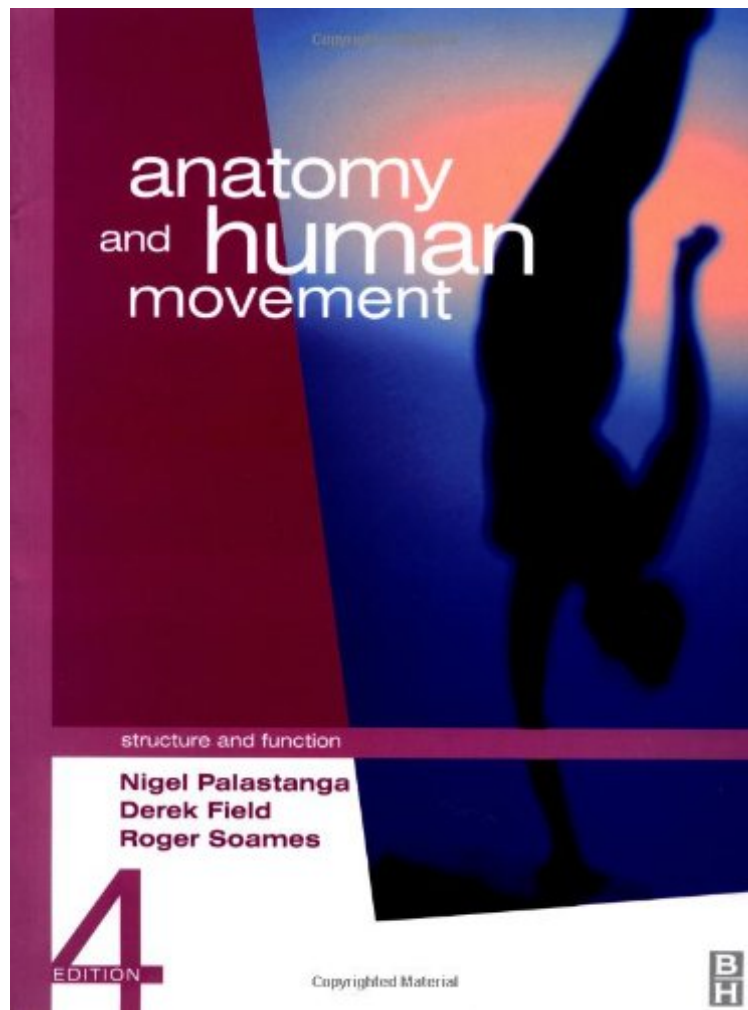


(Download pdf) Anatomy and Human Movement: Structure and Function, 4e (Physiotherapy Essentials)

## Anatomy and Human Movement: Structure and Function, 4e (Physiotherapy Essentials)

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**Nigel Palastanga MA BA FCSP DMS DipTP, Derek Field Grad Dip Phys FCSP DipTP SRP, Roger W. Soames BSc(Human Biology) PhD(Human Sciences) : Anatomy and Human Movement: Structure and Function, 4e (Physiotherapy Essentials)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy and Human Movement: Structure and Function, 4e (Physiotherapy Essentials):

6 of 6 people found the following review helpful. This is an Amazing Text By David Trimboli Nigel Palastanga, Derek Field and Roger Soames have written an amazing text. I am an engineer by trade and became a yoga teacher for health reasons. I did a lot of searching for the definitive anatomy book that is focused on position and movement; and this is

it! I have referenced this book in one that I have recently published on the subject of yoga class design. I have a very strong background in organizational strategies and creative problem solving. I find this book very professionally constructed with a strong sense of order and clarity. There are functional illustrations with illuminating descriptions. Each section is laid out in the same way beginning with the foundation of the bones then the muscles and joints etc. I especially like the summary sections that appear periodically that help to reinforce the main concepts covered. This feature is especially useful because it helps me to find the appropriate information and then look deeper into the chapter for the details. My purpose for this text was to look at the shape of a yoga posture and discern what muscles are being used. In this regard it is extremely useful. I can now design my yoga classes by deconstructing yoga postures to help determine their utility in stretching specific muscle groups. Other sections of the text describe joint movement and range of movement. This is a benefit to aid in the process of safely entering, sustaining and exiting a posture. There is much more in this text but these are the main things that I am interested in. I highly recommend this text for traditional yoga and yoga therapy practitioners. I am sure that medically trained professionals and students will benefit to a greater degree as this text is written from that perspective. All in all, a brilliant work!

An essential for those studying anatomy, with over 25,000 copies sold. All illustrations have been redrawn to meet the needs of students today along with a new design and layout to make studying anatomy easier. The upper and lower limbs have been divided into the bones, muscles, joints, and nerve and blood supply, and the book also covers the skin, trunk, neck, head, viscera and nervous system in a comprehensive way. The musculoskeletal structures are presented as a living dynamic system and is a must-buy for anatomy students today including all students of physiotherapy, osteopathy, chiropractic, occupational therapists as well as sports scientists, kinesiologists and podiatrists. A classic text updated to meet the needs of students today. Totally redesigned with high quality illustrations. Essential reading for all those concerned with anatomy and human movement.

"Excellent written for physiotherapists." Jane Lockwood, Course Leader, Director of Physiotherapy, University of Nottingham. Text, clearly written.... I liked this book and could recommend it as a useful main text to students of physiotherapy. There is also enough additional material for the interested postgraduate student and clinicians involved in sports and orthopaedic medicine. "British Journal of Sports Medicine" this paperback Third Edition of Anatomy and Human Movement, the authors have further improved this now well established book... is a useful reference for any professional who is dealing with the musculoskeletal system and human movement. "Physiotherapy in Sport" fourth edition has become more compact and easier to handle. An important and very useful tool, the book is dedicated to the student and practitioner interested in musculoskeletal anatomy and human movement. "Erik Cattrysse, Manual Therapy, vol 7, November 2002" book is very well structured, organised and easy to read. The attention to detail is second to none. The changed layout changed to layout of text and illustrations aids the reader/learner." "Mary Boyd, Physiotherapy Ireland" From the Publisher: New for the third edition: - The text has been completely updated, revised and reordered to make it more student-friendly. - There are superb new color illustrations - There is new material on functional human movements, the head and neck, the nervous system, joint motion. This new color edition of Anatomy and Human Movement will continue as an essential student textbook of musculo-skeletal anatomy for all those who study the living body and who eventually determine their diagnoses and apply their treatments through an intact skin. This book is tailor-made for all students of anatomy, physiotherapy, occupational therapy, osteopathy, chiropractic, and podiatry. It is highly recommended for clinicians concerned with musculo-skeletal disorders, sports medicine, biomechanics and gait. About the Author: Nigel Peter Palastanga, MA, BA, MCSP, DMS, DipTP, University of Wales, College of Medicine, Cardiff, UK; Derek Field, FCSP, Grad Dip Phys, DipTP, SRP, North London School of Physiotherapy, London, UK; Roger Soames, BSC, PhD, University of Leeds, Yorks, UK