

What's new in *Trail Guide to Movement*, 2nd edition?

Instructional design enhancements

- Pre-learning features at the start of each chapter
 - *Case studies/stories* provide context for students
 - *Questions*, as a pre-learning activity, jump start student comprehension and attention
 - *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:
 - Traction
 - 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
 - More in-depth descriptions of 1st, 2nd, and 3rd class levers with additional examples
 - New images
 - New leverage lab for experiential learning
- *Stability* – restructured and expanded with additional illustrations
 - *Equilibrium* – expanded content
 - *Factors of Equilibrium* – new content
 - *Stability Principles* – new content

Terminology

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