

## PCAB BODYWORK TRAINING – STUDY MATERIALS

If you'd like to get started early, here are some suggestions for reading and study. *The Trail Guide to the Body* is the only required text. You may also want to have a good Anatomy & Physiology book that goes into all the systems, as *The Trail Guide to the Body* only covers the muscular and skeletal systems. In addition it is nice (though not essential) to have a Massage Therapy text that covers theory and practice. Below, you will find our suggestions (**in bold**), as well as some others that will work.

### BOOKS

#### Massage Therapy and Pain

- ***Mosby's Fundamentals of Therapeutic Massage*** (Sandy Fritz, 2012). Many MBLEx and Hawaii test questions were developed from areas of this book.
- *Theory & Practice of Therapeutic Massage* (Mark Beck, 2010).
- *Basic Clinical Massage Therapy* (James Clay & David Pounds, 2008).
- *The Educated Heart: Professional Boundaries for Massage Therapists and Bodyworkers* (Nina McIntosh, 2010).
- *Massage Therapy: Integrating Research and Practice* (Trish Dryden & Christopher Moyer, 2012).
- *Massage Therapy: Principles and Practice* (Susan Salvo, 2015).
- *Massage Therapist's Guide to Pathology: Critical Thinking and Practical Application* (Ruth Werner, 2015).
- *Outcome-Based Massage: Putting Evidence into Practice* (Carla-Krystin Andrade, 2013).
- *Explain Pain* (David Butler, 2013).
- ***Painful Yarns*** (Moseley, 2007). *This short, humorous, book will radically change how you view pain.*

#### Somatic Psychotherapy

- ***The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*** (Bessel van der Kolk, 2014).
- *Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice*. (Halko Weiss, Greg Johanson, Lorena Monda, 2015).
- *The Psychology of the Body* (Elliot Greene & Barbara Goodrich-Dunn, 2013).
- *Job's Body* (Deane Juhan, 2003).
- *Mindsight: The New Science of Personal Transformation* (Daniel Siegel, 2010).

#### Anatomy, Physiology, and Kinesiology

- ***The Trail Guide to the Body*** (required) (Andrew Biel, 2014). Focuses on the muscular and skeletal systems specifically for bodyworkers. See purchasing info below\*.
- ***The Massage Connection: Anatomy & Physiology*** (Kalyani Premkumar, 2011). A good A & P book that covers all the other systems of the body and is written specifically with the massage therapist in mind.
- ***The Guide to Better Movement: The Science and Practice of Moving with More Skill and Less Pain*** (Todd Hargrove, 2014).
- *The Human Body in Health and Disease* (Thibodeau & Patton, 2013).
- *Anatomy Coloring Book* (Kapit & Wilson, 2013). This is the best coloring book.
- *Anatomy of Movement* (Blandine Calais-Germain, 2007).

\***Buying *The Trail Guide to the Body***. If you'd like to be included in the order for a new 5<sup>th</sup> edition, please let us know by Dec. 26<sup>th</sup>. Do not attempt to buy this at Amazon. Note that both the 4<sup>th</sup> and 5<sup>th</sup> edition have the same page numbers for each muscle, so if you get the 4<sup>th</sup> edition you'll be able to follow along in class. However, the 5<sup>th</sup> edition (but not the 4<sup>th</sup>) has an entire section in the back devoted to trigger points, so we strongly recommend the 5<sup>th</sup> edition. Note that *The Trail Guide to the Body Student Handbook* is **NOT** the right one, though you may find it useful.

### APPS

If you're inclined towards using apps, we HIGHLY recommend ones by 3D4 Medical ([http://applications.3d4medical.com/apps\\_home](http://applications.3d4medical.com/apps_home)). Many students find that their 3D/interactive properties make them more useful than books, and for that reason we think it's also acceptable for some to have these instead of the Trail Guide if that works best for you. Ideally, one would have both.

- Essential Anatomy 5. \$35. iPad/iPhone/Mac. Covers all systems, including musculoskeletal.
- Essential Muscle + Skeleton Anatomy. \$20. iPad only
- Muscle System Pro III. \$20. iPad/iPhone/Mac
- Essential Skeleton 4. Free. iPad/iPhone/Mac/Android

### ONLINE ARTICLES & VIDEOS

- Five Myths and Truths about Massage Therapy: Letting Go without Losing Heart: [http://mtf.amtamassage.org/wp-content/uploads/5-Myths-and-Truths-about-Massage-Therapy\\_final.pdf](http://mtf.amtamassage.org/wp-content/uploads/5-Myths-and-Truths-about-Massage-Therapy_final.pdf)
- Why Things Hurt. <https://www.youtube.com/watch?v=gwd-wLdlHjs>

## **WEBSITES**

If the books are not in your budget, you can do just fine by taking good notes in class and studying online. Here are some helpful websites we've found, and of course there are tons of others. In general, apps are better.

\*\*\* <https://prohealthsys.com/students/> \*\*\* <http://www.innerbody.com/> \*\*\* <http://www.anatomyarcade.com/> \*\*\* <http://www.bartleby.com/107/> \*\*\*  
<http://www.nucleuscatalog.com/> \*\*\* <http://www.ptcentral.com/muscles/> \*\*\* <http://www.studystack.com/MassageTherapy/> \*\*\* <http://free-massage-videos.com/>