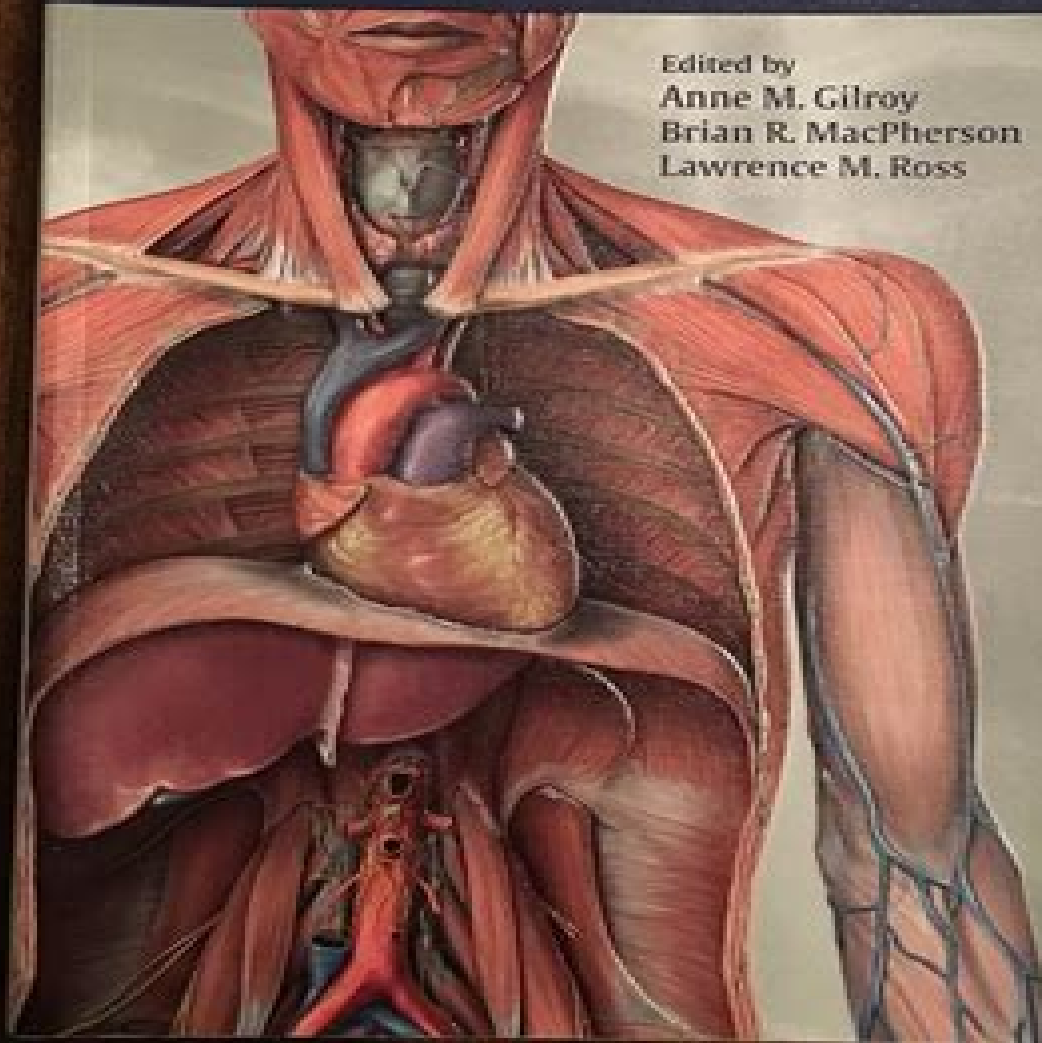


Atlas of Anatomy

Edited by
Anne M. Gilroy
Brian R. MacPherson
Lawrence M. Ross

Based on the work of
Michael Schuenke
Erik Schulte
Udo Schumacher

Illustrations by
Markus Voll
Karl Wesker



 Thieme

Atlas Anatomy Anne M Gilroy

Anne M. Gilroy



Atlas Anatomy Anne M Gilroy:

