



Anatomy of Movement

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.

Anatomy of Movement Details

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From Reader Review Anatomy of Movement for online ebook

Paola says

This book is from the required reading list for my yoga teacher training class. While I haven't read the entire book (we still haven't studied the forearm and the hand), I must say this book's drawings and attention to detail make it an excellent resource for those studying anatomy for dance or yoga.

Jen Marin says

I am reading this book again because it is just such a wonderful perspective on anatomy from a very functional perspective. It probably isn't the last time I will read it, either. I think this one is a must read for any manual or movement therapist.

Abhilasha Purwar says

Wish the diagram were colored but the description and explanation is spot on.

I have read three books on Anatomy from a Yoga perspective but fairly applicable to understand all sorts of physical exercises or movements, and my personal ranking is as follows :

#1. Concise Book of Yoga Anatomy by Jo Ann Staugaard-Jone.

#2. Anatomy of Movement by Blandine Calais-Germain

#3. Yoga Anatomy by Leslie Kaminoff

#1 is Phenomenal. Lays great emphasis on all aspects of musculoskeletal system like ligaments, tendons, aponeurosis, nerves, etc.

Have great great things about Ray Long's book but yet to read that one, maybe that can up this one.

#2 is Good. Simple language. Lot of space to make notes. I use it as my anatomy notebook rather than textbook.

#3 is Not Good. Arrange by type of pose rather than muscle group. Less detail about each muscle, and more about their state in each pose, which you can automatically figure out if you understand the muscle groups.

Tanuki Wise says

Seems good to use with clients and for demonstrative purposes, but there are better (dynamic) anatomy texts. It feels a little simplistic which may actually cause more confusion, especially since similar areas of the body are covered in different areas.

Kimmy says

This book might be more of a browser that I'll revisit from time to time. It's incredibly well laid-out, discussing each part of the body and the mechanics of its movement. Fascinating stuff these flesh sacks we walk around in all day.

Lee Ann Haluska says

Some diagram and texts placements are confusing because they are scattered around the pages. Overall a great breakdown of the muscles and skeleton into smaller working chunks of knowledge. I've taken medical anatomy and physiology so this was more a study in motion of the body for me. I wish it had more info on ailments or mis-alignments and how to fix them or how they arise from skeletal/muscular deficiencies etc. Also one or two color diagrams would be nice...

Geoff Sebesta says

This book is amazing. Not only is the information presented in a logical and fascinating way, but the illustrations are so incredibly good and sensitive that this is, no joke one of the two best artistic anatomy books I've ever seen. In any artistic or medical situation I make sure I have my copy of this book with me.

This is seriously one of the most useful books you can ever possibly purchase.

Lydia says

Currently I am reading this book for a yoga teacher training course, so this review will be in the format of notes to myself for the TT.

Foreword:

I like that the Foreword of this book was written by a Director of a French School of Orthopedics and Massage - he understands both anatomy and how to take care of the body, with practical guides and information (as opposed to more theoretical books)

Chapter 1:

Chapter 2:

Chapter 3:

Chapter 4:

Chapter 5:

Chapter 6: the hip & knee

-easy to understand drawings/b&w pictures

-Latin names for muscles

- multiple muscle to pelvis attachments
- The information about all of the muscles attached to the pelvis made me wonder about childbirth and hip replacements, especially when an older person has a double hip replacement - it seems like it would be quite complicated to reattach all of the muscles during a hip replacement surgery; it also seems inevitable for muscles to rip during childbirth.
- ROM = Range of Motion
- popliteal fossa = back of the knee
- fascia lata/tensor fasciae latae = side of hip to side of knee (lateral)
- flexion = (hip) angle between anterior surfaces of thigh and trunk decrease
- extension = (hip) angle between posterior surfaces of thigh and trunk decrease
- adduction = (hip) thigh moves towards or past median plane
- abduction = (hip) thigh moves away from median plane, & angle between lateral surfaces of thigh & trunk decrease
- Good ROM of lateral rotation needed for lotus position (toes move away from median plane)
- ASIS = anterior superior iliac spine --> where is this location on the bone? page 198
- flexion of pelvis (salsa dancing/hamster lordosis); extension of pelvis (yoga)
- greater trochanter & lesser trochanter = muscles attachment roughened projections on femur
- The head of the femur is best fitted into the socket when femur is at a 90 degree angle relative to the trunk (kneeling) page 204
- Variations of the hip = you could possibly tell how the bones of the femur and hip socket are structured based on the position a yoga student places their hips/legs...although this could be difficult to determine. page 205
- Knees can be seriously injured if the menisci do not have enough time to move (soccer) page 217
- Psoas major = T12-L5, arches of fascia that connect bone to vertebral bodies, not intervertebral disks. page 234
- Important for yoga students to warm up their hamstrings before engaging in deeper poses.

Christy says

The thrill-ride of the summer!

Jokes aside, this is an excellent reference I would recommend to anyone. The depth of explanation and detail and the precision of the diagrams make this a volume I will surely hold onto.

Sherrie Gingery says

Another perfect book for anyone interested in movement. The descriptions of how the body works to create movement and the types of movement are detailed and easy to understand. A must-have for massage therapists and fitness instructors.

This book is so informative that I am never not reading it.

Jitka Egressy says

Great book for every student of anatomy. I love illustrations - easy to understand with them.

I can highly recommend this book. You will learn not only basic anatomy, but also how body works in movements. Great source for every personal trainer!!

Ayman Sieny says

Excellent book on body mechanics. The author a ballet practitioner, provides hundreds of illustrations of anatomical parts of the body including bones, muscle, ligaments, and the possible movements for each part of the body. A great reference for anyone into sports and has a desire to better understand the body.

Alessandra says

This is a wonderful anatomy book. It was written for dancers to help them avoid injury, but it was brought to my attention by a physical therapist and I find it helpful in my art for understanding human movement.

Abby says

Excellent, dense and technical, this book looks at the inner workings of the skeleton, joints and muscles as they pertain to human movement. Discussions of how movement relates to organs and other parts of human anatomy are not included, which focuses the book on just movement. If you're looking for how movement can affect internal organs, look elsewhere. But if you're looking for a very thorough explanation of how the body moves, this is your book.

Highly recommended for yoga students/teachers.

Morgan says

One of the best books for understanding anatomy from a non-medical perspective. Plenty of clear illustrations interspersed with concise and practical text to help decipher the joints and muscles of the human body. If you move, read this book!
