

An anatomical illustration of a human torso and arm, rendered in various shades of blue. The drawing shows the skeletal structure, including the skull, ribs, and spine, along with the musculature of the chest, shoulder, and arm. The style is detailed and scientific, typical of a medical or sports science textbook.

# FUNCTIONAL ANATOMY FOR SPORT AND EXERCISE

QUICK REFERENCE CLARE E. MILNER

# Contents

<i>List of A to Z entries</i>	ix
<i>List of Hot Topics</i>	xi
<i>List of figures</i>	xiii
<i>Acknowledgements</i>	xv
Introduction	1
A to Z entries	3
<i>Bibliography</i>	137
<i>Index</i>	139