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