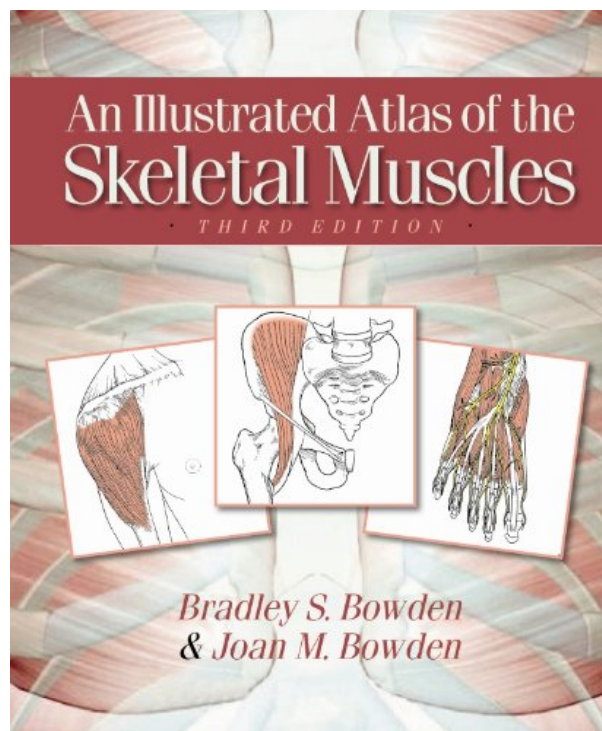
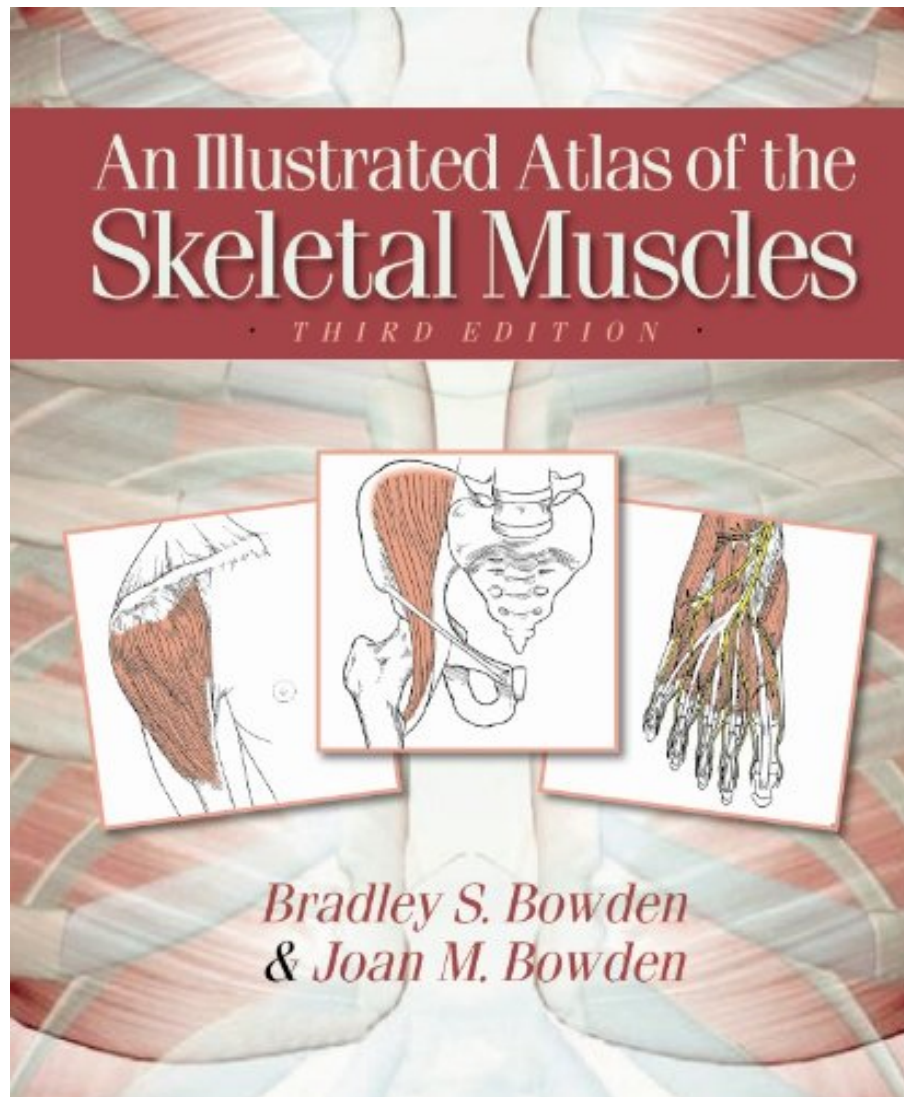


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An Illustrated Atlas of the Skeletal Muscles , Third Edition is designed as a functional reference, supplement, and study guide for students and health professionals with a broad diversity of interests in the normal structure and function of skeletal-muscular systems. 3-hole drilled.

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Great study tool!

By willis

I bought this book because my professor has several copies that she lets us use during class time when we are studying models and I found it a really helpful tool. Each page is dedicated to a single muscles and it concisely states the origin and insertion points of the muscle and the function of the muscle. It also contains some skeleton drawings with anatomical landmarks labeled and some joint information. It also has functional muscle groups (Dorseflexors, Hip flexors, Knee extensors, etc.) and nerve innervations in relation to the muscles. One reason I really loved this book is because the pictures of each muscles are large and detailed and you don't have to guess about where the muscle is going and the descriptions are detailed and helpful, but also concise, so there are not a lot of words on a page.

The only thing I was disappointed about was the fact that it only came in loose leaf. I looked elsewhere for it in a bound form, but it was very expensive. I will probably go get it bound myself because it's such a great book I want it to last for a long time and I worry that the pages will rip easily in a three hole punch binder. Overall, this book is a great study tool and I imagine it will come in handy over the years as I find the need to refresh my knowledge of the skeletal muscles.

1 of 1 people found the following review helpful.

Saving this for later classes

By K. Mayo

I love this atlas that was required for lab class. Not only does it show individual muscles, but also a later

chapter shows them grouped (for example leg extensors muscles). The atlas has origin, insertions, innervation, and actions for each muscles. There are also chapters on skeletal structures as well as difference with children. This is very basic, but a great reference for my later classes when I do motor development and strength/condition courses for exercise physiology.

1 of 1 people found the following review helpful.

Excellent book for MTs, PTS

By JS

This book outlines all the muscles in the body as well as action, origin and insertion and where major trigger points can be found. It is a valuable resource book for any professional who want to take the guess work out of where a trigger point may be in any given muscle. Highly useful for any PT or MT who uses positional release to alleviate trigger points.

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