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Muscles and Meridians: The Manipulation of Shape (Paperback)

By Phillip Beach

Elsevier Health Sciences, United Kingdom, 2010. Paperback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****. Muscles and Meridians is a unique book that breaks new conceptual ground in the realm of human movement. Firmly based in an understanding of evolutionary and developmental biology, this volume introduces some of the keys that open the way to an understanding of the Contractile Field (CF) model - a novel concept which promotes a fresh approach to exercise and represents a valuable means of understanding and treating musculoskeletal disorders. The CF model represents a whole-organism approach to an appreciation of human movement. The fundamental biomechanical architecture of vertebrates imposes patterns of movement on our spine, patterns that offer the keys needed to begin a more robust understanding of human movement. The CF model suggests that sense organs are embedded in fields of contractility, and that the musculature of the viscera and the role of the kidneys need to be incorporated in this attempt to develop such a model. Fields of contractility are defined, borders between fields are identified, and field interaction considered. The model also suggests a new assessment methodology: the Archetypal Postures. Many...



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