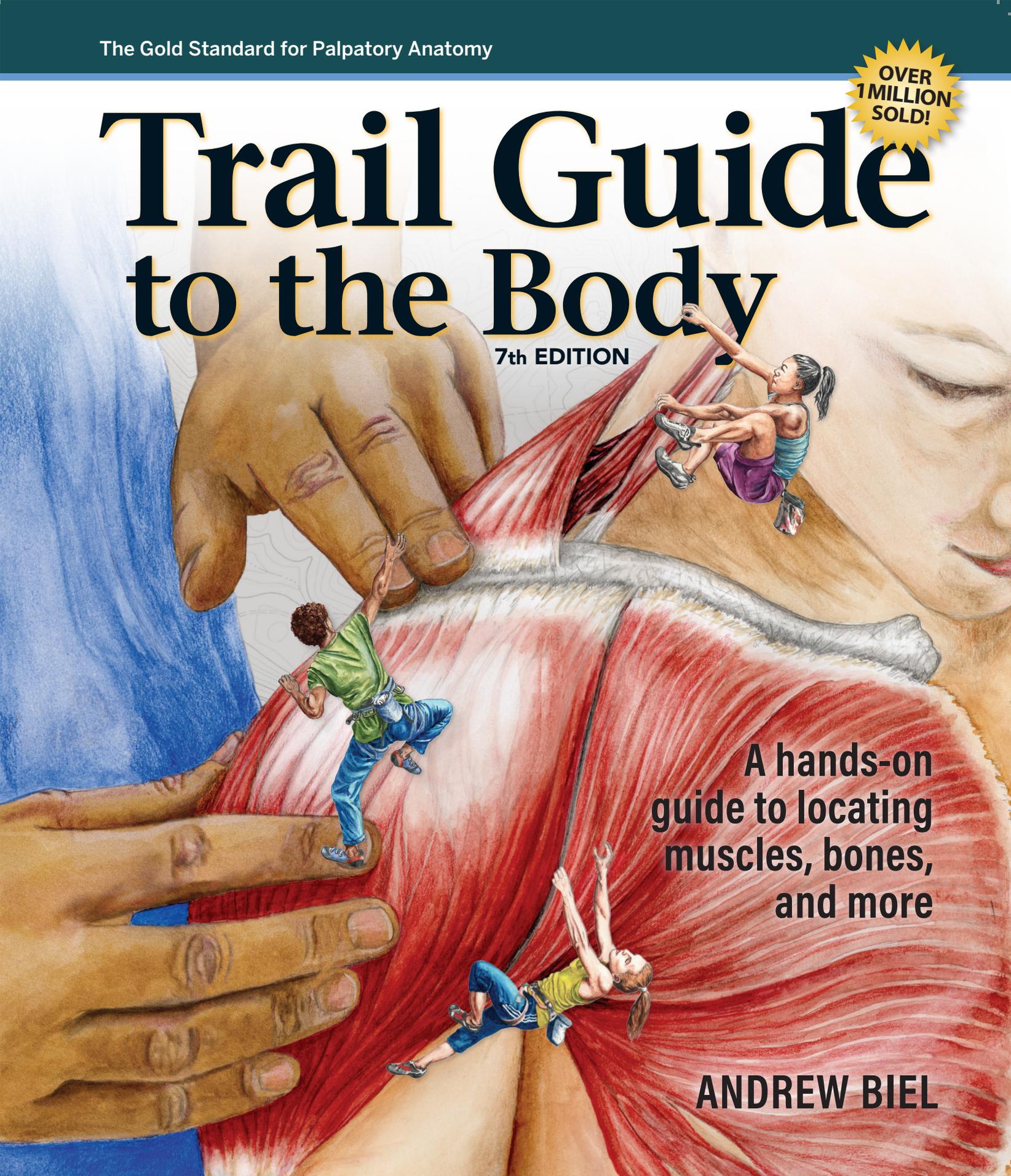


The Gold Standard for Palpatory Anatomy

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1 MILLION
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Trail Guide to the Body

7th EDITION

An artistic illustration of a human body with large hands and people climbing muscles. The background is a large, detailed anatomical drawing of a human torso, showing muscles and bones. Three people are depicted as if climbing or exploring the muscles. One person is climbing a large hand on the left, another is climbing a muscle on the right, and a third is climbing a muscle on the right. The style is a mix of realistic anatomical drawing and whimsical illustration.

