



Myology and Kinesiology for Massage Therapists (LWW Massage Therapy and Bodywork Educational Series)

Cindy Moorcroft BA LMT

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Myology and Kinesiology for Massage Therapists presents the anatomy and function of the muscular system using an innovative applied learning technique designed to help today's massage student learn and understand this subject. As this is a subject that many massage students struggle with, this integrated workbook approach helps students apply their knowledge to massage-specific scenarios, and accommodates the needs of multiple learning styles. Beginning with an overview of the body and anatomical structures, the text builds to a thorough review of each body area, complete with full-color illustrations. Each chapter is divided into two parts: a text/content section followed by an activity/workbook section. The text section provides context for the activities and helps familiarize the student with the different bones, muscles, and other structures within each body region. The workbook section includes muscle drawing exercises, claywork exercises, case study exercises and review questions.

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