



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.



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[2.91 MB]

Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- **Rhiannon Steuber**

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- **Tyshawn Brekke**

See Also



[Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners](#)

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and professional mariners. This is the ideal book...



[DK Readers Disasters at Sea Level 3 Reading Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate of those who took part in them....



[Fox at School: Level 3 \(Paperback\)](#)

Penguin Young Readers Group, United States, 1993. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such...



[Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2](#)

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2, Peppa Pig is having fun with her friends at Sports Day, but she is not very good at paying attention during...



[Big Machines - Read it Yourself with Ladybird: Level 2](#)

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Big Machines - Read it Yourself with Ladybird: Level 2, Big Machines Trucks lift things and move them about all day long. Find out all about diggers, bulldozers, tractors and other big machines....



[Primary language of primary school level evaluation: primary language happy reading \(grade 6\)\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2012-07-01 Pages: 92 Publisher: Tibet People's Publishing House basic information about the title: the primary school level evaluation...