



JOSEPH E. MUSCOLINO

The

MUSCLE *and* BONE PALPATION MANUAL

with Trigger Points, Referral Patterns, and Stretching

Third Edition



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Muscle And Bone Palpation Manual

Joseph E. Muscolino



Muscle And Bone Palpation Manual:

The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book Joseph E. Muscolino, 2022-03-25 Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation The Muscle and Bone Palpation Manual with Trigger Points Referral Patterns and Stretching 3rd Edition provides an in depth guide to the art and science of palpation along with clear instructions for massage assessment and treatment techniques It describes how to palpate how to stretch and how to utilize trigger points preparing you for practice with coverage of ligaments all major massage strokes and draping methods and a thorough chapter on body mechanics Written by noted lecturer and educator Joseph Muscolino this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations Step by step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques UNIQUE Coverage of stretching describes the role of stretching as part of effective treatment with drawings of self care stretches presented alongside therapist assisted stretches General muscle information includes attachments actions and a drawing of the individual muscle Full color photos and illustrations show palpation of muscles exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated Illustrations of trigger points and referral patterns make it easier to identify locations showing where trigger points lie on the muscle and where pain radiates when an injury is felt Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks Assessment and massage treatment strokes are shown in illustrations and in the Palpation Notes moving you from theory and assessment to practical application Case studies in each chapter emphasize critical thinking and clinical reasoning allowing you to apply your knowledge to the practice setting Deeper Thoughts questions challenge your reasoning skills Measurable objectives at the start of each chapter identify key goals and are accompanied by a chapter overview outline and key terms NEW and UNIQUE Chapter on orthopedic assessment is added to this edition NEW video lessons on the Evolve website feature Dr Joe demonstrating bone and muscle palpation protocols

The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching Joseph E. Muscolino, 2022-06 Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation The Muscle and Bone Palpation Manual with Trigger Points Referral Patterns and Stretching 3rd Edition provides an in depth guide to the art and science of palpation along with clear instructions for massage assessment and treatment techniques It describes how to palpate how to stretch and how to utilize trigger points preparing you for practice with coverage of ligaments all major massage strokes and draping methods and a thorough chapter on body mechanics Written by noted lecturer and educator Joseph Muscolino this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations Step by step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques UNIQUE Coverage of stretching describes the role of stretching as part of effective treatment with drawings of self care stretches presented alongside therapist assisted

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The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book Joseph E Muscolino, DC, 2013-05-29 Muscolino's comprehensive and visually engaging coverage takes an in depth look at palpation of muscle and bone along with trigger points and their pain referral patterns stretching specific muscle treatment and more Amazing four color artwork shows palpation of the muscle with illustrations drawn over full color photos New additions such as review questions Deeper Thoughts case studies and an Interactive Muscle Program help you develop integrative clinical reasoning skills and successfully apply palpation techniques in massage therapy Step by step muscle palpation coverage with clear reasoning provided for each step presents content in a way that is easily understood and remembered rather than just memorized Amazing four color artwork shows palpation of the muscle with muscle and bone illustrations drawn over full color photos offering you a better sense of exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated UNIQUE Stretching coverage provides more information on this effective treatment technique and helps you understand the role of stretching in treatment Trigger Points and Referral Patterns illustrations show where trigger points lie on the muscle and where pain radiates when an injury is felt so you can effectively identify trigger points and referral patterns in a clinical setting UNIQUE Palpation photos help students and practitioners learn to identify muscles when the body is positioned the way they will encounter it in the massage setting Specific massage related assessment and treatment strokes are shown through illustrations and in the Palpation Notes moving you from theory and assessment to practical application Bone Palpation coverage teaches you to identify and palpate bones and bony landmarks Chapter overviews and outlines introduce each chapter so you can preview the content and direction of the chapter at the major concept level Measurable chapter objectives at the start of each chapter identify key goals as well as information that should be mastered NEW Interactive Muscle Program available on Evolve allows you to see muscle attachments and the relationship among the muscles of the region easing the process and aiding in retention of material NEW Drawings of therapist assisted

stretches added to the third section of the text supplies you with a comprehensive look at stretching with both the existing self stretches and the assisted stretches presented side by side NEW Case studies keep your interest level high with the opportunity for integrative clinical reasoning NEW Reformatted Bone Palpation and Ligaments section offers content in a narrative format consistent with the rest of the text for easier navigation NEW Deeper Thoughts questions actively engage and challenge your reasoning skills NEW Review questions allow you to discuss concepts and synthesize important chapter information

