Trail Guide to the Body

A hands-on guide to locating muscles, bones, and more

ANDREW BIEL



Trail Guide To The Body

Andrew Biel

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Trail Guide to the Body Andrew Biel, 2014 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 appendix that describes the common trigger point locations and pain patterns of 100 muscles Our student resource section e XPLORE has a wide variety of digital resources to support the Trail Guide to the Body textbook including palpation videos audio files and overlay images. These resources are available to students who purchase Trail Guide to the Body 5th edition 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 Andrew Biel, 2010 This is a student supplement associated with Trail Guide To The Body 4 e Andrew Biel Books of Discovery ISBN 0982663404 Guide to the Body 7e Andrew Biel, 2025-12-12 Trail Guide to the Body was first published in 1997 Now in its 7th edition and with over 1 000 000 copies sold the textbook has become the gold standard for foundational musculoskeletal anatomy and palpation education Used by more than 2 500 programs worldwide and translated into 10 languages Trail Guide to the Body prepares students for the skilled and knowledgeable practice of manual therapy in athletic training massage therapy occupational therapy physical therapy and various other bodywork movement and health care professions Student Workbook for Trail Guide to the Body Andrew Biel, 2010-09-27 Trail Guide to the Body Andrew Biel, 2005 Before you can assess or treat a structure in the body you must first locate it Designed as a hands on tour Trail Guide to the Body will teach you to palpate the body s structures with ease and precision Whether you are a massage therapist physical therapist sports trainer or student in any bodywork modality Trail Guide to the Body is for you Back cover Student Workbook for Biel's Trail Guide to the Body Andrew Biel, 2019-10-04 The essential companion to the Trail Guide textbook this workbook asks students to apply the material by answering questions in a variety of formats including fill in the blanks drawings to colour illustrations and matching exercises Great for self testing homework and preparing for national exams The Student Workbook helps students stay on track and keep pace with the class 230 pages and more than 500 illustrations Trail Guide to Movement Andrew Biel, 2019 This beautifully illustrated book with over 900 full colour hand drawn images explores the world of human movement using an innovative and engaging approach to bring mobility and stability to life It

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