

PART IFundamentals of Structure
and Motion of the Human Body

Chapter 1 Parts of the Human Body

Chapter 2 Mapping the Human Body

PART IISkeletal Osteology:
Study of the Bones

Chapter 3 Skeletal Tissues

Chapter 4 Fascia

Chapter 5 Bones of the Human Body

PART IIISkeletal Arthrology:
Study of the Joints

Chapter 6 Joint Action Terminology

Chapter 7 Classification of Joints

Chapter 8 Joints of the Axial Body

Chapter 9 Joints of the Lower Extremity

Chapter 10 Joints of the Upper Extremity

PART IVMyology:
Study of the Muscular System

Chapter 11 Attachments and Action of Muscles

Chapter 12 Anatomy and Physiology of Muscle Tissue

Chapter 13 How Muscles Function: The Big Picture

Chapter 14 Types of Muscle Contractions

Chapter 15 Roles of Muscles

Chapter 16 Types of Joint Motion and Musculoskeletal Assessment

Chapter 17 Determining the Force of a Muscle Contraction

Chapter 18 Biomechanics

Chapter 19 The Neuromuscular System

Chapter 20 Posture and the Gait Cycle

Chapter 21 Common Postural Distortion Patterns

Chapter 22 Stretching

Chapter 23 Principles of Strengthening Exercise