The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching Elsevier eBook on VitalSource (Retail Access Card) Joseph E. Muscolino, 2022-05-16 Approx 588 pages Step by step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques UNIQUE Coverage of stretching describes the role of stretching as part of effective treatment with drawings of self care stretches presented alongside therapist assisted stretches General muscle information includes attachments actions and a drawing of the individual muscle Full color photos and illustrations show palpation of muscles exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated Illustrations of trigger points and referral patterns make it easier to identify locations showing where trigger points lie on the muscle and where pain radiates when an injury is felt Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks Assessment and massage treatment strokes are shown in illustrations and in the Palpation Notes moving you from theory and assessment to practical application Case studies in each chapter emphasize critical thinking and clinical reasoning allowing you to apply your knowledge to the practice setting Deeper Thoughts questions challenge your reasoning skills Measurable objectives at the start of each chapter identify key goals and are accompanied by a chapter overview outline and key terms NEW and UNIQUE Chapter on orthopedic assessment is added to this edition NEW video lessons on the Evolve website feature Dr Joe demonstrating bone and muscle palpation protocols

Flashcards for Palpation, Trigger Points, and Referral Patterns Joseph E. Muscolino, 2008-12-10 Studying and mastering palpation is easier than ever with this complete set of 240 full color flashcards Detailed illustrations and information on positioning palpation steps notes and more all in a convenient compact format make these flashcards perfect for studying on the go or for reference during clinical practice In addition to 139 cards on muscle palpation this set also includes 71 cards on bone palpation and 30 cards covering trigger points and pain referral patterns with references to The Muscle and Bone Palpation Manual textbook for a complete study tool Vibrant full color illustrations of muscle palpation show how the muscles look under the skin as they are being palpated Coverage of where trigger points lie on the muscle as well as pain referral patterns helps you better understand and treat your clients pain Detailed content on bone palpation and landmarks helps you easily find the attachments of muscles UNIQUE These flashcards combine with the textbook The Muscle and Bone Palpation Manual and flip chart both sold separately for a complete set of resources on palpation trigger points and stretching Compact and convenient format allows you to study anywhere without carrying a

bulky book A companion booklet with study hints and suggestions for how to use the cards when studying alone or in a group ensures you get the most out of this helpful resource

Traitements parodontaux et lasers en omnipratique dentaire
 Gérard Rey, Patrick Missika, 2011-06-17 L'évolution des connaissances en parodontologie place cette discipline la base de l'activité des omnipraticiens actuels Elle est la discipline indispensable la conservation des dents naturelles mais également la fiabilité des soins conservateurs et la pertinence des traitements prothétiques ou implantaires L'assistance des rayonnements lasers permettrait simplifier notablement la décontamination en profondeur des tissus parodontaux infectés grâce à un protocole simple applicable par tout praticien dans chaque cabinet d'omnipratique ou de spécialiste Cette nouvelle technologie s'intègre dans le respect des acquis scientifiques en simplifiant l'acte chirurgical et en améliorant les suites opératoires quelle que soit la pathologie parodontale diagnostiquée Elle réduit les indications de chirurgie et permet un traitement parodontal efficace et fiable qui est très bien accepté par la grande majorité des patients Destin à tous les praticiens ce livre décrit de manière méthodique chaque étape du protocole de traitement parodontal laser assisté depuis le diagnostic l'étude bactériologique et le plan de traitement en s'appuyant sur les données scientifiques et sur les particularités des rayonnements laser utilisés De nombreux cas cliniques largement illustrés permettent au lecteur de suivre la méthodologie avec précision et de vérifier la fiabilité de ces traitements grâce à de nombreux contrôles postopératoires avec un recul de plus de 15 ans La résolution des cas complexes est décrite avec rigueur afin de permettre au lecteur d'optimiser ses résultats en gérant les facteurs aggravants qu'ils aient une origine prothétique endodontique ou implantaire Le lecteur trouve également la description exacte du protocole de maintenance nécessaire afin de conserver l'équilibre de l'écosystème buccodentaire et d'éviter les récurrences et des conseils pour la préparation et l'adaptation des prothèses éventuellement envisagées après un traitement parodontal Cet ouvrage complet peut servir de guide à tous les praticiens qui désirent intégrer la technologie Laser dans leur exercice quotidien de parodontie L'outil qui permettra à tous les omnipraticiens d'exploiter les avantages et le potentiel du laser pour le traitement des parodontites Le guide pratique de la photoréparation dynamique par laser dans le traitement des parodontites Tous les protocoles de soins avec le diagnostic l'étude bactériologique et le plan de traitement De nombreux cas cliniques largement illustrés La résolution des cas complexes Le protocole de maintenance pour conserver l'équilibre de l'écosystème buccodentaire et éviter les récurrences Des conseils pour la préparation et l'adaptation des prothèses

