



Les muscles : actions et palpation (French Edition)

Annie Gouriet, Joseph E. Muscolino, Michel Pillu, John Scott & Co

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Cet ouvrage s'adresse à tous ceux qui désirent mieux connaître et comprendre le fonctionnement de tous les muscles et la manière de les palper.

L'auteur, Joseph E. Muscolino, détaille avec une grande pédagogie les raisonnements, les techniques mais aussi les pièges à éviter pour pratiquer les massages.

Les cinq premiers chapitres présentent les éléments fondamentaux permettant la compréhension du fonctionnement articulaire et musculaire du corps humain : la terminologie cinésiologique de base grâce à laquelle les soignants communiquent entre eux avec un vocabulaire commun, les repères d'anatomie palpatoire et les insertions musculaires.

Les chapitres suivants forment le coeur de l'ouvrage. Ils sont consacrés aux muscles, classés par région corporelle. La remarquable iconographie, particulièrement riche et explicite, facilite considérablement la compréhension, la mémorisation et l'apprentissage de la palpation.

L'auteur propose aussi des cas cliniques, des exercices de révision à la fin de chaque chapitre ainsi qu'un atlas des étirements afin de faciliter l'acquisition des connaissances.

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