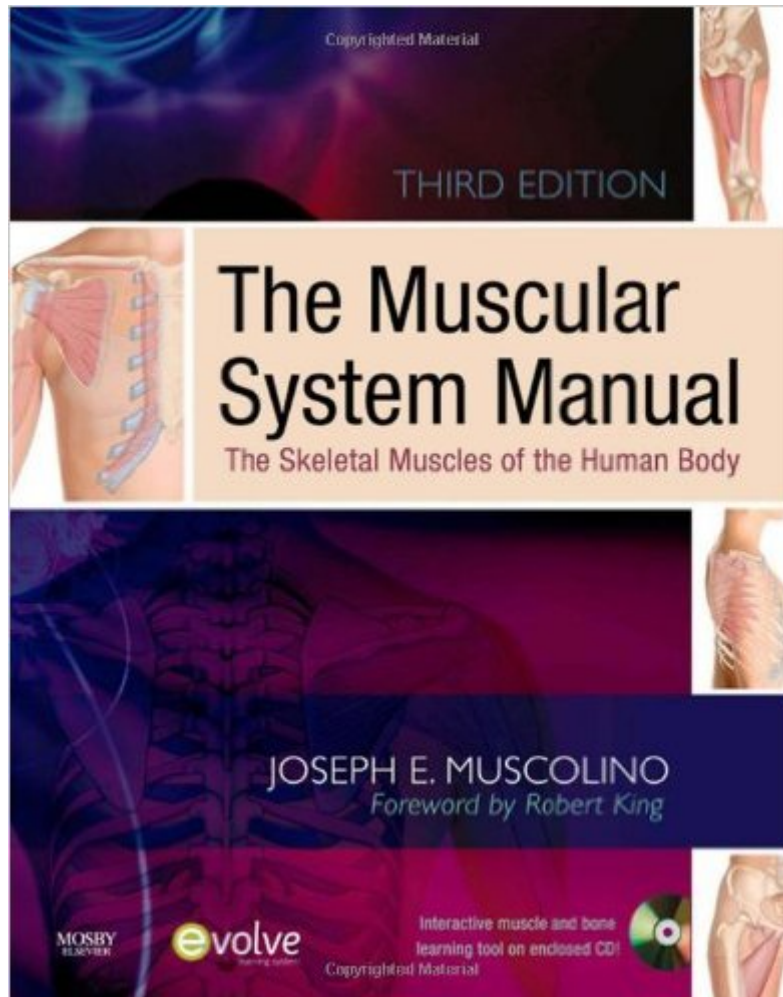


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# The Muscular System Manual: The Skeletal Muscles Of The Human Body, 3e



## 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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## Customer Reviews

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

I used this book for my massage level II class and it was a loner from the program. However I am sure to purchase the book as it was one of the better text books I have had the good fortune of using. It is very well laid out and very clear. I have spoken with other students and they agree. Moreover, Muscolino was leading a weekend class a room away from where I was doing clinic. I was encouraged by my instructor to take a peek in. Mr. Muscolino was very welcoming and invited myself and other students in to watch. It made me feel all the better about the book and the person behind. The guy knows his stuff and it was a pleasure to meet him.

Looking to expand my knowledge of physiology to improve my skills as a Personal Trainer, I purchased Dr. Muscolino's excellent book on Kinesiology. I liked it so well, I purchased this book, too. I found his writing style to be perfect for me. He starts very simply and gradually adds complexity, so that you learn without being overwhelmed. The formatting is consistent throughout the book so that you can easily find the information you're looking for when using it as a reference. No one mentioned the CD, but I found it very helpful as well.

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 !

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"

I just received this item and the material is great (from just skimming). Whatever information you need about skeletal muscles seems to be here. It's cross-referenced really well, by muscle name, location or region, and that's listed right at the front of the book. Now for what I find really disappointing: This is an 800+ page PAPERBACK. There don't seem to be any hardcover editions available. This is set up in some ways like a reference book, but it's a paperback with thin, fragile-seeming pages, not quite as bad as newsprint, but close. I'd like a book like this to keep on my shelf and be able to use it for years, but I can tell already that this is going to be falling apart within the next year or so, maybe even sooner. Maybe it's strange to want to have a personal library, but I NEVER sell back books. And if this book was resold, it'd get torn up even faster. What a waste. Maybe the publishers were trying to lower production costs, But IMHO, paperback textbooks are a REALLY BAD IDEA.

After having a bout with sciatica, I wanted to see the muscle that was causing me so much pain. This book was excellent in the detail and explanation of the functions of the muscle. I have study anatomy and physiology in college and this book brought back the good memories of those days of studying. Great pictures and explanations.

Getting my Oregon state licence for massage therapy and the recommended this book. Its 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.

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