

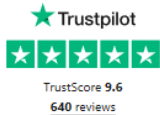


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### ABMP Member Reviews:



### 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



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## ABMP Five-Minute Muscles

03/04/2019



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 can access it [here](#). If you're not an ABMP member, learn more about this [online program here](#).

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.

"If you have been in practice for a long time, the details of muscle origins, insertions, and actions can get rusty," says Anne Williams, director of education for ABMP. "ABMP Five-Minute Muscles makes it quick, easy, and fun so that muscle review fits into the margins of a busy day." In testing, massage therapists on the ABMP staff have found that the program works just as well as an in-depth review during off hours as it does during a quick check in between clients or after intake given its intuitive, easy-to-use nature. ABMP Five-Minute Muscles works seamlessly on a phone, tablet, or computer, and uses new Progressive Web App technology to provide much of the information even without an internet connection.

Here are a few ways our ABMP staff massage therapists have used the program—share yours at [fiveminutemuscles@abmp.com](mailto:fiveminutemuscles@abmp.com)!

- Review a muscle before a client session.
- Show a client the muscles that 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.

ABMP Five-Minute Muscles is exclusively available as a benefit of ABMP membership, and members can access it [here](#). If you're not an ABMP member, learn more about this [online program here](#). Get ABMP Five-Minute Muscles, hundreds of hours of free CE in the ABMP Education Center, and much, much more by joining today!

Join ABMP now