Atlas of Anatomy Anne M. Gilroy, Brian R. MacPherson, Lawrence M. Ross, 2008 Atlas of Anatomy contains everything students need to successfully tackle the daunting challenges of anatomy Complete with 2 200 exquisite full color illustrations the atlas is organized to lead students step by step through each region of the body **Atlas of Anatomy, Latin**

Nomenclature Anne M. Gilroy, Brian R. MacPherson, Jamie C. Wikenheiser, 2021-11-19 Quintessential Atlas of Anatomy expands on widely acclaimed prior editions Atlas of Anatomy Latin Nomenclature Fourth Edition builds on its longstanding reputation of being the highest quality anatomy atlas published to date using Latin nomenclature With more than 2 000 exquisitely detailed illustrations including over 120 new to this edition the Atlas helps students and seasoned clinicians master the details of human anatomy Key Features NEW Expanded Radiology sections include over 40 new radiographs CTs and MRIs NEW A more dissectional approach to the head and neck region places neck anatomy before that of the head the way most students dissect NEW Additional images and tables detail the challenging anatomy of the peritoneal cavity inguinal region and infratemporal and pterygopalatine fossae NEW Almost 30 new clinical boxes focus on function pathology diagnostic techniques anatomic variation and more NEW More comprehensive coverage clarifies the complexities of the ANS including revised wiring schematics Also included in this new edition Muscle Fact spreads provide origin insertion innervation and action An innovative user friendly format every topic covered in two side by side pages Online images with labels on and labels off capability are ideal for review and self testing What users say about the Atlas of Anatomy I can t say enough how much I like the organization of this text I think Thieme has hit the nail on the head with structuring everything by region Lower Limb and sub region Ankle Foot It s very easy to find what you re looking for The figures in the Atlas of Anatomy are exemplary and surpass other competing texts The images are clear precise and aesthetically colored The unique views presented in this work are also very helpful for studying a three dimensional subject such as human anatomy Atlas of Anatomy Anne Gilroy, Brian MacPherson, 2008-06-03 Praise for this book Impressive remarkably effective Journal of the American Medical Association Five stars A brilliant masterpiece filled with anatomical illustrations of great accuracy appropriately labeled and aesthetically appealing Doody s Review Atlas of Anatomy contains everything students need to successfully tackle the daunting challenges of anatomy Complete with exquisite full color illustrations by award winning artists Markus Voll and Karl Wesker the atlas is organized to lead students step by step through each region of the body Each region opens with the foundational skeletal framework The subsequent chapters build upon this foundation adding the muscles then organs then vessels then nerves and finally presenting topographic anatomy for a comprehensive view Each unit closes with surface anatomy accompanied by questions that ask the reader to apply knowledge learned for the real life physical examination of patients Features 2 200 full color illustrations of unsurpassed quality Brief introductory texts that provide an accessible entry point when a new topic is presented Clinical correlates and images including radiographs MRIs

