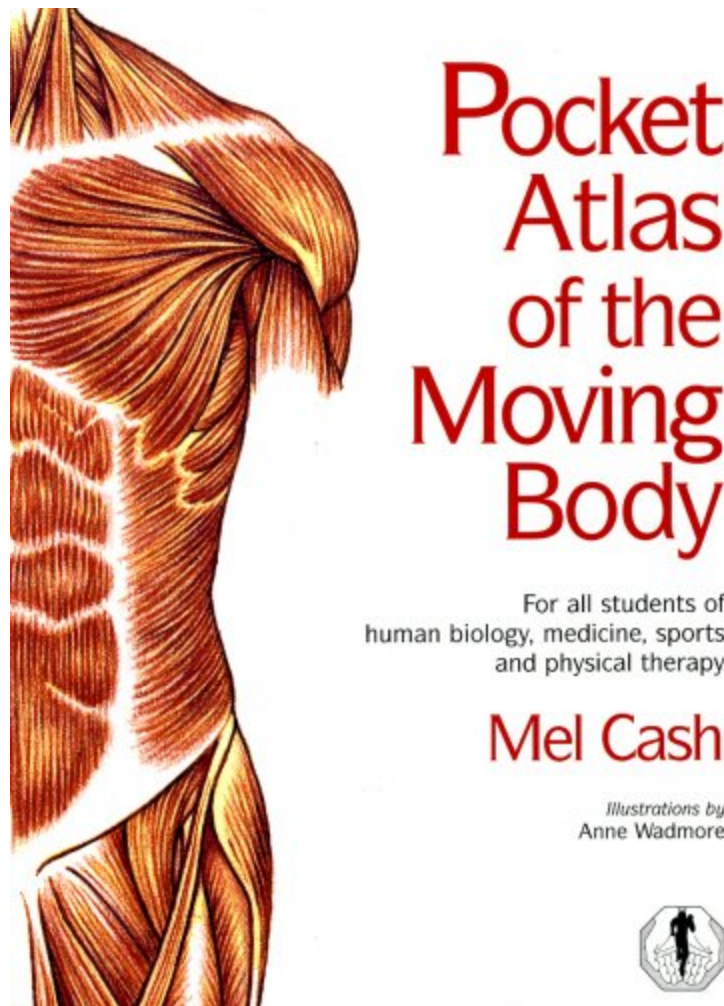


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Pocket Atlas of the Moving Body: For All Students of Human Biology, Medicine, Sports and Physical Therapy

Mel Cash

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Mel Cash : Pocket Atlas of the Moving Body: For All Students of Human Biology, Medicine, Sports and Physical Therapy before purchasing it in order to gauge whether or not it would be worth my time, and all praised Pocket Atlas of the Moving Body: For All Students of Human Biology, Medicine, Sports and Physical Therapy:

5 of 5 people found the following review helpful. Excellent for use with clientsBy westcoasterAlthough this book may lack the detail a serious student of kinesiology might want or need, I believe that level of detail would be difficult to fit into a "pocket" book format by any author. Instead, those students might be best served by a set of Netter's Anatomy flashcards - just pulling the muscle cards from the set would create something similar to a pocket guide with considerable detail.What this pocket guide IS fantastic for is when you want to show a client which muscle(s) you are

targetting. Sure, some clients will be interested and/or knowledgeable enough to want to see more advanced materials, but I have found that for most clients the clarity and simplicity of the muscle pictures and info in this pocket manual are exactly the right amount of info to try to convey. If you are not just a student but are actually a practitioner working with clients, this pocket atlas can serve as an inexpensive yet effective and handy addition to your client education materials. 0 of 0 people found the following review helpful. Five Stars By Customer It's very convenient to carry around. 0 of 0 people found the following review helpful. Four Stars By La vie e belle. Excellent. would recommend it for study

The leading sports massage expert Mel Cash now publishes this indispensable guide to the human muscular and skeletal system. It contains all the most relevant information needed to understand how the human body moves and maintains posture, drawing together knowledge from several different areas of medical science and presenting it in a clear and simple style. The book is essential for all students of human biology, medicine and physical therapy (orthodox and complementary), and anyone involved at any level in sport, exercise, or dance. The 40 specially commissioned colour illustrations, plus 25 line drawings, provide a full picture of the human muscular and skeletal system, and the accompanying text explains how they may become injured, and the various other causes of musculoskeletal pain and dysfunction.

About the Author Mel Cash has been a massage therapist since 1985 and, through his books, has become one of the world's leading authorities on the subject. He is principal tutor of the London School of Sports Massage, and has lectured in anatomy and physiology at the University of Westminster.