



## Anatomy of Movement (Revised Edition)

By Blandine Calais-Germain



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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.

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### Editorial Review

#### 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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that maybe you can be among it. This great information can certainly draw you into brand-new stage of crucial considering.

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**Mary Adamczyk:**

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