CT scans and endoscopic views Muscle Fact pages that organize the essentials including origin insertion and innervation ideal for memorization reference and review Navigators that orient the reader with location and plane of dissection A scratch off code provides access to WinkingSkull.com PLUS an interactive online study aid featuring over 600 full color anatomy illustrations and radiographs labels on labels off functionality and timed self tests This atlas provides everything students need in just the right format making the mastery of human anatomy eminently achievable Teaching anatomy We have the educational e product you need Instructors can use the Thieme Teaching Assistant Anatomy to download and easily import 2 000 full color illustrations to enhance presentations course materials and handouts Atlas of Anatomy, 3e Latin Anne M Gilroy, Brian R MacPherson, Michael Schuenke, 2017-05-24 With unmatched accuracy quality and clarity the Atlas of Anatomy is now fully revised and updated Atlas of Anatomy Third Edition is the highest quality anatomy atlas available today With over 1 900 exquisitely detailed illustrations the Atlas helps you master the details of human anatomy Key Features Labels and anatomic terminology are in Latin nomenclature NEW Sectional and Radiographic Anatomy chapter for each body region NEW Radiologic images help you connect the anatomy lab to clinical knowledge and practice NEW Pelvis and Perineum section enhanced and improved making it easier to comprehend one of the most complex anatomic regions NEW Section on Brain and Nervous System focuses on gross anatomy of the peripheral and autonomic nervous systems as well as the brain and central nervous system Also included in this new edition More than 170 tables summarize key details making them easier to reference and retain Muscle Fact spreads provide origin insertion innervation and action An innovative user friendly format every topic covered in two side by side pages Access to WinkingSkull.com PLUS with all images from the book for labels on and labels off review and timed self tests for exam preparation **Internal Organs (THIEME Atlas of Anatomy)** Michael Schuenke, Erik Schulte, Udo Schumacher, Wayne Cass, 2020-05-14 Remarkable atlas provides exceptionally detailed clinically relevant anatomic knowledge Praise for the prior edition The THIEME Atlas of Anatomy Internal Organs provides pertinent and well executed anatomical illustrations enriched with figures from diagnostic imaging We strongly suggest this atlas not only to students in medicine but also to residents and practitioners including those involved in diagnostic imaging European Journal of Nuclear Medicine and Molecular Imaging Thieme Atlas of Anatomy Internal Organs Third Edition by renowned educators Michael Schuenke Erik Schulte and Udo Schumacher along with consulting editor Wayne Cass expands on prior editions with increased detail on anatomic relationships of inner organs and the innervation and lymphatic systems of these organs Organized by region the book features 10 sections starting with an overview on body cavities Subsequent sections cover the cardiovascular blood lymphatic respiratory digestive urinary genital endocrine and autonomic nervous organ systems Regional units covering the thorax and abdomen and pelvis begin with succinct overviews followed by more in depth chapters detailing the structure and neurovasculature of the region and its organs Key Features 1 375 images including extraordinarily realistic illustrations by Markus Voll and Karl Wesker diagrams tables and descriptive text provide

an unparalleled wealth of information about internal organs 21 fact sheets provide quick handy references summarizing salient points for each organ Online images with labels on and labels off capability are ideal for review and self testing This visually stunning atlas is an essential companion for laboratory dissection and the classroom It will benefit medical students internal medicine residents and practicing physicians The THIEME Atlas of Anatomy series also includes two additional volumes General Anatomy and Musculoskeletal System and Head Neck and Neuroanatomy All volumes of the THIEME Atlas of Anatomy series are available in softcover English International Nomenclature and in hardcover with Latin nomenclature

Anatomy - An Essential Textbook Anne M Gilroy, 2017-05-30 In the tradition of the highly praised first edition Anatomy An Essential Textbook Second Edition by Anne M Gilroy features noteworthy additions including radiographic representation of anatomical structures and illustrated clinical correlations The introductory chapter lays a solid foundation with basic concepts and expanded coverage of the vascular and nervous systems Each profusely illustrated regional unit includes an overview comprehensive information on bones muscles and neurovasculature and clinical imaging followed by review questions with complete answers and explanations Over 200 new images and 650 total show normal and pathologic anatomy and procedures Over 120 tables facilitate learning and include unique tables listing origin insertion innervation and action of muscles Online access to WinkingSkull.com with labels on labels off for self testing of images and interactive review questions and answers Clinical Correlation boxes provide detailed information on anatomic basis of clinical problems Development Correlation boxes highlight important embryologic and life cycle concepts related to anatomical structures New Clinical Imaging Basics sections address the practical applications of imaging modalities for specific anatomical regions Build your anatomy knowledge and confidence with this stellar text *Classic Human Anatomy in Motion* Valerie L.

