

## Features:

- **Step-by-step muscle palpation coverage** makes it easy to understand and remember each step of palpation techniques.
- **UNIQUE! Coverage of stretching** describes the role of stretching as part of effective treatment, with drawings of self-care stretches presented alongside therapist-assisted stretches.
- **General muscle information** includes attachments, actions, and a drawing of the individual muscle.
- **Full-color photos and illustrations** show palpation of muscles, exactly how the muscles look, and where the muscle is located underneath the skin as it is being palpated.
- **Illustrations of trigger points and referral patterns** make it easier to identify locations, showing where trigger points lie on the muscle and where pain radiates when an injury is felt.
- **Coverage of bone palpation** teaches you to identify and palpate bones and bony landmarks.
- **Assessment and massage treatment strokes** are shown in illustrations and in the *Palpation Notes*, moving you from theory and assessment to practical application.
- **Case studies** in each chapter emphasize critical thinking and clinical reasoning, allowing you to apply your knowledge to the practice setting.
- **Deeper Thoughts questions** challenge your reasoning skills.
- **Measurable objectives** at the start of each chapter identify key goals and are accompanied by a chapter overview, outline, and key terms.

## New To This Edition:

- **NEW and UNIQUE! Chapter on orthopedic assessment** is added to this edition.
- **NEW video lessons on the Evolve website** feature Dr. Joe demonstrating bone and muscle palpation protocols.

## Περιεχόμενα:

### **PART I: ASSESSMENT**

1. Introduction to Palpation
2. The Art and Science of Muscle Palpation
3. Orthopedic Assessment **NEW and UNIQUE!**

### **PART 2: TREATMENT TECHNIQUES**

4. Draping and Basic Massage Strokes
5. Anatomy, Physiology, and Treatment of Trigger Points
6. Stretching
7. Body Mechanics for the Manual Therapist

### **PART 3: BONE PALPATION AND LIGAMENTS**

8. Upper Extremity Bone Palpation and Ligaments
9. Axial Body Bone Palpation and Ligaments
10. Lower Extremity Bone Palpation and Ligaments

### **PART 4: MUSCLE PALPATION**

11. Tour #1: Palpation of the Muscles of the Shoulder Girdle
12. Tour #2: Palpation of the Neck Muscles
13. Tour #3: Palpation of the Muscles of the Head
14. Tour #4: Palpation of the Muscles of the Arm
15. Tour #5: Palpation of the Muscles of the Forearm
16. Tour #6: Palpation of the Intrinsic Muscles of the Hand
17. Tour #7: Palpation of the Trunk Muscles
18. Tour #8: Palpation of the Pelvic Muscles
19. Tour #9: Palpation of the Thigh Muscles
20. Tour #10: Palpation of the Leg Muscles
21. Tour #11: Palpation of the Intrinsic Muscles of the Foot