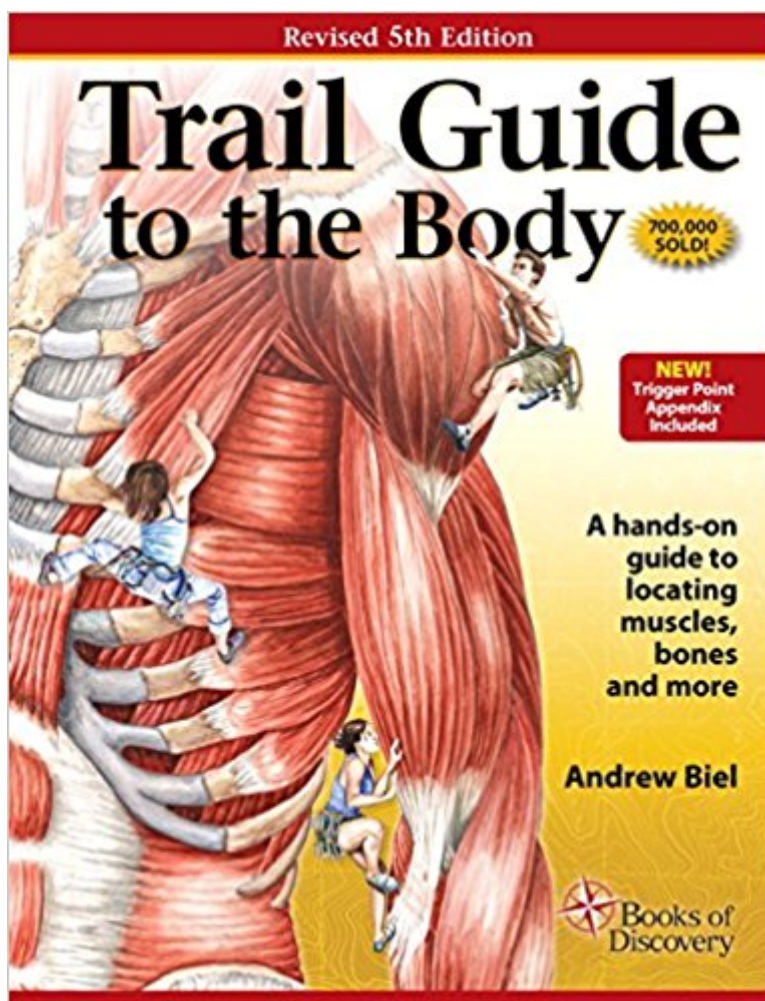


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# Trail Guide To The Body: How To Locate Muscles, Bones And More



## 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

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## 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 drawings 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 acupuncture 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.

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