Winslow, 2015-08-04 This essential companion book to the bestselling Classic Human Anatomy provides artists and art students with a deeper understanding of human anatomy and different types of motion inspiring more realistic and energetic figurative art Fine art instruction books do not usually focus on anatomy as it relates to movement despite its great artistic significance Written by a long time expert on drawing and painting human anatomy Classic Human Anatomy in Motion offers artists everything they need to realistically draw the human figure as it is affected by movement Written in a friendly style the book is illustrated with hundreds of life drawing studies both quick poses and long studies along with charts and diagrams showing the various anatomical and structural components This comprehensive manual features 5 distinct sections each focusing on a different aspect of the human figure bones and joint movement muscle groups surface form and soft tissue characteristics structure and movement Each chapter builds an artistic understanding of how motion transforms the human figure and can create a sense of expressive vibrancy in one's art *General Anatomy and Musculoskeletal System (THIEME Atlas of Anatomy)* Michael Schuenke, Erik Schulte, Udo Schumacher, 2020-05-14 Remarkable atlas provides exceptionally detailed clinically relevant anatomic knowledge Praise for the prior edition This book is an ideal text not only

for students of various disciplines studying anatomy for the first time but it also serves as a valuable resource for faculty and providers Yale Journal of Biology and Medicine Thieme Atlas of Anatomy General Anatomy and Musculoskeletal System Third Edition by renowned educators Michael Schuenke Erik Schulte and Udo Schumacher along with consulting editor Nathan Johnson expands on the award winning prior editions with updated spreads and added information on joints muscle actions and functional muscle groups Organized by region the book begins with an introduction on basic human embryology and development and an overview of the human body Subsequent general anatomy chapters explore surface anatomy the bones joints muscles vessels lymphatic system and glands and general neuroanatomy The next section delineates the trunk wall functional musculature and the neurovascular system while the last two sections are dedicated to the upper limb and lower limb Key Features Nearly 2 100 images including extraordinarily realistic illustrations by Markus Voll and Karl Wesker X rays MRIs CT scans diagrams tables and descriptive text provide an unparalleled wealth of information about muscle structure and bones Musculoskeletal vascular and nervous system structures are presented systematically first then topographically thereby supporting classroom learning and active laboratory dissection Emphasizes important relationships between anatomic structure and function in addition to introducing clinical applications providing knowledge trainees can apply in practice Online images with labels on and labels off capability are ideal for review and self testing This visually stunning atlas is a must have for medical allied health and physical therapy students instructors and practicing physical and massage therapists It is also a wonderful anatomic reference for professional artists and illustrators The THIEME Atlas of Anatomy series also includes two additional volumes Internal Organs and Head Neck and Neuroanatomy All volumes of the THIEME Atlas of Anatomy series are available in softcover English International Nomenclature and in hardcover with Latin nomenclature General Anatomy and Musculoskeletal System (THIEME Atlas of Anatomy), Latin Nomenclature Michael Schuenke,Erik Schulte,Udo Schumacher,Nathan Johnson,2021-07-03 Remarkable atlas provides exceptionally detailed clinically relevant anatomic knowledge Thieme Atlas of Anatomy General Anatomy and Musculoskeletal System Third Edition Latin Nomenclature by renowned educators Michael Schuenke Erik Schulte and Udo Schumacher along with consulting editors Nathan Johnson and Hugo Zeberg expands on the award winning prior editions with updated spreads and added information on joints muscle actions and functional muscle groups Organized by region the book begins with an introduction on basic human embryology and development and an overview of the human body Subsequent general anatomy chapters explore surface anatomy the bones joints muscles vessels lymphatic system and glands and general neuroanatomy The next section delineates the trunk wall functional musculature and the neurovascular system while the last two sections are dedicated to the upper limb and lower limb Key Features Labels and anatomic terminology are in Latin nomenclature Nearly 2 100 images including extraordinarily realistic illustrations by Markus Voll and Karl Wesker X rays MRIs CT scans diagrams tables and descriptive text provide an unparalleled wealth of information about muscle structure and bones Musculoskeletal

