



Born to Walk: Myofascial Efficiency and the Body in Movement (Paperback)

By James Earls

Lotus Publishing, United Kingdom, 2014. Paperback. Book Condition: New. 275 x 212 mm. Language: English . Brand New Book. Born to Walk presents the therapist with a powerful tool to assess and analyse movement. It breaks down walking into the essential events that are required at each joint, then analyses how this series of events is integrated through the transfer of force along the Anatomy Train lines to create efficient human locomotion. Author James Earls combines the insights of evolutionary anatomy with the Anatomy Trains(R) model and the latest research on the many roles of the fascial tissues to create an up-to-date and novel vision of how we walk. Understanding the sequence and interrelationship of the essential events and the transfer of forces will not only give the therapist a powerful tool to recognise optimal and suboptimal movement, but will also provide a clear format for assessment and guidance in bringing clients towards graceful, integrated movement.



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This book will not be straightforward to start on studying but really fun to read. it absolutely was written really flawlessly and helpful. You can expect to like just how the writer write this publication.

-- **Glenna Goldner**

A top quality ebook and the typeface used was interesting to read through. It is really intriguing through reading through period. You won't feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me).

-- **Estelle Donnelly**

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