Anatomy & Physiology Laboratory Manual and E-Labs E-Book
 Kevin T. Patton, Frank B. Bell, 2022-04-15 Gain the hands on practice needed to understand anatomical structure and function Anatomy Physiology Laboratory Manual and eLabs 11th Edition provides a clear step by step guide to dissection anatomy identification and laboratory procedures The illustrated print manual contains 55 A P exercises to be completed in the lab with guidance including instructions safety tips and tear out worksheets Online eight eLab modules enhance your skills with simulated lab experiences in an interactive 3 D environment From noted educators Kevin Patton and Frank Bell this laboratory manual provides you with a better understanding of the human body and how it works Labeling exercises and

coloring exercises make it easier to identify and remember critical structures examined in the lab and in lectures Step by step check box dissection instructions with accompanying illustrations and photos cover anatomical models and fresh or preserved specimens and provide helpful guidance during dissection labs Tear out Lab Reports contain checklists drawing exercises and questions that help demonstrate your understanding of the labs you have participated in and also allow instructors to check your progress 250 illustrations include photos of cat pig and mink dissections photos of various bones microscopic and common histology slides and depictions of proper procedures Complete lists of materials for each exercise provide handy checklists for planning and setting up laboratory activities allowing for easy and efficient preparation Modern anatomical imaging techniques such as computed tomography CT magnetic resonance imaging MRI and ultrasonography are introduced to demonstrate how new technologies are changing and shaping health care Review questions throughout the manual provide tools to reinforce and apply your knowledge of anatomy and function concepts Eight eLabs improve the laboratory experience in an interactive digital environment Convenient spiral binding allows for hands free viewing in the lab setting Hint boxes provide special tips on handling specimens using equipment and managing lab activities Learning objectives at the beginning of each exercise offer a clear framework for learning NEW More photos of various types of bones help you learn skeletal anatomy NEW More microscope slide images including zooming in at high power magnification help you learn microscopic anatomy NEW Updated lab tests align with what is currently in use in today s lab environment NEW Thorough revision of all chapters covers the latest anatomy and physiology lab exercises

The Muscular System Manual

Joseph E. Muscolino, 2016-04-22 Joe Muscolino s The Muscular System Manual The Skeletal Muscles of the Human Body 4th Edition is an atlas of the muscles of the human body This approachable yet detailed musculoskeletal anatomy manual provides both beginner and advanced students with a thorough understanding of skeletal muscles in a compartmentalized customizable layout Each muscle spread shows the individual muscle drawn over a photo of the human body with an arrow to indicate the line of pull of the muscle and explains the muscle name the origin of that name Greek and Latin derivations pronunciation attachments actions eccentric contraction function isometric contraction function innervation to two levels of detail with predominant levels in bold and arterial supply to two levels of detail This new edition also features robust Evolve resources an updated art program and new chapter review and critical thinking questions that encourage you to apply what you have learned to prepare for practice UNIQUE Overlay art consisting of over 380 full color anatomical illustrations of muscles bones and ligaments drawn over photographs helps identify the positions of muscles and bones in the human body UNIQUE Electronic Muscle and Bone Review Program features a base photograph with a skeleton drawn in and a list of every muscle for each major region of the body so students can choose any combination of muscles and place them onto the illustration allowing them to see not only the muscle attachments but also the relationship among the muscles of the region Complete muscle coverage in an easy to understand layout makes this text appropriate for novices to anatomy as well as

