



# Anatomy of Movement

By *Blandine Calais-Germain*

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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: \*

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## **Anatomy of Movement By Blandine Calais-Germain Bibliography**

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### Editorial Review

#### Review

"A beautifully thought-out and exceptionally well-illustrated book." -- *Massage*

#### Language 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.

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