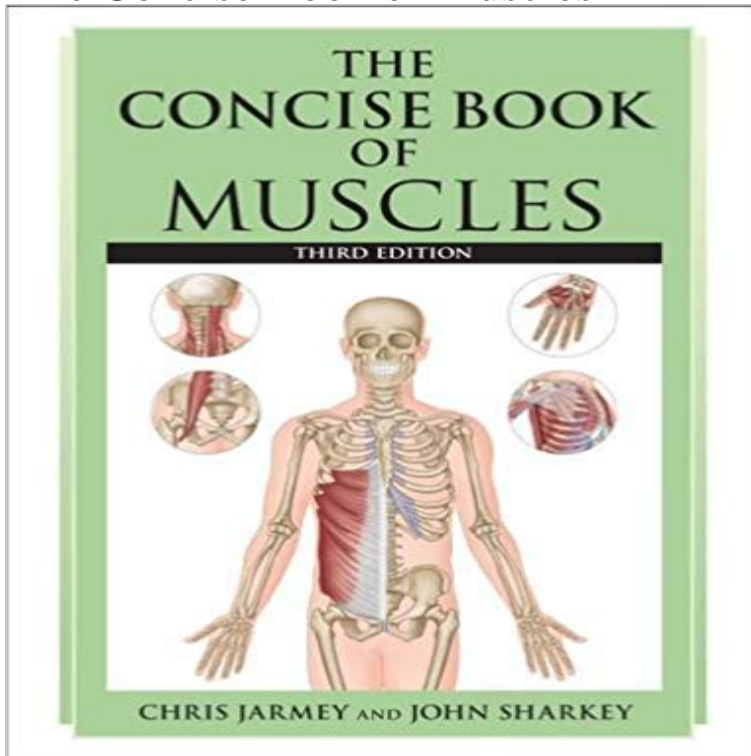


The Concise Book of Muscles



This fully updated and revised third edition of The Concise Book of Muscles is designed in quick-reference format to offer useful information about the main skeletal muscles that are central to anatomy, physical therapy, massage, chiropractic, physiotherapy, osteopathy, or any other health-related field. Each muscle section is color-coded for ease of reference. Enough detail is included regarding each muscles origin, insertion, action, and nerve innervation (including the nerves common course or path) to meet the requirements of the student and practitioner. The Concise Book of Muscles also highlights those muscles that are heavily used and therefore subject to injury in a variety of sports and activities, as well as offering a range of exercises that can be used to stretch or strengthen a specific muscle or muscle group. Containing over four hundred full-color illustrations, the book aims to present the information accurately and in a particularly clear and user-friendly format, especially as anatomy can seem heavily laden with technical terminology. Technical terms are therefore explained in parenthesis throughout the text.

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