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Remarkable atlas provides exceptionally detailed clinically relevant anatomic knowledge Thieme Atlas of Anatomy Internal Organs Third Edition Latin Nomenclature by renowned educators Michael Schuenke Erik Schulte Udo Schumacher along with consulting editors Wayne Cass and Hugo Zeberg expands on prior editions with increased detail on anatomic relationships of inner organs and the innervation and lymphatic systems of these organs Organized by region the book features 10 sections starting with an overview on body cavities Subsequent sections cover the cardiovascular blood lymphatic respiratory digestive urinary genital endocrine and autonomic nervous organ systems Regional units covering the thorax and abdomen and pelvis begin with succinct overviews followed by more in depth chapters detailing the structure and neurovasculature of the region and its organs Key Features Labels and anatomic terminology are in Latin nomenclature 1 375 images including extraordinarily realistic illustrations by Markus Voll and Karl Wesker diagrams tables and descriptive text provide an unparalleled wealth of information about internal organs 21 fact sheets provide quick handy references summarizing salient points for each organ Online images with labels on and labels off capability are ideal for review and self testing This visually stunning atlas is an essential companion for laboratory dissection and the classroom It will benefit medical students internal medicine residents and practicing physicians The THIEME Atlas of Anatomy series also includes two additional volumes General Anatomy and Musculoskeletal System and Head Neck and Neuroanatomy All volumes of the THIEME Atlas of Anatomy series are available in softcover English International nomenclature and in hardcover with Latin nomenclature [Your Body, Your Yoga](#) Bernie Clark,2016-04-12 Yoga is big business today and teacher training programs are booming Yoga teachers have a thirst for anatomy training but all books on yoga anatomy focus solely on the muscles Your Body Your Yoga goes beyond any prior yoga anatomy book available It looks not only at the body s unique anatomical structures and what this means to everyone s individual range of motion but also examines the physiological sources of restrictions to movement Two volumes are provided in this book Volume 1 raises a new mantra to be used in every yoga posture What Stops Me The answers presented run through a spectrum beginning with a variety of tensile resistance to three

kinds of compressive resistance Examined is the nature of muscles fascia tendons ligaments joint capsules bones and our extracellular matrix and their contribution to mobility The shape of these structures also defines our individual ultimate range of movement which means that not every body can do every yoga posture The reader will discover where his or her limits lie which dictates which alignment cues will work best and which ones should be abandoned Volume 2 will take these principles and apply them to the lower body examining the hip joint the knee ankle and foot and will present how your unique variations in these joints will show up in your yoga practice Your Body Your Yoga has over 500 illustrations and photographs For the technically astute extensive endnotes are provided along with a exhaustive index Technical sidebars labeled It s Complicated allow a non technical reader to skip the heavier more detailed discussions and stick to high level explanations of the concepts For yoga teachers sidebars labeled To the Teacher are offered to help them bring the concepts into their classes Other interesting discussions that could disrupt the normal narrative flow are also put into sidebars labeled It s Important which everyone is invited to read

