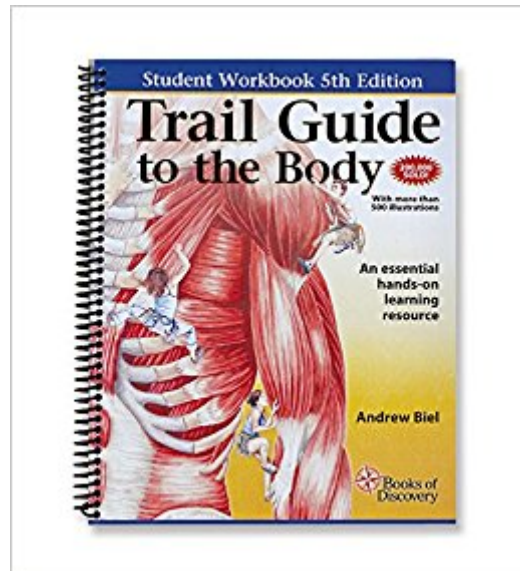


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# Trail Guide To The Body Workbook



## Synopsis

The essential companion to the Trail Guide textbook, this workbook asks students to apply the material by answering questions in a variety of formats including fill-in-the-blanks, drawings to color, illustrations and matching exercises. Great for self-testing, homework and preparing for national exams. The Student Workbook helps students stay on track and keep pace with the class. 230 pages and more than 500 illustrations.

## Book Information

Spiral-bound: 230 pages

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Average Customer Review: 4.7 out of 5 stars 329 customer reviews

Best Sellers Rank: #2,076 in Books (See Top 100 in Books) #4 in [Books > Medical Books > Allied Health Professions > Physical Therapy](#) #4 in [Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Physical Therapy](#) #14 in [Books > Textbooks > Science & Mathematics > Biology & Life Sciences > Anatomy & Physiology](#)

## Customer Reviews

I bought this Trail Guide workbook to go along with the text book. So far, I am loving both! The workbook (as is the textbook) is in spiral format, which I really like as the book will lie flat and the pages stay where they are placed. It follows along with the text as far as the contents go. There are lots of illustrations, fill in the blank, label the parts, and 'describe the action' type activities. The answers are provided in the back of the book. My plan is to really learn the material though, so I won't look at the answers until the exercise is complete! The price tag of \$24.95 seems at first glance, a little steep for a workbook, but it really isn't. There is a ton of helpful information that coordinates with the text, in this workbook. I highly recommend both books.

My functional anatomy class used the corresponding text book that this work book goes along with. I am very pleased with this purchase and have found it very helpful for studying! I would definitely recommend this workbook!

This is THE best book! Great explanations, and even has online tools with mp3s, palpation videos, and overlay images! I'll own this book forever! I understand why I can't find a used one, because I'll never sell mine!

This book is great for learning anatomy, especially if you get the flash cards with it! They both show each muscle as part of the whole system and each one individually and discuss the insertion, origin, and action. Also discuss all the sections of each bone, very user friendly and easy to follow

Highly recommend for physical therapy, occupational therapy, or almost anybody else in the allied health professions. Landmarks, palpation, and anatomy all included in this AWESOME BOOK! Not sure what has changed since the previous edition, I suspect not much, and I haven't seen any from peers who own the third edition. Based on this, buy the previous edition and save some money.

Was thinking of sending it back, but realized that the shipping fee would be taken off the purchase price, material inside is worth keeping, however not as in depth as Trail Guide to the Body is and no student workbook is included which is disappointing.

love this workbook. you can color it but I use it mostly to label since I already have an anatomy coloring book. I use both together to reference the body's muscle's and joint labeling. It really does help keep me up with massage therapy work and the body itself, and even has me learning some new things I didn't learn while in massage therapy school!

I bought this for massage therapy. It is so entertaining. The author makes complicated information fun and easy to grasp. The side notes are fun as well. Great book and great seller. Thanks!

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