intermediate and advanced students Content organized by body region and includes information on how muscles in that region function together and large drawings of the muscles of that region so you can go directly to the topic you are studying Covers the methodology for each muscle with information for learning muscle actions to explain the reasoning behind each action and encourage you to learn and not just memorize A four color student friendly design with sections clearly boxed throughout and checkboxes that help you keep track of what you need to learn and what you have mastered Customizable format with checkboxes and numbered lists in each muscle layout presents basic muscle information for the beginning student in bold type and more advanced information in regular type Palpation boxes include bulleted steps instructing how to palpate each muscle so you can apply this assessment skill in practice Evolve website for instructors includes TEACH Resources a Test Bank and an image collection so instructors can easily access all of the materials they need to teach their course in one place and track through the course management system provided via Evolve Evolve website for students includes access to audio of the author reading aloud muscle names attachments and actions for the muscles covered in the book labeling exercises and more to enrich your learning experience

The Muscular System Manual - E-Book Joseph E. Muscolino, 2023-04-21 An approachable yet detailed atlas of the muscles of the human body The Muscular System Manual The Skeletal Muscles of the Human Body 5th Edition provides you with a thorough understanding of skeletal muscles in a compartmentalized customizable layout The most comprehensive atlas of muscle actions available this is the only text that lists and describes all open chain standard mover actions and all closed chain reverse mover actions as well as eccentric contraction and isometric stabilization functions All actions are fully referenced in one convenient table Complex muscle anatomy relationships are easy to understand with robust resources on the Evolve companion website including a unique Electronic Muscle and Bone Review Program to help you prepare for practice UNIQUE Electronic muscle and bone review program features a base photograph with a skeleton drawn in and a list of every muscle for each major region of the body so that you can choose any combination of muscles and place them onto the illustration allowing you to see not only the muscle attachments but also the relationship among the muscles of the region Overlay art consisting of more than 380 full color anatomical illustrations of muscles bones and ligaments drawn over photographs helps identify the positions of muscles and bones in the human body Content is organized by body region and includes information on how muscles in that region function together with large drawings of the muscles of that region so that you can go directly to the topic you are studying Complete muscle coverage in an easy to understand layout makes this text appropriate for novices to anatomy as well as intermediate and advanced users Coverage of the methodology for each muscle provides information for learning muscle actions to explain the reasoning behind each action and encourage you to learn and not just memorize Robust online resources on the companion Evolve website feature more than 100 video clips and an interactive muscle program among other resources NEW Instructional videos on Evolve simulate the classroom experience and reinforce book content

