

Trail Guide to the Body student resources

With the purchase of *the Trail Guide to the Body* textbook or eTextbook, students can register to gain free access to powerful resources for learning musculoskeletal anatomy and how to palpate structures of the body with confidence.



Palpation Videos

- *Trail Guide to the Body*, 6th Edition, student palpation videos - Follow author Andrew Biel's step-by-step instructions as he coaches you on how to locate and palpate 91 structures and takes the mystery out of practicing and learning palpation.

Overlay Images

- *Trail Guide to the Body* Student Overlay Images - Access over 175 images from the Trail Guide to the Body palpation videos. Illustrations from the textbook are superimposed on human models to help you orient individual structures within the context of the whole body.

Audio

- *Trail Guide to the Body*, 6th Edition, audio guide - Enhance your learning of musculoskeletal anatomy while maximizing your time with 89 audio tracks. These are great for on-the-go learning when you have limited study time.
- Terminology audio clips - Learn the correct spelling and pronunciation of over 300 medical terms found in *Trail Guide to the Body*, giving you the confidence needed to communicate effectively with other health care professionals.

Pre-Learning Stories

- Pre-learning stories – These stories will engage you with questions, tips, activities, and discussions that activate what you already know about a topic— making it easier for you to understand and retain content from the lessons to come.

Trigger Points

- *Quick Reference to Trigger Points* student resource - Easily locate the trigger points and pain patterns of nearly 100 muscles with this practical reference guide. Over 200 illustrations help students and practitioners identify common location of a trigger point in a particular muscle belly; possible causes of trigger points; symptoms and indications; pain pattern; and, associated trigger points.

Other free study tools

- List of synergistic muscles - Want an easy way to study synergistic muscles? This comprehensive list covers muscles that work together to create movement for key body parts. Simply print it off and bring it wherever you wish to study!

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Other study and practice essentials available for purchase.

Trail Guide to the Body Student Workbook

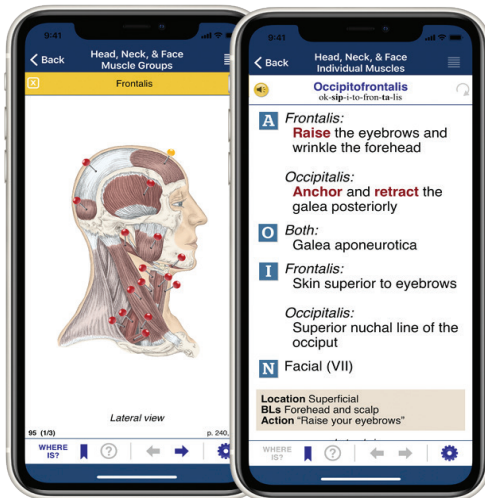
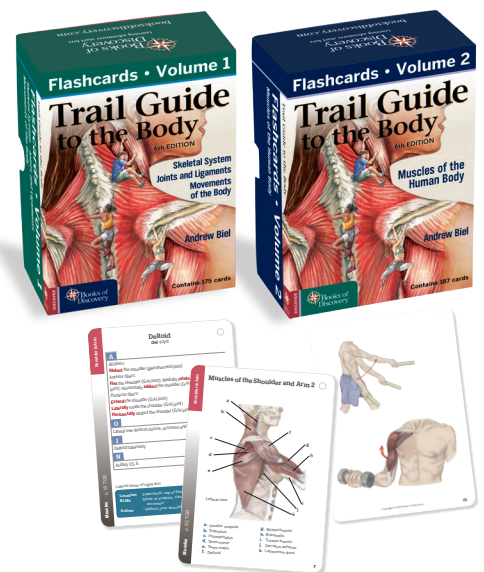
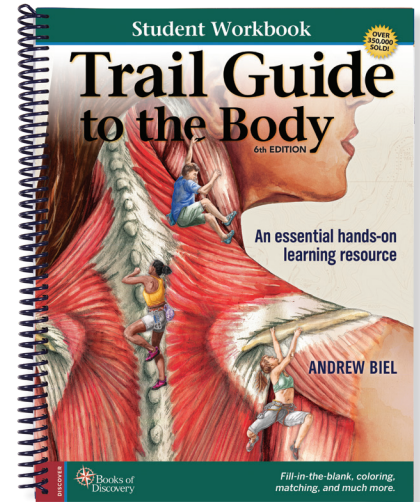
- *The Trail Guide to the Body Student Workbook* is the perfect go-to study partner, helping you dig into and master lessons found in your *Trail Guide to the Body* textbook. It tests your knowledge for both class and national exams. Available in both print and digital formats.

Be ready to ace your next exam with *Trail Guide to the Body* flashcards!

- These beautifully illustrated and user-friendly flashcards come in a two-volume set and are an essential tool for testing your knowledge. Volume 1 (175 cards) covers the skeletal system, joints, and ligaments, as well as movements of the body. Volume 2 (187 cards) covers the muscles of the human body. Volumes can be ordered separately.

AnatomyMapp® is the best interactive app for learning musculoskeletal anatomy.

- AnatomyMapp includes information from all 362 *Trail Guide to the Body* flashcards; questions from the *Trail Guide to the Body Student Workbook*; and, easy search and bookmarking capabilities. This app reinforces your learning and is a perfect companion tool for studying wherever and whenever you want. Available at Google Play and the App Store.



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