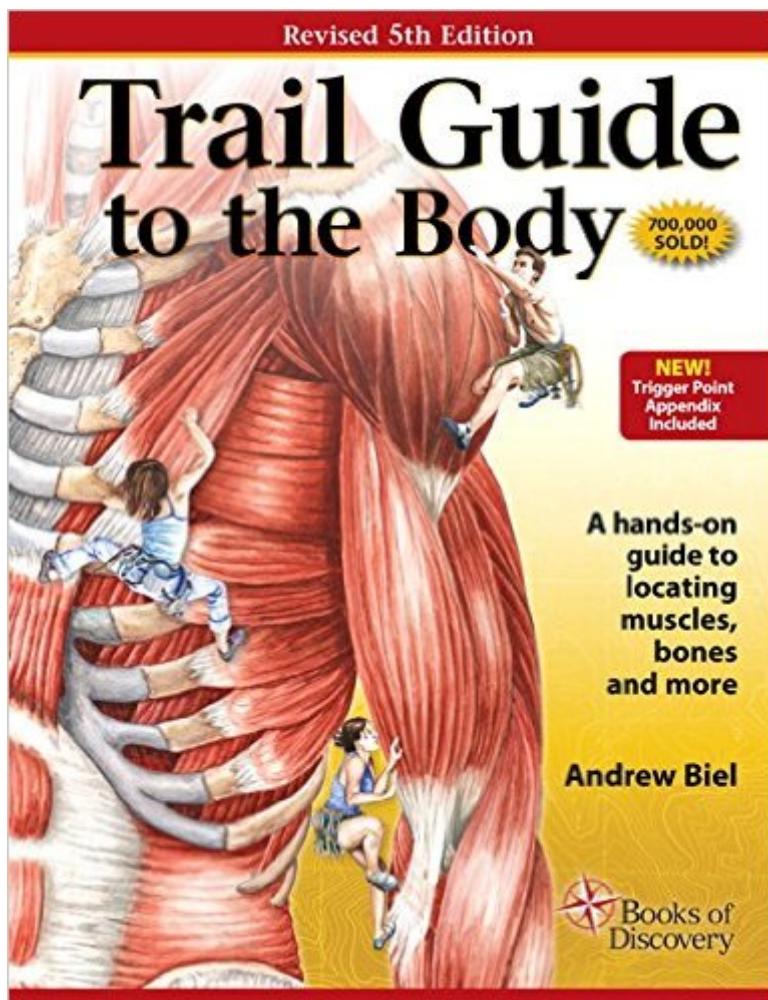


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# Trail Guide To The Body: How To Locate Muscles, Bones And More



## 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

The TGttB series is one of the best anatomy and palpation guides you'll find, and this edition is no exception. My only complaint is that the cover illustration has a few glaring inaccuracies. (Maybe it's really a secret contest to win a free book if you can name the anatomical errors?) Don't let this

discourage you from buying the book, though. It's all good on the inside.

I am a licensed massage therapist.. I know of no better book then this one for the study of anatomy. Buy this book before you buy any other... It is expensive because the book is worth its weight in gold! Don't pass it up!

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.

I really hate to sound like a broken record, but this is an excellent learning book! It is just chocked full of easy to understand illustrations with labeled and highlighted body parts. Short and to the point examples of how something works in normal everyday life are extremely helpful and will help to reinforce the basic lessons. The book is divided into logical sections with an easy to use guide for following along and getting the most from the lessons. This book provides an in-depth view of our bodies, primarily the bony structures and musculature, but does touch on blood vessels and nerves too. Included is information on trigger points, muscle attachment and a glossary of terms. All in all, this is a great value for the \$50.40 price tag. I also ordered the workbook and will be reviewing that as well.

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 acces the areas you require and able to lie them flat - easy to reference. The drawing make it so easy to understand and follow. Exellent guide. Thank you.

This book gives a clear, thorough and simple way of learning the anatomy of the bones and muscles. Very easy to follow and understand, along with it gives you helpful tips. Excellent! An important addition for any person or professional to have for their anatomy and physiology library.

The day after I received this book I got a bad muscle cramp and was able to locate it using the book and had a friend massage the knot out! Now I keep this handy and leaf through it to better understand the body and how I can better focus stretching and exercise.

I just finished my first term in massage school and used this book all term for Kinesiology. It's an incredible reference for students or general lay people who want more education about bony landmarks and muscles of each section of the body.

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