Anatomy in Your Pocket Anne M. Gilroy, 2018-04-27 Exquisitely illustrated portable anatomical study tool a must have for medical students Anatomy in Your Pocket by Anne Gilroy is based on the award winning textbook Atlas of Anatomy and the work of Michael Schuenke Erik Schulte and Udo Schumacher This volume is organized by seven sections the back thorax abdomen pelvis upper limb lower limb and head and neck Each card features a full color illustration with numerical labels only while the reverse side provides the answers an ideal format for self testing Key Highlights More than 400 exceptionally detailed full color illustrations by Markus Voll and Karl Wesker supplemented by high quality photos delineate body structures Tables high yield clinical correlations didactically relevant Q A and superb illustrations enable studying memorizing and reviewing the most important concepts in human anatomy The compact spiral binding protects the cards and is perfect for on the go studying and quick reference Online access to WinkingSkull.com provides labels on and labels off review and the ability to administer timed self tests First year medical students studying gross anatomy and second year medical students preparing for the USMLE Step 1 or COMLEX will benefit from using this resource as a study companion It is also a go to anatomical reference for other medical trainees who need a succinct yet thorough review of key anatomy Anne M Gilroy MA is Professor Department of Radiology University of Massachusetts Medical School Worcester Massachusetts USA She is the co author of Thieme s renowned Atlas of Anatomy as well as Anatomy An Essential Text An award winning international medical and scientific publisher Thieme has demonstrated its commitment to the highest standard of quality in the state of the art content and presentation of all its products Founded in 1886 the Thieme name has become synonymous with high quality and excellence in online and print publishing

Head, Neck, and Neuroanatomy (THIEME Atlas of Anatomy), Latin Nomenclature Michael Schuenke, Erik Schulte, Udo Schumacher, Cristian Stefan, 2021-07-03 Remarkable atlas provides exceptionally detailed clinically relevant anatomic knowledge Thieme Atlas of Anatomy Head Neck and Neuroanatomy Third Edition Latin Nomenclature by renowned

educators Michael Schuenke Erik Schulte and Udo Schumacher along with consulting editors Cristian Stefan and Hugo Zeberg expands on prior editions with hundreds of new images and significant updates to the neuroanatomy content Head and neck sections encompass the bones ligaments joints muscles lymphatic system organs related neurovascular structures and topographical and sectional anatomy The neuroanatomy section covers the histology of nerve and glial cells and autonomic nervous system then delineates different areas of the brain and spinal cord followed by sectional anatomy and functional systems The final section features a glossary and expanded CNS synopses featuring six new topics from neurovascular structures of the nose to the pharynx Key Features Labels and anatomic terminology are in Latin nomenclature Nearly 1 800 images including extraordinarily realistic illustrations by Markus Voll and Karl Wesker photographs diagrams tables and succinct clinical applications make this the perfect study and teaching resource Expanded clinical references include illustrated summary tables and synopses of motor and sensory pathways Neuroanatomy additions include an in depth overview and content focused on functional circuitry and pathways Online images with labels on and labels off capability are ideal for review and self testing This visually stunning atlas is an essential companion for medical students or residents interested in pursuing head and neck subspecialties or furthering their knowledge of neuroanatomy It will also benefit dental and physical therapy students as well as physicians and physical therapists seeking an image rich clinical resource to consult in practice The THIEME Atlas of Anatomy series also includes two additional volumes General Anatomy and Musculoskeletal System and Internal Organs All volumes of the THIEME Atlas of Anatomy series are available in softcover English International nomenclature and in hardcover with Latin nomenclature

Atlas of Anatomy Anne M. Gilroy, Brian R. MacPherson, Michael Schuenke, 2016-04-08 With unmatched accuracy quality and clarity the Atlas of Anatomy is now fully revised and updated Atlas of Anatomy Third Edition is the highest quality anatomy atlas available today With over 1 900 exquisitely detailed and accurate illustrations the Atlas helps you master the details of human anatomy Key Features NEW Sectional and Radiographic Anatomy chapter for each body region NEW Radiologic images help you connect the anatomy lab to clinical knowledge and practice NEW Pelvis and Perineum section enhanced and improved making it easier to comprehend one of the most complex anatomic regions NEW Section on Brain and Nervous System focuses on gross anatomy of the peripheral and autonomic nervous systems as well as the brain and central nervous system Also included in this new edition More than 170 tables summarize key details making them easier to reference and retain Muscle Fact spreads provide essential information including origin insertion innervation and action An innovative user friendly format every topic covered in two side by side pages Access to WinkingSkull.com PLUS with all images from the book for labels on and labels off review and timed self tests for exam preparation What students say about the Atlas of Anatomy Thieme is the best anatomy atlas by far hands down Clearer pictures more pictures more realistic pictures structures broken up in ways that make sense and shown from every angle includes clinical correlations That's about all there is to it Just buy it Thank you Thieme this book

surpasses them all It s the artwork The artist has found the perfect balance of detail and clarity Some of these illustrations have to be seen to be believed The pearls of clinical information are very good and these add significance to the information and make it easier to remember **Head, Neck, and Neuroanatomy (THIEME Atlas of Anatomy)** Michael