A hands-on
guide to locating
muscles, bones,
and more

ANDREW BIEL

DISCOVER



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DETAILS INSIDE

Introducing Trail Guide to the Body, 7th Edition

Empowering the next generation of manual therapists

Trail Guide to the Body, the trusted leader for teaching palpation anatomy to manual therapy students, takes another leap forward with our new 7th edition.

What's new in the 7th edition?

1. All-new palpation videos for learning beyond the page

All-new palpation instruction videos bring palpation anatomy to life.

- Nearly 80 videos detail how to identify and palpate more than 90 essential muscles.
- Now includes videos for locating 24 bony landmarks.
- Available via eTextbook links and apps.

2. A beginner's orientation to the nervous system

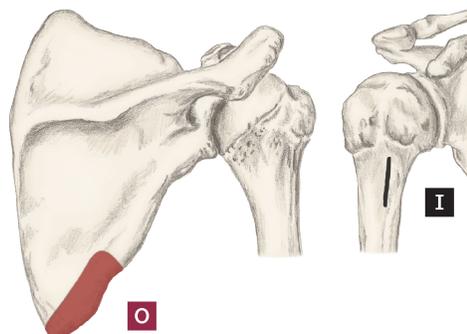
- All-new 18-page primer—*Appendix A: A Day in the Life of Your Nervous System*.
- Combines storytelling with 36 vivid visuals to make complex concepts stick.

3. AOIN tables grounded in daily actions

- Expanded “When Do You User Your ___ Muscles” connects muscles to everyday movements.

4. Updated origin and insertion illustrations

- The black and red colors for the Origin and Insertion illustrations have been switched to more closely align with classroom skeletal models.



APPENDIX A

A Day in the Life of Your Nervous System

Trail Guide to the Body focuses on the anatomical and palpation aspects of the musculoskeletal system, including details to locate (or avoid) nerves. This appendix is designed to help you further explore some of the fascinating features of the nervous system (A.1). To make it fun, we'll experience it over the course of one day. And it might look a bit like your day.

A.1 Organization of the nervous system

An Introduction

It's early. Still dark outside. You roll over, flip on the light next to your bed, and (being a good student) open Trail Guide to the Body to this very page. You blink a few times until these words come into focus. Unbeknownst to you, your nervous system was busy all night regulating hundreds of processes throughout your body—even producing dreams. But now it must perform an astonishingly intricate task—reading.

