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The Pocket Atlas of the Moving Body

By Mel Cash, Anne Wadmore

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Pocket Atlas of the Moving Body, Mel Cash, Anne Wadmore, The leading sports massage expert Mel Cash now publishes this indispensable guide to the human muscular and skeletal system. It contains all the most relevant information needed to understand how the human body moves and maintains posture, drawing together knowledge from several different areas of medical science and presenting it in a clear and simple style. There is nothing similar available on the market, and the book is essential for all students of human biology, medicine and physical therapy (orthodox and complementary), and anyone involved at any level in sport, exercise, or dance. The 40 specially commissioned colour illustrations, plus 25 line drawings, provide a full picture of the human muscular and skeletal system, and the accompanying text explains how they may become injured, and the various other causes of musculoskeletal pain and dysfunction.



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