Kinesiology - E-Book Joseph E. Muscolino, 2016-08-21 Learn how to apply kinesiology concepts and treat dysfunction with Muscolino's Kinesiology The Skeletal System and Muscle Function 3rd Edition With more than 1 200 full color illustrations this highly visual text offers a vividly illustrated look at the skeletal system and how muscles function as movers antagonists and stabilizers in the body Part One covers the fundamentals of structure and motion including essential terminology that is used in kinesiology Part Two covers the skeletal system including the makeup of skeletal and fascial tissues Part Three contains a detailed study of the joints of the body And lastly Part Four examines how muscles function This new edition also boasts an all new chapter on biomechanics more than 100 online video clips and an interactive muscle program If you want a thorough understanding of muscle function and how to apply that knowledge on the job then there's no better guide than Muscolino Coverage of strengthening exercises and stretching emphasizes the purposes and benefits of stretching and how to perform various stretching techniques The most up to date information on posture and the gait cycle features high quality art Comprehensive chapter on muscle action and attachments includes illustrations of all of the muscles of the human body organized by function Clinical applications throughout the book are directly related to kinesiology concepts and challenge you to apply what you've learned to clinical practice Complete atlas of bones bony landmarks and joints includes more than 100 full color photographs of every bone in the human body giving you comprehensive coverage of bones not found in other kinesiology books Clear simple explanations of kinesiology concepts cover muscle contraction's coordination of muscles with movement core stabilization posture exercise reflexes and how the nervous system controls and directs the muscular system Approximately 1 200 four color illustrations help you visualize important concepts A wide variety of user resources include a comprehensive glossary of terms from the book radiographs answers to the review questions at the end of each chapter in the book an interactive muscle program and videos featuring joint actions and palpation techniques NEW A new chapter on biomechanics helps you understand how the body moves under normal circumstances and what may impair its movement in pathology NEW Improved illustrations in The Skeletal Muscles of the Human Body offer a vivid muscle atlas within the text NEW Expanded resources on Evolve companion site include a new collection of video clips and an interactive muscle program which help you identify the necessary skills for professional success **Mosby's Essential Sciences for**

Therapeutic Massage - E-Book Sandy Fritz, 2012-04-16 The fourth edition of this science essentials text for massage students features new full color photos and illustrations along with an easy to read conversational style that explains A P concepts clearly The book not only helps students learn the information they need to pass certification exams but it also helps them see how scientific content applies to actual practice This new edition also features a very enhanced Evolve resource package along with new material on boosting your knowledge of nutrition and research two subjects of growing interest in the massage therapy profession Clinical reasoning activities included in the workbook section for each chapter promote problem based learning Format combining workbook and textbook features gives you immediate review tools in the form of

matching exercises short answer questions fill in the blank questions drawing exercises and critical thinking questions Sections on pathologic conditions feature intervention protocols as well as indications and contraindications for therapeutic massage Expert author Sandy Fritz provides credibility and authority to the information presented Practical Applications boxes in each chapter enable you to see the way material applies to real practice and supports competency based learning Highly illustrated format features over 700 full color line drawings and photos Updated chapters and artwork have all been revised to reflect the most current industry information and reviewer feedback MTBOK mapping for instructors on the Evolve website includes a mapping document that links the student objectives in the book to the components of the MTBOK New muscle illustrations in Chapter 9 clearly show attachments and actions as well as the relationships between different muscles in composite drawings Coverage of nutrition now in Chapter 12 includes information on the digestive process basics of solid nutrition how vitamins and minerals affect the body and how proper nutrition affects the functions of all systems of the body Enhanced pathology and indications contraindications appendix includes more illustrations to increase your understanding of what you may encounter during practice Improved biomechanics chapter activities that use photos instead of drawings help you better understand and apply gait assessment and muscle testing concepts

Sports & Exercise Massage Sandy Fritz, 2013-02-01 Providing guidelines for applying massage to amateur and professional athletes Sports a brief anatomy and physiology review basic nutrition for fitness a review of massage methods and detailed descriptions of therapeutic techniques that apply to sports massage such as lymph drainage care of acute injury connective and deep tissue applications and pain management and discussions of categories of injury common to athletes sprains strains wounds contusions joint injury and more More than 600 full color illustrations show procedures concepts and techniques Student friendly features include chapter outlines and learning objectives key terms summaries review questions a glossary and In My Experience boxes highlighting real life situations in sports and exercise massage Case studies provide an opportunity to develop clinical reasoning skills Student resources on an Evolve companion website include videos demonstrating techniques a stretching atlas a general massage protocol and additional case studies Expert author Sandy Fritz provides massage for professional athletes in many sports and her school the Health Enrichment Center had a 13 year partnership with the Detroit Lions UPDATED photos and illustrations show techniques with more clarity than before NEW Stretching chapter shows how to use methods of stretching in a safe and beneficial manner UPDATED complete general protocol suitable for the common athlete is included on the Evolve companion website featuring a video and a step by step guide that can easily be modified to meet the specific needs of athletic clients Added emphasis on treatment planning for athletic clients includes case studies and more In My Experience boxes describing Sandy Fritz's real life experiences with sports massage Expanded chapter on research supports evidence informed practice including research on fascia and kinesiotaping Additional orthopedic tests most commonly used by massage therapists are included to enhance your skills in assessment and referral

