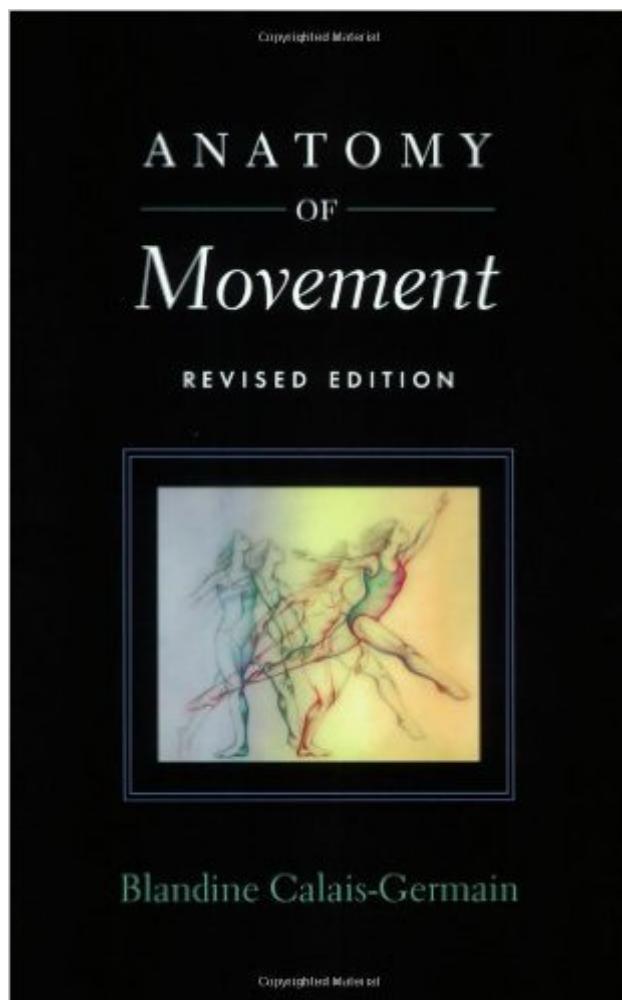


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# Anatomy Of Movement (Revised Edition)



## 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

As a student of yoga and dance, I've been looking for an anatomy book to help me understand what's involved in movement. Unfortunately, most of the books I found were encyclopedic reference tomes that overwhelmed me with information. So I was delighted to run across this one: because its specific focus is movement, the drawings and descriptions cover only the relevant anatomical details. It's easy to understand and clear without being simplistic. The organization of the book makes it easy to find the information you want. And it doesn't just show joints and muscles; other relevant body parts are illustrated so the reader comprehends how everything works together (I

never understood what the diaphragm really looks like until I saw this book!). This is a book that belongs in everyone's library -- it's not just for dancers or bodyworkers.

As other reviewers have said, this is an excellent introduction to anatomy and kinesiology. The book strikes the perfect balance between clinical detail and practical knowledge for body-workers, athletes and dancers. We have copies of several pages up on the wall at my Pilates studio which get referred to often. All the major skeletal muscle groups of the limbs and torso are covered. It is not a dissection manual. It is organized for students of movement. Of particular value is the section on the work of the psoas and the "psoas paradox" that is somewhat controversial. To get more in depth, one text I can recommend for the dancer/Pilates instructor is "Dance Kinesiology" by Sally Sevey Fitt.

This excellent book focuses on the practical explanation of joint construction and function. Describes in easy-to-understand terms how muscles act upon joints. Uncanny in its ability to simplify a complex subject, if studied carefully it will give the reader an understanding of applied anatomy and kinesiology to almost second year university level. Excellent-yet-simple illustrations can be related to Dance, Gymnastics, Yoga and Martial Arts. I have used it extensively throughout my degree and in my opinion it should be a standard text in all human movement and physiotherapy courses.

The book contains hundreds of drawings showing the attachments and actions of the skeletal muscles. Muscle actions are related to movements of stretching, walking, standing, dance, sport, etc. Diagrams show the range of movement, how muscle action varies with posture and position, directions in which force is exerted, how the action of one muscle affects another.

This book is everything I wanted. I faced facts a long time ago that when it comes to subjects like science and anatomy, I'm not incredibly gifted. But I understood everything in this book during the first read. It is all laid out so matter-of-factly, that it is easy to digest. As a yoga instructor, I have been looking for a book that covers how the human body moves in a way that I could apply towards my knowledge of postures. This book succeeded admirably.

As a student of dance, yoga, and Pilates instructor I have found the "AOM: Exercises" to be a very useful companion to the original AOM book. It provides deeper understanding of the anatomy

involved in posture, walking, and more specialized movements such as plies and jumps. I have used the exercises, which are beautifully basic, to help students with, for example, feet and ankle problems with excitingly good success. Because the exercises appear to be pretty basic to my students, I have found that they will do them more often on their own. I recommend this book for those that need to understand the anatomy involved in every day movement as well as to those that want to enhance their dance/yoga/Pilates experience.

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 agreed with the comments of a previous reviewer that most anatomy books tend to be overwhelming tomes that provide little understanding to those who want to apply it to their movement discipline. As a professional martial artist, I have found that this book is by far the most practical book on anatomy I have ever read. Blandine Germain clearly explains "the how" of body movement and the relevant tissue, tendons and range of motion. It is an excellent roadmap for troubleshooting inefficient movement whether you are a bodyworker, athlete, dancer, or martial artist.

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