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Student Workbook for Trail Guide to the Body Andrew Biel,2010-09-27

Trail Guide to the Body, 5th Ed Andrew Biel,2014-08-30 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 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

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