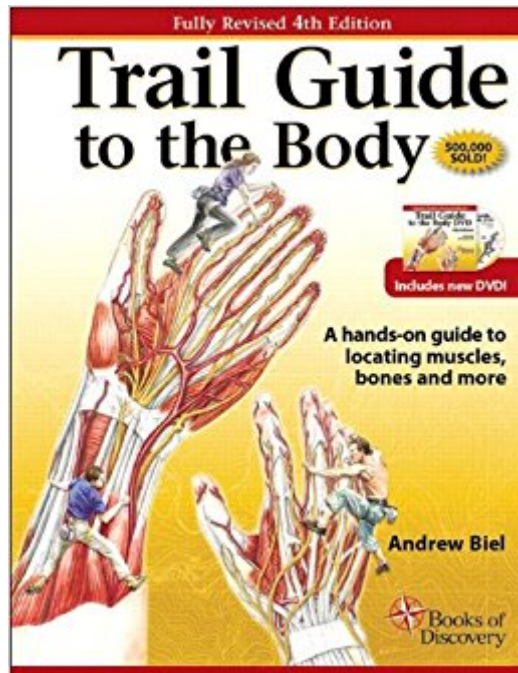


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# Trail Guide To The Body (4th Edition)



## Synopsis

Trail Guide to the Body is the most effective and engaging way to master palpation and musculoskeletal anatomy. Now, the new 4th Edition offers even more • new illustrations, practical tips, more kinesiology and a complimentary DVD that brings palpation to life! • Included for the first time with the textbook • a complimentary DVD for practicing palpation! Author Andrew Biel coaches students on palpation in this dynamic 3-hour complimentary DVD. It covers 79 muscles, key bony landmarks and includes more than 200 illustration overlays. 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.

## Book Information

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## Customer Reviews

Trail Guide is an essential reference for any hands-on healer. --Thomas Myers, Rolfer, trainer of Structural Integration, author of Anatomy Trains-Myofascial Meridians  
Nice integration of multiple anatomical components, such as anatomical terms, surface anatomy, palpations and information on muscles and anatomical structures. --James E. Leone, M.S., LAT, ATC, CSCS, Clinical Assistant Professor, Clinical Education Coordinator  
To use it is to love it! I will recommend the text and adopt it into my course material. --Dr. James Kellogg, Florida A&M University  
--This text refers to an out of print or unavailable edition of this title.

Author: Andrew Biel is a licensed massage therapist. He has served on the faculties of Boulder College of Massage Therapy and Ashmead College, and taught Cadaver Studies for Bodyworkers at Bastyr Naturopathic University. Illustrator: Robin Dorn is an artist, illustrator and licensed massage practitioner. She specializes in bodywork illustration and exhibits her work on the West Coast and in France. --This text refers to an out of print or unavailable edition of this title.

I bought this Trail Guide workbook to go along with the text book. So far, I am loving both! The workbook (as is the textbook) is in spiral format, which I really like as the book will lie flat and the pages stay where they are placed. It follows along with the text as far as the contents go. There are lots of illustrations, fill in the blank, label the parts, and 'describe the action' type activities. The answers are provided in the back of the book. My plan is to really learn the material though, so I won't look at the answers until the exercise is complete! The price tag of \$24.95 seems at first glance, a little steep for a workbook, but it really isn't. There is a ton of helpful information that coordinates with the text, in this workbook. I highly recommend both books.

My functional anatomy class used the corresponding text book that this work book goes along with. I am very pleased with this purchase and have found it very helpful for studying! I would definitely recommend this workbook!

This is THE best book! Great explanations, and even has online tools with mp3s, palpation videos, and overlay images! I'll own this book forever! I understand why I can't find a used one, because I'll never sell mine!

This book is great for learning anatomy, especially if you get the flash cards with it! They both show each muscle as part of the whole system and each one individually and discuss the insertion, origin, and action. Also discuss all the sections of each bone, very user friendly and easy to follow

Highly recommend for physical therapy, occupational therapy, or almost anybody else in the allied health professions. Landmarks, palpation, and anatomy all included in this AWESOME BOOK! Not sure what has changed since the previous edition, I suspect not much, and I haven't seen any from peers who own the third edition. Based on this, buy the previous edition and save some money.

Was thinking of sending it back, but realized that the shipping fee would be taken off the purchase price, material inside is worth keeping, however not as in depth as Trail Guide to the Body is and no student workbook is included which is disappointing.

love this workbook. you can color it but I use it mostly to label since I already have an anatomy coloring book. I use both together to reference the body's muscle's and joint labeling. It really does help keep me up with massage therapy work and the body itself, and even has me learning some new things I didn't learn while in massage therapy school!

I bought this for massage therapy. It is so entertaining. The author makes complicated information fun and easy to grasp. The side notes are fun as well. Great book and great seller. Thanks!

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