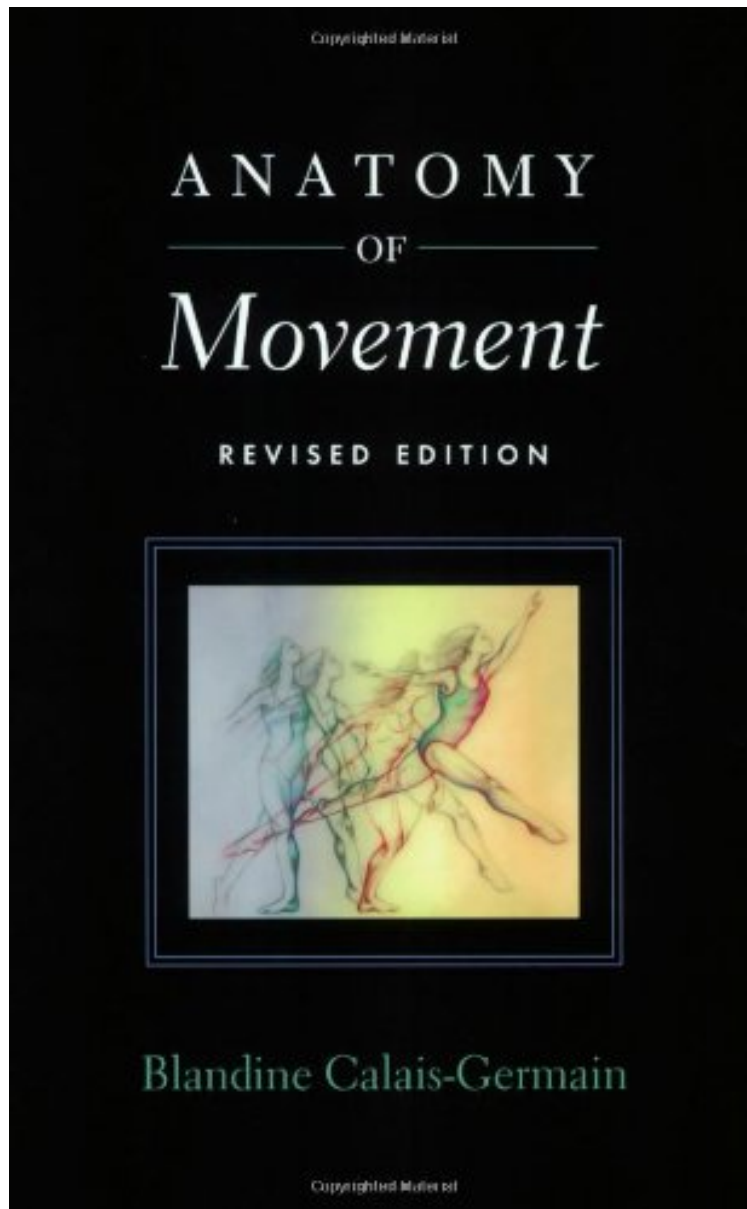


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Anatomy of Movement (Revised Edition)

Blandine Calais-Germain
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#16184 in Books Eastland Press 2007-12-02 Original language: English PDF # 1 9.90 x .80 x 7.00l, 1.54 #File Name: 0939616572316 pages | File size: 54.Mb

Blandine Calais-Germain : Anatomy of Movement (Revised Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Anatomy of Movement (Revised Edition):

0 of 0 people found the following review helpful. A MasterpieceBy FellrunnerI 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. 3 of 3 people found the following review helpful. This is a really awesome book. The author/illustrator is a dancer. By David White 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. 0 of 0 people found the following review helpful. This book was purchased as a gift to my daughter ... By Sharman This book was purchased as a gift to my daughter who is obtaining her yoga credentials. She loves this book!

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.

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.