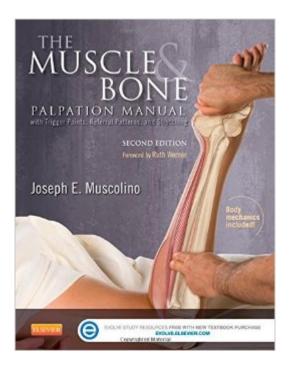
The book was found

The Muscle And Bone Palpation Manual With Trigger Points, Referral Patterns And Stretching, 2e





Synopsis

Muscolinoâ [™] s comprehensive and visually engaging coverage takes an in-depth look at palpation of muscle and bone along with trigger points and their pain referral patterns, stretching, specific muscle treatment, and more. Amazing four-color artwork shows palpation of the muscle with illustrations drawn over full-color photos. New additions such as review questions, "Deeper Thoughts," case studies and an Interactive Muscle Program help you develop integrative clinical-reasoning skills and successfully apply palpation techniques in massage therapy.Step-by-step muscle palpation coverage with clear reasoning provided for each step presents content in a way that is easily understood and remembered rather than just memorized. Amazing four-color artwork shows palpation of the muscle with muscle and bone illustrations drawn over full-color photos offering you a better sense of exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated UNIQUE! Stretching coverage provides more information on this effective treatment technique and helps you understand the role of stretching in treatment. Trigger Points and Referral Patterns illustrations show where trigger points lie on the muscle and where pain radiates when an injury is felt so you can effectively identify trigger points and referral patterns in a clinical setting.UNIQUE! Palpation photos help students and practitioners learn to identify muscles when the body is positioned the way they will encounter it in the massage setting. Specific massage-related assessment and treatment strokes are shown through illustrations and in the Palpation Notes, moving you from theory and assessment to practical application. Bone Palpation coverage teaches you to identify and palpate bones and bony landmarks. Chapter overviews and outlines introduce each chapter so you can preview the content and direction of the chapter at the major concept level. Measurable chapter objectives at the start of each chapter identify key goals as well as information that should be mastered.NEW! Interactive Muscle Program available on Evolve allows you to see muscle attachments and the relationship among the muscles of the region, easing the process and aiding in retention of material.NEW! Drawings of therapist-assisted stretches added to the third section of the text supplies you with a comprehensive look at stretching, with both the existing self-stretches and the assisted stretches presented side-by-side.NEW! Case studies keep your interest level high with the opportunity for integrative, clinical reasoning.NEW! Reformatted Bone Palpation and Ligaments section offers content in a narrative format consistent with the rest of the text for easier navigation.NEW! "Deeper Thoughts" questions actively engage and challenge your reasoning skills.NEW! Review questions allow you to discuss concepts and synthesize important chapter information.

Book Information

Paperback: 544 pages Publisher: Mosby; 2 edition (February 25, 2015) Language: English ISBN-10: 0323221963 ISBN-13: 978-0323221962 Product Dimensions: 7.8 × 0.7 × 9.5 inches Shipping Weight: 2.4 pounds (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #331,020 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #262 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #333 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine

Customer Reviews

This is a great companion book to the Trigger Point Therapy book that we have. The illustrations and descriptions are very helpful in finding the various trigger points on our body.

Unbelievable book , it's a must have , if you want to be more knowleable of muscle palpation , get it today , I did .

Very informative book

Download to continue reading ...

The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 1e The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 2e Bone Broth: Healthy Benefits of Bone Broth, Enjoy a Healthy Diet, Lose Weight, and Fight Aging (Bone Broth,Bone Broth Diet,Bone Broth Miracle,Bone Broth ... is bone broth,bone broth fast)) Massage: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, Pressure Points, Hip Flexors, Calisthenics) Bone Broth Power: Lose Weight, Improve Your Health, And Reverse Aging (Bone Broth, Bone Broth Diet, Bone Broth Miracle Book 1) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Crochet: Easy Crochet Patterns: Crochet Patterns for Beginners (Crochet: Step by Step Crochet, Crochet Patterns, Easy Crochet Patterns, Crochet Patterns for Beginners, and Crochet Projects) Bone Broth Breakthrough: Transform Your Body with Bone Broth Protein, the Ultimate Food to Support Gut Health, Metabolism, Lean Muscle, Joints and Glowing Skin The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) The Concise Book of Trigger Points, Third Edition Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) Trigger Points (Quickstudy: Academic) Back Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Weight Watchers: The Smart Points Cookbook Guide© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: The Smart Points Cookbook Guide© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) Weight Watchers: Top Slow Cooker Recipes: The Smart Points Cookbook Guide© with over 65+ Approved Slow Cooker Recipes (Start The Points Plus Meal Plan) Weight Watchers: 3 in 1 Box Set - The Smart Points Cookbook Guide© with over 480+ Approved Recipes (Start The Points Plus Meal Plan, Weight Loss Bundle) Weight Watchers: Top Recipes For Weight Loss: The Smart Points Cookbook Guide© with over 320+ Approved Recipes & 1 FULL Month Meal Plan (1 YEAR of Recipes, Start the Easy Points Plus Diet)

<u>Dmca</u>