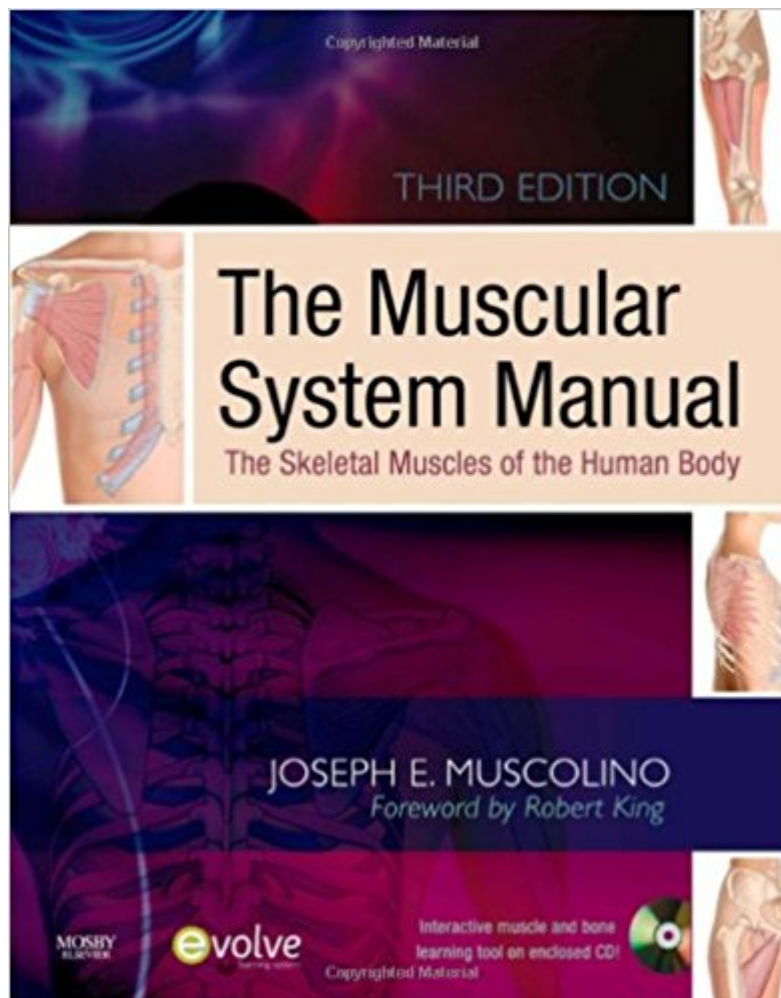




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# The Muscular System Manual: The Skeletal Muscles Of The Human Body, 3e



## Synopsis

The Muscular System Manual by Dr. Joseph E. Muscolino makes the study of musculoskeletal anatomy easier and more engaging with a highly visual approach! This innovative, vibrantly illustrated atlas details the muscles and bones of the human body with unrivaled clarity and helps you build the strong anatomic understanding needed for success in practice. A full-color, student-friendly design with special icons that direct you to the CD and Evolve site, and checkboxes that help you to keep track of what you need to learn and what you have mastered. Notes on Functions section explains each muscle's mover, antagonist, and stabilization functions to help you learn and retain content instead of just memorizing it. Palpation boxes include numbered steps instructing how to palpate each muscle so you can apply this assessment skill in practice. Expert author, Dr. Joseph E. Muscolino, shares his 24 years of experience as an educator to make this the most complete resource on musculoskeletal anatomy available. Evolve Resources include: Audio files for muscle name, attachment, and action review Terminology crossword puzzles Name That Muscle review exercises Drag & Drop labeling activities Additional appendices supplementing The Muscular System Manual Review questions NEW & UNIQUE! Full-color anatomic illustrations drawn onto photos of the human body present muscles and bones in physical context to help students confidently identify musculoskeletal structures. NEW & UNIQUE! A bound-in companion CD-ROM enables students to examine muscles and bones layer-by-layer through an interactive review of the muscles in each body region. NEW & UNIQUE! Downloadable audio files on the companion Evolve website familiarize students with each muscle's name, attachments, and major actions, allowing for study anywhere. Content organized by functional group mirrors the way this material is most often taught, making this book more user friendly for the classroom. Expanded coverage of muscles, including new content on eccentric and stabilization functions, myofascial meridians, pelvic floor muscles, and more make this the most complete musculoskeletal reference available.

## Book Information

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Alternative Medicine > Massage #302 in Books > Reference > Encyclopedias & Subject Guides > Medical

## Customer Reviews

To go straight to the point: I highly recommend this book for anyone who wants to have a deep and COMPLETE understanding of the muscular system. All illustrations bring a clear and precise grasp of the anatomy involved. It's well written, the definitions are easy to grasp and make the book a pleasure to read (Be aware that we are talking about professional level). I took this book because I wanted to take my knowledge to the next level and apply it directly to the gym. Also, I plan to become a Certified Personal Trainer and I wanted high-quality information to rely on when I will deliver my future services. To summarize: a masterpiece !

Wonderful additions since the third edition. I always enjoy the clarity and organization of the material. Joseph has the ability to create a path to the fine details of human movement while keeping an eye on the big picture. Excellent and highly recommended.

An excellent book for those learning about the muscular skeletal. The CD ROM that came with the book is superb, allowing one to demonstrate each muscle in turn. There is a minor deficiency: The diagrams showing and labeling the ligaments have been removed. This is a good upgrade to a good 2nd edition.

My professor suggested we get this book as a companion to our textbook. I am very glad he made the suggestion, and even happier that I followed through I purchased this book. It very clearly breaks down each muscle, where it is, what it does, the origin and insertion, etc. Using this book in addition to my textbook I am hoping to do more than just pass my Myology & Kinesiology class, I am aiming for an "A"

Bought it for my wife: she is working towards a Massage Therapist Diploma and was extremely happy about scope and quality of the information the book contains. She thinks the book is a must

have one.

Excellent service, quality & reliability. Thanks, a very satisfied customer.

Getting my Oregon state licence for massage therapy and they recommended this book. It's a lot of reading along with the 5 other books they also recommended for you to read in order for you to pass the tests. No regrets. Just time consuming.

The videos are very helpful, nice pictures and quality of the pages

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