Les muscles :

actions et palpation Annie Gouriet, Joseph E. Muscolino, Michel Pillu, John Scott & Co, 2013-12-18 Cet ouvrage s'adresse tous ceux qui désirent mieux connaître et comprendre le fonctionnement de tous les muscles et la manière de les palper. L'auteur Joseph E. Muscolino détaille avec une grande pédagogie les raisonnements, les techniques, mais aussi les pièges à éviter pour pratiquer les massages. Les cinq premiers chapitres présentent les éléments fondamentaux permettant la compréhension du fonctionnement articulaire et musculaire du corps humain, la terminologie cinésiologique de base grâce à laquelle les soignants communiquent entre eux avec un vocabulaire commun, les repères d'anatomie palpatoire et les insertions musculaires. Les chapitres suivants forment le cœur de l'ouvrage. Ils sont consacrés aux muscles classés par région corporelle. La remarquable iconographie particulièrement riche et explicite facilite considérablement la compréhension, la mémorisation et l'apprentissage de la palpation. L'auteur propose aussi des cas cliniques, des exercices de révision à la fin de chaque chapitre ainsi qu'un atlas des tirements afin de faciliter l'acquisition des connaissances.

Illustrated Essentials of Musculoskeletal Anatomy Kay W. Siegel, Sandra P. Adams, 1996

Manual of surgery William Rose, 1920

Basics Muskuläre Triggerpunkte Joseph E. Muscolino, 2012-12-13 Myofasziale Schmerzen werden in vielen Fällen durch Triggerpunkte verursacht. Die Schmerzausstrahlung folgt dabei bestimmten Mustern. Dabei können sich die Schmerzen fern von den Triggerpunkten und den entsprechenden Muskeln in verschiedenen Körperregionen manifestieren, was die Diagnose schwierig macht. Das Buch gibt Ihnen einen Überblick über die wichtigsten Muskeln und ihre Triggerpunkte und die dadurch ausgelösten Schmerzmuster.

83 Muskeln in 11 Regionen von Kopf bis Fuß anschaulich in Wort und Bild. Effiziente Palpation. Beschreibung der Schmerzausstrahlung. Muskeldehnung als Therapie.

Manual of Surgery (Rose and Carless) for Students and Practitioners William Rose, Albert Carless, Cecil Wakeley, 1927

Manual for medical examiners of the United States Veterans' Bureau United States. Veterans' Bureau, 1929

Anatomische Strukturen begreifen Joseph E. Muscolino, 2013-02-19 Dieses Buch informiert eindrucksvoll in Wort und Bild über Grundlagen und praktische Anwendung der verschiedenen Palpationsmethoden, zeigt Dehnungsmaßnahmen und erklärt das Er tasten von Triggerpunkten. Der Schwerpunkt liegt auf der Palpation der Skelettmuskulatur, aufgeteilt nach den Muskeln einer Körperregion. Schritt für Schritt Palpationen mit Begründungen zeigen, wie es geht und erleichtern das Verstehen. Das Werk ist in 3 Teile gegliedert: Teil 1 Beurteilungs- und Behandlungstechniken, Die Kunst und Wissenschaft der Palpation; Teil 2 Palpation von Knochenknorpeln, Orientierungspunkten und Gelenken sowie von Ligamenten des Körpers; Teil 3 Die Palpation der Skelettmuskulatur. Die neue 2. Auflage mit korrigierten Begriffen richtet sich vor allem an die Zielgruppe der Physiotherapeuten in Ausbildung und Praxis.

The British National Bibliography Arthur James Wells, 2009

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Muscle And Bone Palpation Manual Introduction

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