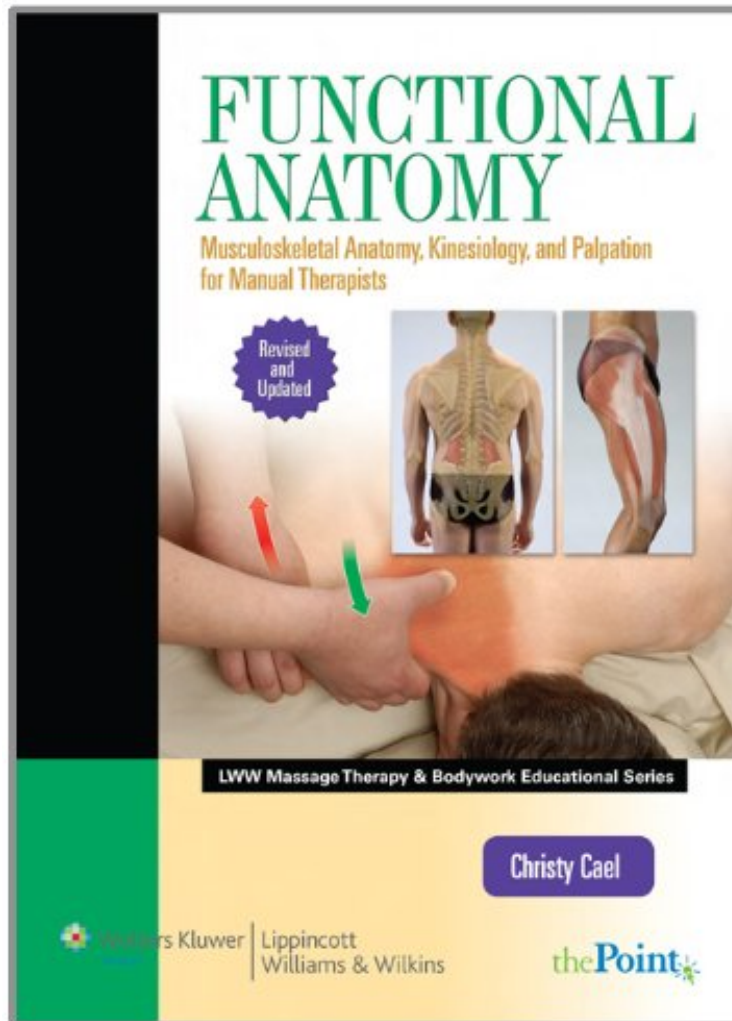


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Functional Anatomy: Musculoskeletal Anatomy, Kinesiology, and Palpation for Manual Therapists

Christy Cael

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With the use of dynamic visuals and kinesthetic exercises, Functional Anatomy helps readers to explore and understand the body's structures, regions, layer of the body, from bones to ligaments to superficial and deep muscles. Muscle profiles indicate origin, insertion, and innervation points while step-by-step instructions teach effective bone and muscle palpation. Readers will also learn how structures help the body move through joint motion, and passive and resisted range of motion techniques. Each region ends with the culmination of structure and function to illustrate how they function together to achieve motion of daily activities as well as the movement involved in sports.

-- It does a good job of focusing on several topic areas that are important to manual therapists and other students of movement and function. The inclusion of various concepts of motion are not often found in massage therapy textbooks. Also it pairs a classical explanation of what muscles do with excellent explanations of surface anatomy, strength testing and discusses roles of the muscle beyond its action, such as its role in stabilization etc. All throughout, the text is supported by clear helpful photographs illustrated to show the movement more clearly. -- The tables are very good for detail oriented visual learners. Putting it into motion and Try This are great for the kinesthetic learner. -- The "Putting it into motion" section does a great job of addressing kinesthetic learners