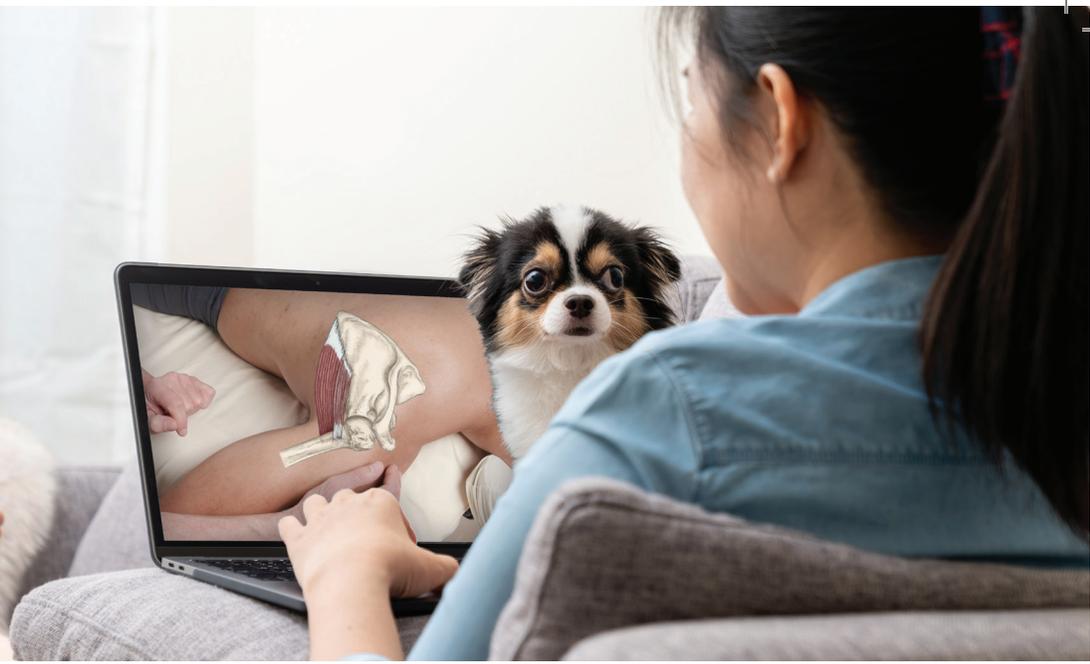
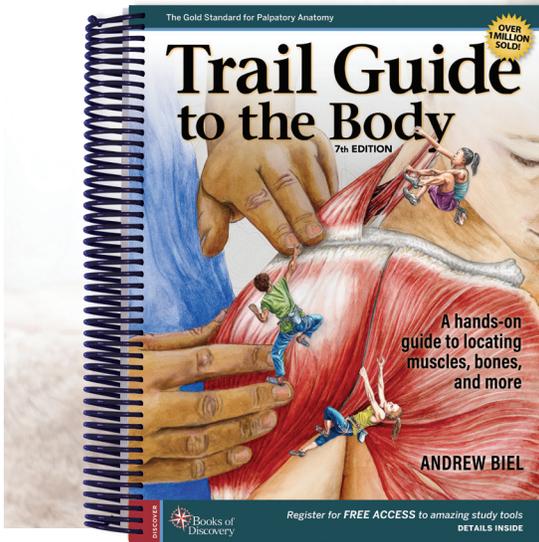
First, your nervous system needs to recognize squiggly symbols and comprehend their groupings. Then it needs to interpret those figures with previously formed understandings and memories. Finally, it must formulate new thoughts and images based on those interpretations. How you do all this instantaneously is courtesy of a vast network of neural tissues that comprise your brain, your spinal cord, and thousands of miles of neural pathways.

The nervous system—with your brain serving as the command center—uses electrochemical signals to send, receive, and relay messages throughout your body. Doing so, it coordinates and controls your thoughts, movements, and automatic responses to everyday life.

411



TERES MAJOR	
A	Extend the shoulder (glenohumeral joint) Adduct the shoulder (G/H joint) Medially rotate the shoulder (G/H joint)
O	Inferior angle and lower one-third of lateral border of the scapula
I	Crest of the lesser tubercle of the humerus
N	Lower subscapular C5, 6, 7
When Do You Use Your Teres Major?	
<ul style="list-style-type: none"> • Unzipping the back of your dress • Walking with crutches • Climbing up a rope when storming a castle 	



5. Enhanced feature boxes to spark curiosity

- **Palpation Plus:** Insider tips for accuracy and comfort.
- **Discover More:** Intriguing facts to keep learners engaged.
- **Comparative Anatomy:** Interesting cross-species comparisons to reignite attention.

