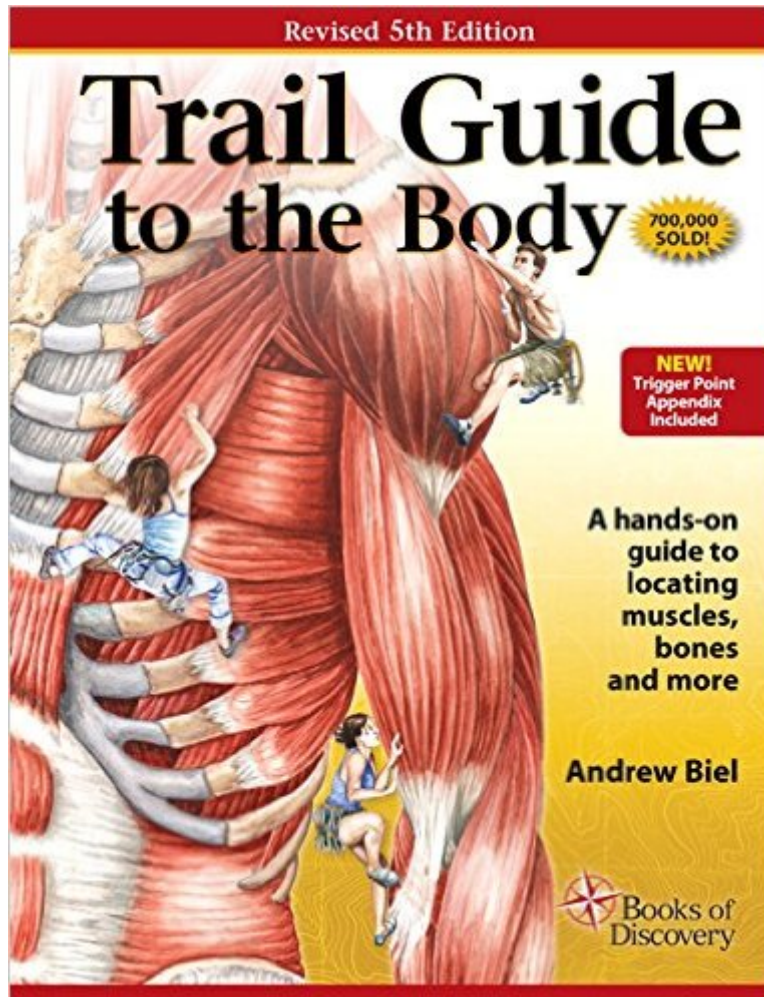


The book was found

# 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

Spiral-bound: 491 pages

Publisher: Books of Discovery; 5 edition (November 6, 2014)

Language: English

ISBN-10: 0982978650

ISBN-13: 978-0982978658

Product Dimensions: 7.9 x 1 x 10.7 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (80 customer reviews)

Best Sellers Rank: #1,575 in Books (See Top 100 in Books) #1 in Books > Medical Books > Allied Health Professions > Physical Therapy #1 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Physical Therapy #3 in Books > Textbooks > Science & Mathematics > Biology & Life Sciences > Anatomy & Physiology

## 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.

[Download to continue reading...](#)

Trail Guide to the Body: How to Locate Muscles, Bones and More Trail Guide to the Body  
Flashcards Vol. 2: Muscles of the Body Muscles: Testing and Function, with Posture and Pain  
(Kendall, Muscles) Memorize Muscles, Origins, and Insertions with Cartoons and Mnemonics: 47  
Muscles of the Upper Quadrant Memorize Muscles, Origins, and Insertions with Cartoons and  
Mnemonics: 46 Muscles of the Lower Quadrant My Bodyworks: Songs About Your Bones, Muscles,  
Heart And More! Bones, Bones, Dinosaur Bones Fitness Information for Teens: Health Tips About  
Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ...  
Plans, Aerobic Fit (Teen Health Series) Leonardo's Foot: How 10 Toes, 52 Bones, and 66 Muscles  
Shaped the Human World The Lost Art of Reading Nature's Signs: Use Outdoor Clues to Find Your  
Way, Predict the Weather, Locate Water, Track Animals\_and Other Forgotten Skills (Natural  
Navigation) The Muscular System Manual: The Skeletal Muscles of the Human Body, 4e How  
Muscles Learn: Teaching the Violin with the Body in Mind Minecraft Comics: Flash and Bones and  
the Mystery of the Secret Stronghold: The Ultimate Minecraft Comics Adventure Series (Real  
Comics In Minecraft - Flash And Bones Book 7) Minecraft Comics: Flash and Bones and Leetah the  
Wicked Witch: The Ultimate Minecraft Comics Adventure Series (Real Comics In Minecraft - Flash  
And Bones Book 2) Minecraft Comics: Flash and Bones and the Creeper Canyon Quest: The  
Ultimate Minecraft Comics Adventure Series (Real Comics in Minecraft - Flash and Bones Book 12)  
Minecraft Comics: Flash and Bones and Agramon's Nether Fortress: The Ultimate Minecraft Comics  
Adventure Series (Real Comics in Minecraft - Flash and Bones Book 10) Minecraft Comics: Flash  
and Bones and the Enderman Zombie Potion: The Ultimate Minecraft Comics Adventure Series  
(Real Comics In Minecraft - Flash And Bones Book 5) Your Bones: How You Can Prevent  
Osteoporosis and Have Strong Bones for Life\_Naturally The Official Crazy Bones Sticker Book!  
(Crazy Bones) Bones of Faerie: Book 1 (The Bones of Faerie Trilogy)

[Dmca](#)