Schuenke,Erik Schulte,Udo Schumacher,2015-12-28 This second edition of volume 3 in the Thieme Atlas of Anatomy series now covers anatomy of the neck as well as anatomy of the head and neuroanatomy It includes over 200 stunning new anatomic illustrations as well as a substantial number of additional clinical correlations Descriptions of anatomic structures and their relationships to one another along with information on the development of the structures anomalies and common pathologies appear in every chapter Key Features More than 1300 exquisite full color illustrations for the head neck and neuroanatomy accompany the clear concise text An innovative user friendly format in which each two page spread presents a self contained guide to a specific topic Summary tables ideal for rapid review appear throughout the text Access to head neck and neuroanatomy images on Winking Skull com PLUS featuring labels on labels off functionality and timed self tests This atlas connects the basic science of anatomy to the clinical practice that students are embarking upon while taking anatomy courses The THIEME Atlas of Anatomy series also includes two additional volumes General Anatomy and Musculoskeletal System and Neck and Internal Organs All volumes of the Thieme Atlas of Anatomy are available in softcover English International Nomenclature and in hardcover with Latin nomenclature Anatomy - An Essential Textbook, Latin

Nomenclature Anne M. Gilroy,2015-09-01 Maximize your study time with Anatomy An Essential Textbook Latin Nomenclature All labels and anatomic terminology are in Latin nomenclature A total of 400 review questions with explanatory answers to help you prepare for any exam A streamlined bullet point format to help you quickly learn essential facts and concepts 70 tables for quick review of crucial information More than 450 brilliant fully labeled color illustrations from Thieme s acclaimed Atlas of Anatomy including online access for study and self testing with labels on labels off Over 160 clinical correlates Focuses on the targeted information students need to pass certification exams Students praise for this textbook If someone were to tell me I could only keep one anatomy text and or atlas this is the one I would choose Really nice presentation of the information I love the way the author makes it easier to understand and remember the anatomy information This is really good for students and for specialists who want a nice review Guide to Reference in Medicine

and Health Denise Beaubien Bennett,Christa Modscheidler,2014-04-26 Drawn from the extensive database of Guide to Reference this up to date resource provides an annotated list of print and electronic biomedical and health related reference sources including internet resources and digital image collections **General Anatomy and Musculoskeletal System**

(THIEME Atlas of Anatomy), Second Edition Michael Schuenke,Erik Schulte,Udo Schumacher,2014-05-07 Praise for the first edition of THIEME Atlas of Anatomy The impressive nature of these atlases cannot be overstatedthe illustrationsare unique and should be considered real works of art Journal of the American Medical Association The authors are to be

congratulated on their valuable contribution to both PT and OT literature This series will be especially helpful to the student of physical therapy or occupational therapy ADVANCE for Physical Therapy Rehab Medicine THIEME Atlas of Anatomy General Anatomy and Musculoskeletal System Second Edition is an ideal educational tool for anyone studying anatomy with a focus on the musculoskeletal system Each anatomic region is presented in a manner that builds understanding starting with bones joints and muscles followed by vasculature and innervation and concluding with topographic illustrations to bring it all together This atlas begins with a concise overview of development surface anatomy anatomic terminology body systems and the structure of bones joints muscles and the nerves that innervate them Key Features Expanded coverage of tissue structure and development functional testing diagnostic imaging and diseases of the musculoskeletal system Exquisite full color illustrations with clear thorough labeling and descriptive captions Innovative user friendly format in which each two page spread is a self contained guide to a topic Hundreds of clinical applications integrated into the anatomic descriptions emphasizing the vital link between anatomic structure and function Summary tables throughout ideal for rapid review Access to WinkingSkull com PLUS with over 500 images from the book for labels on and labels off review and timed self tests The THIEME Atlas of Anatomy series also features Neck and Internal Organs and Head and Neuroanatomy Each atlas is available in softcover

