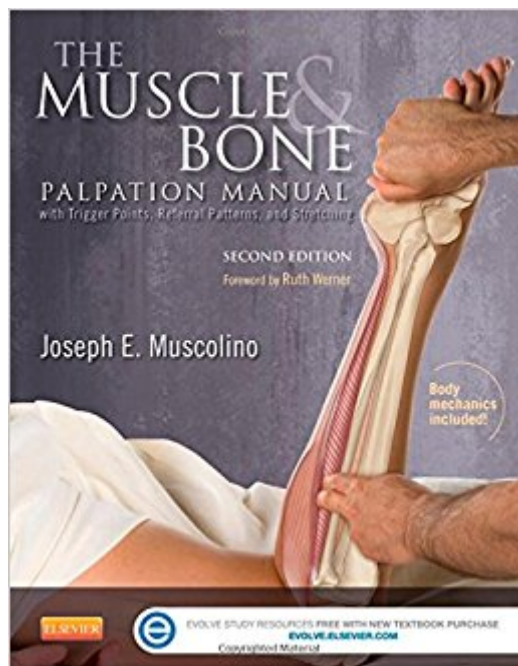




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# **The Muscle And Bone Palpation Manual With Trigger Points, Referral Patterns And Stretching, 2e**



## Synopsis

Muscolino'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

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## Customer Reviews

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

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.

Good book to learn about massage and everything about muscle

Very informative book

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Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes)  
Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain

Book 1) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback)) Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e 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) Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative The Concise Book of Trigger Points, Third Edition: A Professional and Self-Help Manual Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one ,

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