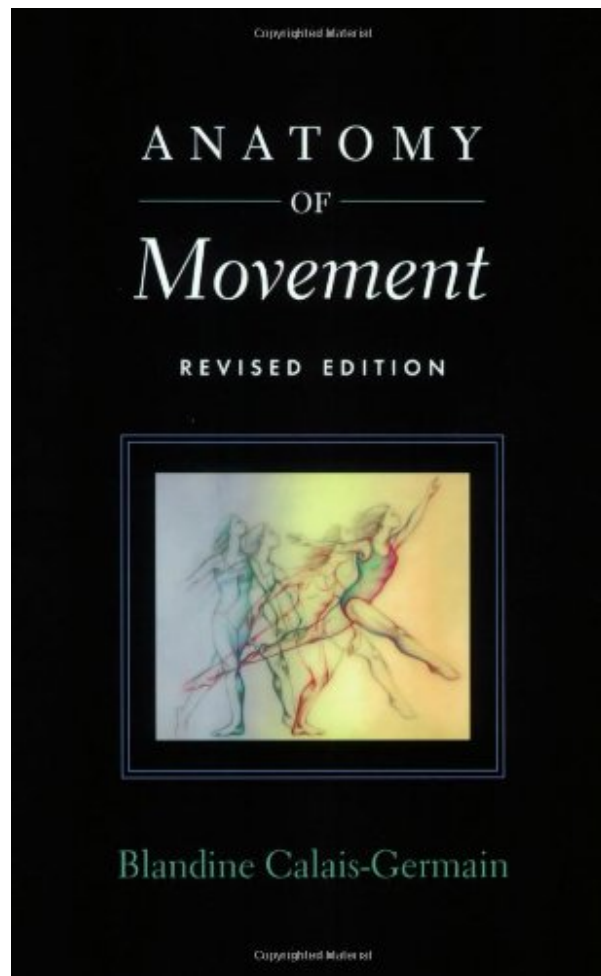


ANATOMY OF MOVEMENT (REVISED EDITION) BY BLANDINE CALAIS-GERMAIN



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Review

We actively encourage all members of the Romana s Pilates® instructor network, as well as trainees in our instructor training program, to read this book. We believe it s a great source of information to heighten one s understanding and awareness of how the body moves. --Daria Pace, Instructor Trainer, Romana s Pilates®

This work is truly by one who understands movement. Calais-Germain shows her respect for the logic of human anatomy and biomechanics, and reveals her experience in dance. The text is a necessity for all dance teachers and students in their pursuit of further knowledge of the art form. --Moirra McCormack, MSc, MCSP, SRP, Lecturer in Anatomy, Royal Academy of Dance

Our students love it! The consistent sequencing of information about each body region helps students develop a thinking process about that part, i.e., 'This is how it's put together, so this is how it works.' --Pat Archer, M.S., L.M.P., A.T.C., Director of Education, Brenneke School of Massage, Seattle

About the Author

Blandine Calais-Germain is the celebrated author of Anatomy of Movement, Anatomy of Movement: Exercises, The Female Pelvis: Anatomy and Exercises, and Anatomy of Breathing. Her lifelong involvement with dance, both as performer and teacher, led to an interest in other physical disciplines and to more formal study of the complex and integrated movements of the body. She studied physiotherapy at the French School of Orthopedics and Massage in Paris, and subsequently developed an innovative method for teaching the physical structures of anatomy in relation to movement, which she teaches at workshops in France to students from all over the world.

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Anatomy of Movement presents a dynamic, integrated approach to the study of the physical structures of the musculoskeletal system and their functional relationship to the movements of the human body. In clear and concise text illustrated with more than a thousand graphic drawings, the author guides the reader on a lively tour of the muscles, bones, ligaments and joints of the arms, legs and trunk. The focus throughout the book is on anatomy not for its own sake, but in its functional relationship to the actual movements of the body in dance, exercise, and other physical disciplines. In this newly-revised edition, a majority of the thousand-plus illustrations are new or have been modified by the author from the original edition. The text has also been updated, and the sequencing of the presentation of the musculoskeletal anatomy has been revised in part.

- Sales Rank: #14317 in Books
- Brand: Brand: Eastland Press
- Published on: 2007-12-02
- Original language: English
- Number of items: 1
- Dimensions: 9.90" h x .80" w x 7.00" l, 1.54 pounds
- Binding: Paperback
- 316 pages

Features

- Covers functional movements of the trunk, shoulder, elbow wrist & hand, hip & knee, ankle & foot
- Provides a dynamic approach to studying functional anatomy & the musculoskeletal system

Review

We actively encourage all members of the Romana's Pilates® instructor network, as well as trainees in our instructor training program, to read this book. We believe it's a great source of information to heighten one's understanding and awareness of how the body moves. --Daria Pace, Instructor Trainer, Romana's Pilates®

This work is truly by one who understands movement. Calais-Germain shows her respect for the logic of human anatomy and biomechanics, and reveals her experience in dance. The text is a necessity for all dance teachers and students in their pursuit of further knowledge of the art form. --Moirra McCormack, MSc, MCSP, SRP, Lecturer in Anatomy, Royal Academy of Dance

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Most helpful customer reviews

0 of 0 people found the following review helpful.

Great for students, yogis, and teachers!

By KD of Valhalla

Fantastic book and required reading for any serious yoga practitioner or teacher. I'm sure most customers are probably in medical school that need this, but regardless of why you need this book, know that it is brand new, has sharp, detailed pictures and explanations, and is at the top of the list for anyone desiring to learn more about how the human body moves, what parts of the anatomy are utilized, and a broad overview of anatomy in general. For beginner and intermediate levels.

10 of 10 people found the following review helpful.

Very effective and practical guide

By nsewus

Some years ago I incorporated many of these exercises when rehabbing my back after a car accident. The exercises/stretches were practical and effective. I have NO chronic, recurring dysfunction and I credit that in part to staying active with these gentle but purposeful exercises rather than loading up on pain meds and "resting" it. Movement is essential to restoring function! Highly recommend.

6 of 6 people found the following review helpful.

Excellent book for beginning and intermediate students

By C. Good

Anatomy of Movement by Blandine Calais-Germain is an excellent book for someone who is new to kinesiology, and also for the beginning and intermediate athlete.

As its title suggests, Anatomy of Movement focuses on the bones, muscles, ligaments & tendons we use when we move. Each major section of the body, such back, arms, legs, etc., gets its own section in the book.

The anatomical drawings are very well done. The book has enough text to explain the drawings, but not so much as to overwhelm the reader. There are drawings showing the directions each muscle pulls in during different types of movements. Those drawings are VERY helpful to understanding the kinesiology of the body.

There was also an extensive section in the beginning on anatomical terms, such as dorsal, dorsiflexion, lateral, anterior, posterior, etc. The sections on the spine, pelvis, & knees were exceptionally well done.

I am not a bodyworker, masseuse, or dancer; but as an engineer who sits in an office chair all day and does martial arts and occasionally yoga to relax, I have developed a keen interest in kinesiology and anatomical studies. Anatomy of Movement didn't specifically tell me the mechanics of any single karate kata** or yoga asana, and it didn't specifically explain why bad posture in a chair leads to a sore back when I walk around -- but it did give me a sound base of knowledge when I started reading other books about specific movements and activities.

** - Anatomy of Movement did help me understand how joint locks on the shoulder work.

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