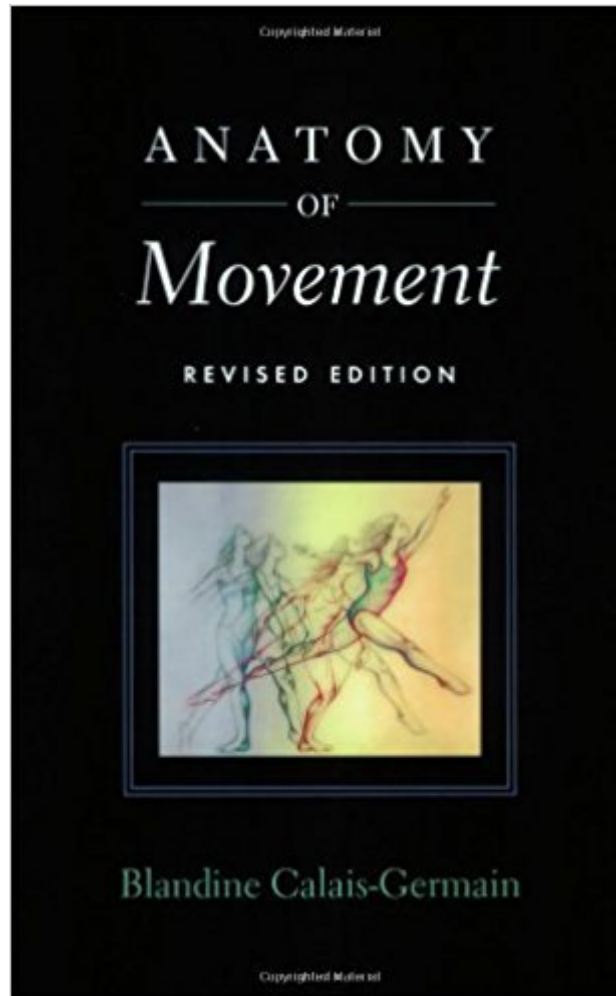




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# Anatomy Of Movement (Revised Edition)



## Synopsis

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.

## Book Information

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## Customer Reviews

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. --Moira 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

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.

Some years ago I incorporated many of these exercises when rehabbing my back after a car accident. The exercises/stretchers 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.

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 as 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.

I gave my old copy to my physical therapist, who absolutely loves it. She now uses it as a primary reference. This new revision has improvements and some additional material. Whenever I need to answer someone's question about therapy or training, I use this in conjunction with my "Atlas of the Human Body." Very thorough, well-written, exquisite diagram artwork. This is a masterpiece.

Take your health and recovery into your own hands- start by educating yourself. This book is a good place to start. The writing is clear and fairly detailed- very useful for the lay person. The title is somewhat self explanatory- a step on your journey to regain and maintain motion and body control. More informative if used in conjunction with other books on physical rehabilitation.

This is a really awesome book. The author/illustrator is a dancer, which adds a wonderful perspective to the body movements she illustrates. Whether you are a dancer, a yogi, a runner, or an athlete of any stripe, this book will help you figure out what's going on with your activity. For me the best two uses are helping me understand what I am doing in the gym so I can fine tune my workouts, and, since I practice personal injury law, helping me understand my client's injuries.

The Anatomy of Movement is a well-written and organized book that is targeted to athletes, dancers and others who need to understand physical structures and their functional relationships to movement. The book has very clear and detailed line drawings that are easy to understand and convert to three dimensional visualizations. They are also presented logically and without a lot of jargon or superfluous detail. The book is organized by regions of the body and it does a good job of covering all areas. There is also a nice balance between diagrams and text. I was a biology major as an undergraduate and a teaching fellow in Physiology. I also took comprehensive anatomy at the doctoral level and I found this to be just enough detail for people who are athletes. There are more comprehensive books out there, but if you want to learn the essentials painlessly, this is your book. Another good book with a different focus is the Anatomy of Yoga by McCall. This includes yoga specific information and more text relating to movement. I regard the book I'm reviewing and the Anatomy of Yoga as complimentary.

I really great book, due to the drawings a person can get a feel for the 3-D of bones & movement. Movement of joints through planes plus muscles used of each kinesthetic movement, add,abduc, flex,ext,Circum. this book was one of my best resources fo the Mblex exam,

Great book for Estheticians.

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