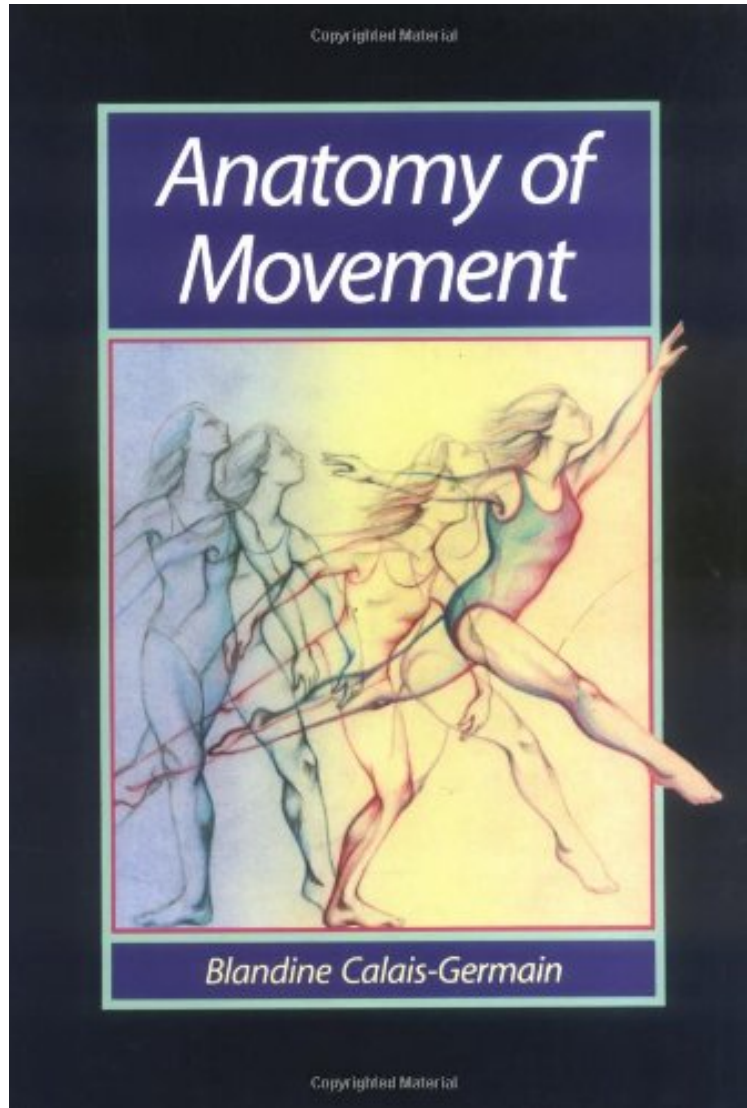


# Anatomy of Movement

*Blandine Calais-Germain*

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#244660 in Books 1993-10-15 Original language: English PDF # 1 10.00 x 7.25 x 1.001, #File Name: 0939616173289 pages | File size: 48.Mb

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

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 is 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. The emphasis is on basic human anatomy as it relates to external body movement. In clear and concise text illustrated with more than a thousand graphic drawings, the author takes 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 physical disciplines. Features: \*

"A beautifully thought-out and exceptionally well-illustrated book." -- MassageLanguage Notes  
Text: English  
(translation) Original Language: French  
About the Author  
Blandine Calais-Germain's lifelong involvement with dance, both as performer and teacher, eventually led to an interest in other physical disciplines, and then to more formal study of the complex and integrated movements of the body. From 1977 to 1980 the author studied physiotherapy at the French School of Orthopedics and Massage in Paris. In physiotherapy, body movements are analyzed both in terms of their neurophysiological and mechanical aspects, which allows for a better understanding of the actual mechanisms of movement. From her work with dance and physiotherapy, the author developed an innovative method for teaching the physical structures of anatomy in relation to movement. This method, the subject of her companion volumes Anatomy of Movement and Anatomy of Movement: Exercises, has been enthusiastically received in workshops that she presented for many years in France. Her two books have been translated and published throughout the world in many languages.