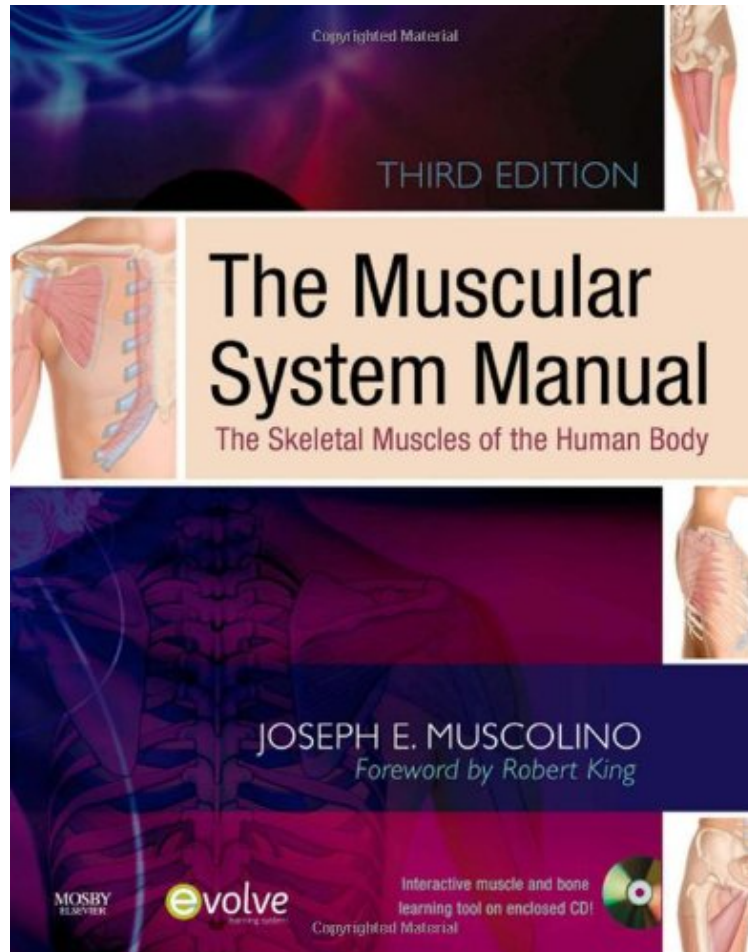


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Joseph E. Muscolino DC : The Muscular System Manual: The Skeletal Muscles of the Human Body, 3e before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Muscular System Manual: The Skeletal Muscles of the Human Body, 3e:

0 of 0 people found the following review helpful. MasterpieceBy AntoineTo 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 !0 of 0 people found the following review helpful. His best work yet!By Chris

Loeb sack Wonderful additions since the third edition. I always enjoy the clarity and organization of the material. Joseph has the ability to create a path to the fine details of human movement while keeping an eye on the big picture. Excellent and highly recommended. 1 of 1 people found the following review helpful. An excellent book for those learning about the muscular skeletal system. By Clive L. Sinoff An excellent book for those learning about the muscular skeletal system. The CD ROM that came with the book is superb, allowing one to demonstrate each muscle in turn. There is a minor deficiency: The diagrams showing and labeling the ligaments have been removed. This is a good upgrade to a good 2nd edition.

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 n 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.