6. Dynamic new chapter openings

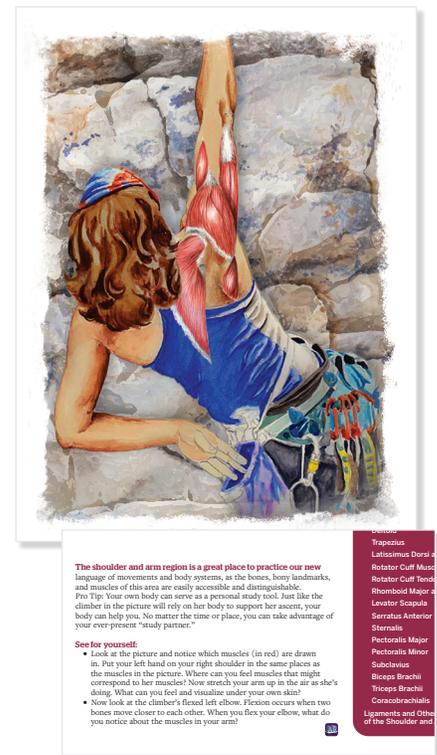
- Eye-catching body-in-motion illustrations tied to chapter focus.
- Engaging “**See for yourself**” activities to get students moving and exploring.

7. Easier navigation from page one

- Redesigned “**How to Use This Book**” for quicker student onboarding.
- Refreshed Chapter 1 to help learners navigate the body confidently from day one.

8. Updated index

- Streamlined index for easier navigation.



Why You and Your Students Will Love the 7th edition

- Keeps **core content consistent**—no need to overhaul your syllabus.
- Adds **modern learning tools** that meet students where they are—digital and interactive.
- Supports **better retention** through visual storytelling, real-world context, and self-testing activities.

Trail Guide to the Body—

The gold standard by which all other palpatory anatomy textbooks are judged

Enlivens lessons. Captures attention.

Every element of *Trail Guide to the Body*—from its lifelike and detailed anatomical illustrations to compelling, easy-to-grasp instructions and descriptions—helps you deliver lessons in attention-getting, memorable, and enjoyable ways.



Takes students on a confidence-building learning journey.

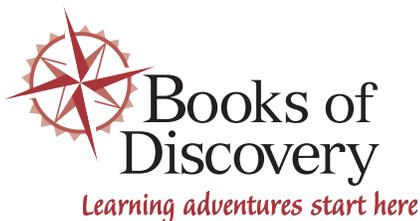
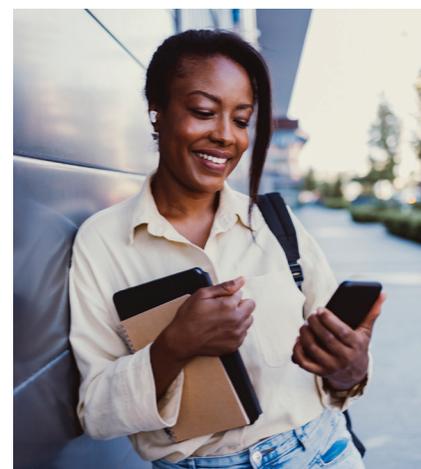
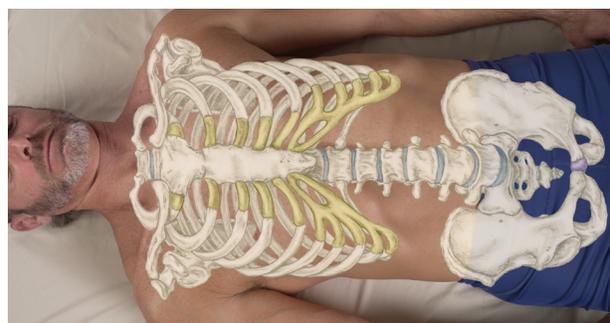
Trail Guide to the Body takes students on a clearly defined, step-by-step trail through musculoskeletal structures, enhancing students' understanding of how to navigate the human body.

Boosts student performance.

Adopting this textbook makes learning and practicing palpation not just manageable, but enjoyable, raising the bar for student achievement.

Expands learning beyond the classroom.

By owning a new copy of *Trail Guide to the Body*, 7th edition, your students gain exclusive access to convenient, free, and easy-to-access palpation videos, overlay images, and more.



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