



# Trail Guide to the Body

*Andrew Biel*

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***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!

## Trail Guide to the Body Details

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## From Reader Review Trail Guide to the Body for online ebook

### Swanbender2001 says

This is a textbook for my Kinesiology class with the Massage Therapy program and I believe I will use it as a resource for the rest of my career.

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### Dami says

I like this book, Read this for my functional anatomy class.

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### Julie says

Paul Helms (Davidson '13) recommended this to me

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### Lukas Proprentner says

Since I am into strength training in general and want to perform some maintenance on my body, this book and other books like Kelly Starret's Becoming a supple Leopard or Tom Meyers Anatomy Trains are a great resource for everyone to locate and treat disfunctions in your body.

Great Illustrations and a very good summary of Trigger Points make this my go to book when to locate specific muscles tendons etc.

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### Greet says

Een fantastisch boek voor iedereen die het menselijk lichaam (en dan vooral de botten en spieren) beter wil leren kennen! Het staat al een tijdje in mijn kast en ik grijp er nog geregeld naar terug. De illustraties in dit boek en filmpjes op de bijbehorende DVD zijn voor mij onmisbare hulpmiddelen bij twijfel over de locatie van een bepaalde spier.

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### Timothy Nichols says

By far the most practical anatomy book I've ever encountered for those of us who primarily deal with the musculoskeletal system -- massage therapists, movement therapists, yoga and martial arts teachers. Get a study buddy; you're going to need one for the palpation exercises.

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