



## INSTRUCTOR RESOURCE

# Applied Anatomy & Physiology for Manual Therapists, 2nd edition

## What's New in *Applied Anatomy and Physiology for Manual Therapists*, 2<sup>nd</sup> edition

- **Meets or exceeds the standards in the ELAP Core Education Blueprint.**
- **Features enhanced instructional design and new learning tools:**
  - The addition of **Unit Openers** – These present a big-picture overview of how the systems in each of the units are directly and indirectly linked, and offer a general context for thinking about these systems before the more specific information is covered within the chapters.
  - **Pre-learning Scenarios** – A short story is presented to begin each chapter to help students recognize everyday activities as examples of the system at work. Questions invite learners to recall what they already know and engage their curiosity, identifying general areas of interest in learning about the system, before they get into detailed descriptions of structure and function.
  - **Chapter Summaries** – The end-of-chapter summaries now include discussion points for the pre-learning scenarios, offering a fresh look at the situations, but now reflecting deeper understanding. These open-ended questions invite students to apply the new information about that system to the manual therapy work they do. (The end-of-chapter quizzes from the first edition can now be found online.)
- **Has been thoroughly reviewed and revised to reflect the most current available research and evolving best practices.**
- **Aligns all terminology to be consistent with *Trail Guide to the Body* and *A Massage Therapist's Guide to Pathology*.**
- **Includes additional / expanded / updated terminology and physiologic concepts according to current research and/or clinical applications in several KEY AREAS, such as:**
  - Pain terminology and theories (Chapter 7, The Nervous System)
  - Polyvagal response (Chapter 7, The Nervous System)
  - Interoception (Chapter 7, The Nervous System)
  - Fascial role in interoception (Chapter 8, Neuromuscular and Myofascial Connections)
  - Full chapter update of Chapter 8, Neuromuscular and Myofascial Connections
  - Stress response and HPA axis (Chapter 9, The Endocrine System)
  - Starling force role in the cardiovascular system (Chapter 10) and lymphatic system (Chapter 11)
  - Full chapter update of Chapter 11, The Lymphatic System
  - Chronic inflammation (Chapter 12, Immunity and Healing)
- **Includes an online (regularly updated) bibliography for related articles and research to support specific references within the endnotes in each chapter.**