Using the Biological Literature Diane Schmidt, 2014-04-14 The biological sciences cover a broad array of literature types from younger fields like molecular biology with its reliance on recent journal articles genomic databases and protocol manuals to classic fields such as taxonomy with its scattered literature found in monographs and journals from the past three centuries Using the Biological Literature A Practical Guide Fourth Edition is an annotated guide to selected resources in the biological sciences presenting a wide ranging list of important sources This completely revised edition contains numerous new resources and descriptions of all entries including textbooks The guide emphasizes current materials in the English language and includes retrospective references for historical perspective and to provide access to the taxonomic literature It covers both print and electronic resources including monographs journals databases indexes and abstracting tools websites and associations providing users with listings of authoritative informational resources of both classical and recently published works With chapters devoted to each of the main fields in the basic biological sciences this book offers a guide to the best and most up to date resources in biology It is appropriate for anyone interested in searching the biological literature from undergraduate students to faculty researchers and librarians The guide includes a supplementary website dedicated to keeping URLs of electronic and web based resources up to date a popular feature continued from the third edition

Your Spine, Your Yoga Bernie Clark, 2018-10-01 Your Spine Your Yoga is arguably the first book that looks at the spine from both the Western anatomical biomechanical point of view and the modern yoga perspective It is filled with detail discussion illustrations and practical advice for spines of all types This emphasis on variety is welcome and necessary no two spines are exactly alike and no two people have the same biology and biography What your

spine is able to do may be vastly different from what other yoga students or teachers spines can do The human spine is unique in its structure and function Primarily it provides stability through the core of our body allowing forces to be transmitted from the upper body arms and shoulders to the lower body pelvis and legs and vice versa Secondly the spine allows tremendous range of movement Unfortunately in modern yoga practice we find the primacy of these two functions reversed with flexibility prized over stability This focus on spinal mobility comes at a grave cost to many students Stability is lost and when that happens dysfunction and pain often follow Just as all tissues and areas of the body need a healthy amount of stress to regain and maintain optimal health so too our spine needs the appropriate levels of stress to remain functional throughout our lives How we choose to exercise the spine makes a difference though Knowing the way the spine is built specifically how your spine is built will allow you to tailor your exercises wisely to match your goals Your Spine Your Yoga is the second book in the Your Body Your Yoga series and focuses on the axial body the core from the sacral complex which includes the pelvis sacrum and sacroiliac joint through the lumbar and thoracic segments of the spine to the cervical complex which includes the neck and head The structural components of each segment are examined from the bones to the joints ligaments fascia tendons muscles and even the neurological and blood systems The range and implications of human variations are presented as well as the ways these variations may affect individual yoga practices The sources of restrictions to movement are investigated through answering the question What Stops Me The answers presented run through a spectrum beginning with various types of tensile resistance to three kinds of compressive resistance Whether the reader is a novice to yoga anatomy or both or a seasoned practitioner with an in depth knowledge in these fields this book will be valuable For the novice there are easily understood illustrations and photographs as well as sidebars highlighting the most important topics For the anatomy geek other sidebars focus on the complexity of the topic with hundreds of references provided for further investigation For the yoga teacher sidebars suggest how to bring this knowledge into the classroom Your Spine Your Yoga can be used as a resource when specific questions arise as a textbook to be studied in detail or as a fascinating coffee table book to be browsed at leisure for topics of current interest

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