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ABMP Member Reviews:

★ Trustpilot

★★★★★

TrustScore 9.6

640 reviews


10 years and going

I've been with ABMP for a decade and have been thoroughly impressed with the resources provided. I use massagebook for...

Najet Raffoul, 5 days ago

Home

ABMP Five-Minute Muscles



fast facts at Your Fingertips

ABMP's dynamic new members-only benefit allows you to explore techniques and refresh your muscle knowledge wherever and whenever you want.

[TAKE 5 AND TRY IT!](#)

ABMP Five-Minute Muscles is an exciting new members-only resource that lets massage therapists and bodyworkers quickly and easily refresh your muscle knowledge wherever and whenever with just a few clicks. ABMP members, [take 5 minutes now](#) and see how easy it is to get muscle facts at your fingertips!

ABMP Five-Minute Muscles is exclusively available as a benefit of ABMP membership. If you're not an ABMP member, what are you waiting for? Get ABMP Five-Minute Muscles, hundreds of hours of free CE in the ABMP Education Center, professional liability insurance, and much, much more by joining today!

[Join Now!](#)

How Can I Use ABMP Five-Minute Muscles?

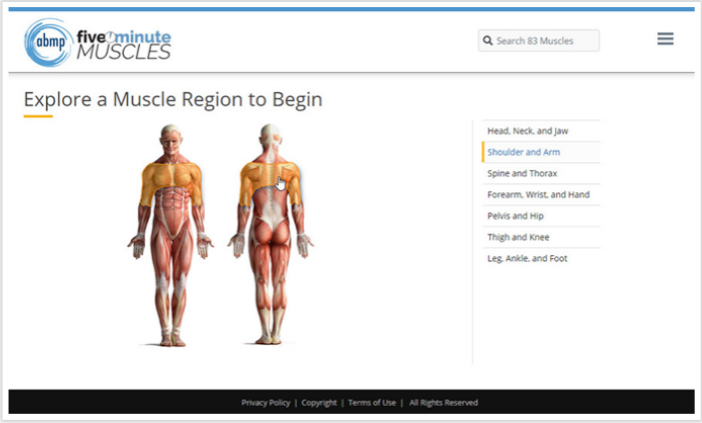
Covering the seven muscle regions and 83 muscles most often addressed by professional massage therapists (according to a comprehensive review by the Entry-Level Analysis Project), you'll have origin/insertion/actions at your fingertips, plus helpful [palpation and technique videos](#)—for each muscle—from master massage therapist Clint Chandler.

Whether you use it as a fun and helpful review in your off hours or an emergency check-in between clients or after intake, ABMP Five-Minute Muscles is intuitive, easy to use, and ready to bring you results that can support your hands-on work. Here are a few ways our ABMP staff massage therapists have used the program so far:

- Review a muscle before a client session.
- Show a client the muscles you'll work on.
- Quiz yourself, or a fellow massage therapist.
- Conduct an in-depth muscle review plan.
- Quickly refresh yourself on a muscle after client intake.
- Learn new muscle-specific techniques.
- [Practice your palpation along with the videos.](#)

Getting Started with ABMP Five-Minute Muscles

1. Log in to your ABMP membership for access, or go directly to www.abmp.com/5mm
2. Choose the region of the muscle



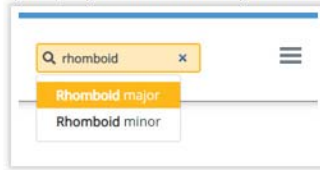
Search 83 Muscles

Explore a Muscle Region to Begin

- Head, Neck, and Jaw
- Shoulder and Arm**
- Spine and Thorax
- Forearm, Wrist, and Hand
- Pelvis and Hip
- Thigh and Knee
- Leg, Ankle, and Foot

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(Pro tip: If you know the muscle you're looking for, use the search function to get there even faster)!



3. Find your muscle either by name, or by scrolling through the pictures and recognizing its location.
4. Explore the facts, or dig deeper and watch videos with specific tips for palpating and working on your muscle of choice. (Pro tip: You can "favorite" a muscle using the star function to save it for later, plus ABMP Five-Minute Muscles automatically tracks the last five muscles you've visited).
5. Repeat!