## What's new in *Trail Guide to Movement*, 2<sup>nd</sup> edition?

## **Instructional design enhancements**

- Pre-learning features at the start of each chapter
  - o Case studies/stories provide context for students
  - Questions, as a pre-learning activity, jump start student comprehension and attention
  - o Course Objectives
- 2-column format for clearer presentation sequencing

## **Content additions and updates**

- Forces Used for Mobilizing Joints has been expanded to include the following:
  - o Traction
  - o Compression
  - Shearing
  - Bending and torsional forces
- Force in Depth begins with a review of force and vectors. This includes linear, parallel, and congruent force with the addition of new illustrations.
- Levers has been expanded
  - $\circ$  More in-depth descriptions of 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> class levers with additional examples
  - New images
  - New leverage lab for experiential learning
- Stability restructured and expanded with additional illustrations
  - o **Equilibrium** expanded content
  - o Factors of Equilibrium new content
  - o Stability Principles new content

## **Terminology**

- o Thoracolumbar aponeurosis is now thoracolumbar fascia
- o Abdominal aponeurosis is now rectus sheath
- All structures that included peroneal/peroneus are now fibular/fibularis:
  - o peroneal artery fibular artery
  - o peroneal nerve fibular nerve
  - o peroneus longus fibularis longus
  - o peroneus brevis fibularis brevis
  - peroneus tertius fibularis tertius
  - o peroneus trochlea fibular trochlea
  - o peroneal tendons fibularis tendons
  - o peroneal retinaculum fibular retinaculum
  - o peroneal collateral ligament fibular collateral ligament