



Trail Guide to the Body: A hands-on guide to locating muscles, bones and more (Fourth Edition)

Andrew R. Biel

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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 440 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. A complimentary DVD for practicing palpation is included with the textbook.

Trail Guide to the Body: A hands-on guide to locating muscles, bones and more (Fourth Edition) Details

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From Reader Review Trail Guide to the Body: A hands-on guide to locating muscles, bones and more (Fourth Edition) for online ebook

Sebastien says

I think this type of resource should always be accompanied with an anatomy book/class - even if not necessarily into massage, having more of an idea how to locate certain muscles on a person, rather than guesstimating from the anatomy drawings, is an asset for anyone working with people (nurses, trainers, coaches, etc.)

Jason says

4th Edition

Freya Magnusson says

This was the required text for my massage training at McKinnon Body Therapy Institute in Oakland, CA where I took my clinical science courses.

elissa says

This was one of my Level 2 (deep tissue) textbooks at PMTI while I was going to school (so I first started reading it in August 2012), and I've been reading it a ton for the past 9 mos or so (over 2 terms), to prep for my teaching assistant job. As I write this review, I'm studying the spine/thorax chapter to prep for teaching Head/Neck/Face/Spine in class next week (we have a week off right now). Every time I read a chapter I learn something new that I can turn around and teach to my students! Cool that the author is a Goodreads Author. :)

Jennifer Roldan says

I absolutely love this book! I refer to it constantly. Despite the fact that some of the illustrations aren't 100% accurate. The author used cadavers as his "models"; which of course can have an impact on how muscle tissue would look (i.e. no circulation) I still find this book extremely useful! The book also comes with a DVD for a more hands on approach; also very useful.
