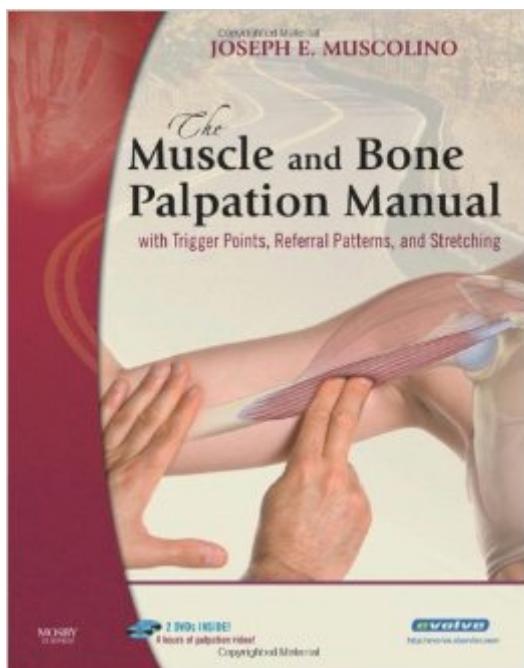


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# The Muscle And Bone Palpation Manual With Trigger Points, Referral Patterns And Stretching, 1e



## Synopsis

With more than 1,000 vibrant, full-color illustrations and over 4 hours of detailed video demonstrations, THE MUSCLE AND BONE PALPATION MANUAL is the most visually engaging way to help you master and successfully apply palpation techniques in massage therapy. This innovative text uses unique, richly detailed photographic illustrations of muscles as they appear under the skin to give you a thorough understanding of effective palpation. This comprehensive guide provides unparalleled preparation for professional success. Full-color musculoskeletal overlays depict muscles and bones exactly as they appear when palpated to help you locate tissues and landmarks with confidence. Comprehensive palpation coverage helps you easily identify muscle names, attachments, actions, palpation steps, and more. Video demonstrations on two companion DVDs demonstrate and reinforce correct muscle palpation. Joseph Muscolino's popular, concise writing style makes the science of palpation clear and accessible, encouraging critical thinking skills. Trigger points and referral patterns included for each muscle provide convenient access to guidelines for additional client assessment and treatment. Massage-specific treatment options guide you from palpation and assessment to practical treatment application. Stretching protocols and illustrations broaden your treatment capabilities. Comprehensive Body Mechanics chapter details 10 guidelines to help maximize efficiency during practice. A massage stroke atlas with information on draping techniques, massage strokes, and fundamental characteristics of touch helps you efficiently treat clients. Detailed explanations and full color drawings for bone and bony landmark palpation provide a comprehensive resource for bone palpation.

## Book Information

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## Customer Reviews

OM massage/bodywork students, professionals and teachers having used the old standard (TGB) to teach kinesiology, anatomy, pathology, deep tissue massage and neuromuscular therapy for years at multiple massage schools, I have been impatiently waiting for an affordable alternative. While this book lacks kinesiology fundamentals (planes, movements, etc.), it is vastly superior for learning muscles and how to specifically palpate muscles and bony landmarks. Moreover, it includes theory (based on current research) on trigger points, trigger point locations, the pain referral patterns, initiating and perpetuating factors and a variety of other insightful comments on specific muscle trigger points. This book does not replace Travell's advanced volumes, but it is much more approachable. For the study of muscles and movement, it's incomplete, but if you can get by without the kinesiology fundamentals (as mentioned above), it does replace the old standard text (TGB) as it includes thousands of full color (not dull monochromatic) enhanced photographs and drawings, it is thoughtfully organized (not wandering hither thither and patched with blurbs here and there), includes appropriate (not misleading) palpation technique and includes accurate, current references (not using old, arcane, misleading or inaccurate terms). Additionally, Muscolino includes stretches for each specific muscle, information on body mechanics, draping, and massage techniques. The Elsevier website provides further highly valuable resources for both students and teachers. Finally, there are two DVDs with four hours of demonstrations.

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