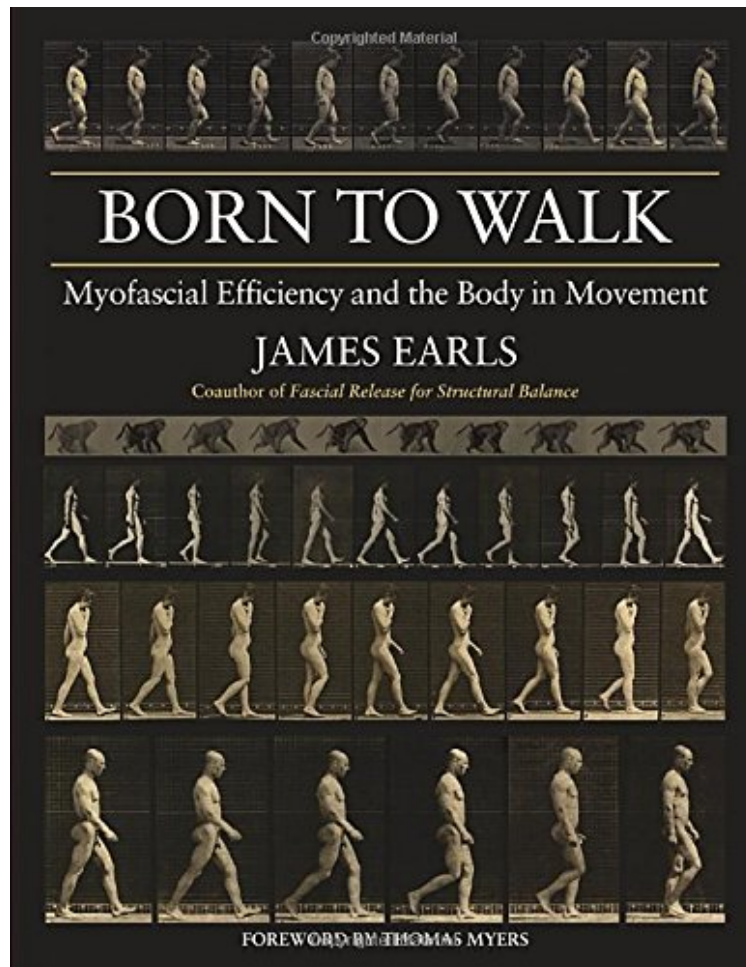


(Download) Born to Walk: Myofascial Efficiency and the Body in Movement

Born to Walk: Myofascial Efficiency and the Body in Movement

James Earls

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James Earls : Born to Walk: Myofascial Efficiency and the Body in Movement before purchasing it in order to gauge whether or not it would be worth my time, and all praised Born to Walk: Myofascial Efficiency and the Body in Movement:

8 of 8 people found the following review helpful. Good book but a little too basic for the educated ...By Customer
Good book but a little too basic for the educated professional. Can't tell if it is written for the professional or consumer. If for the professional then should be a bit more technical in nature and have the format of more of a textbook. I like the fascial line integration but already knew this info. Would I recommend? For a professional really looking to really understand gait - probably not. For a consumer looking to get a basic understanding of gait -- probably.
10 of 10 people found the following review helpful. Eye Opening
By Samuel Wuest
Eye opening book. Takes Myers' Anatomy Trains and shows us how amazing a process walking is, and how we can become more efficient. As a track and field coach I was also easily able to apply some of what I learned about fascia and movement to my

coaching.6 of 6 people found the following review helpful. He brings a easily understood clarity to the badly misunderstood theories of how ...By Bill BolandWell researched and well written. It's a difficult subject but one that James Earls tackles with enthusiasm. He brings a easily understood clarity to the badly misunderstood theories of how we walk. Yes, we were born to walk, but that often gets lost in the explanation. Here, it doesn't.

The ability to walk upright on two legs is one of the major traits that define us as humans; yet, scientists still aren't sure why we evolved to walk as we do. In *Born to Walk*, author James Earls explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, Earls explains how we can regain a flowing efficiency within our gait--an efficiency which, he argues, is part of our natural design. This book is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage therapists, and any bodyworker wishing to help clients by incorporating an understanding of gait and its mechanics. It will also appeal to anyone with an interest in evolution and movement. Drawing on recent research from paleoanthropology, sports science, and anatomy, Earls proposes a complete model of how the whole body cooperates in this three dimensional action. His work is based on Thomas Myers's *Anatomy Trains* model of human anatomy, a holistic view of the human body that emphasizes fascial and myofascial connections. Earls distills the complex action of walking into a simple sequence of "essential events" or actions that are necessary to engage the myofascia and utilize its full potential in the form of elastic energy. He explains the "stretch-shortening cycle"--the mechanism that is the basis for many normal human activities--and discusses how humans take advantage of isometric contractions, viscoelastic response, and elastic recoil to minimize calorie usage. This streamlined efficiency is what enabled our first ancestors to begin to migrate not only seasonally but also permanently to new lands, thereby expanding the natural resources available to us as a species.

About the Author JAMES EARLS is a writer, lecturer, and bodywork practitioner specializing in myofascial release and structural integration. He is coauthor, with Thomas Myers, of *Fascial Release for Structural Balance*. The director of Ultimate Massage Solutions and Kinesis UK, Earls is a popular presenter at conferences and workshops around the world. He writes regularly for a range of bodywork magazines and professional journals. The author lives in Belfast, Northern Ireland.