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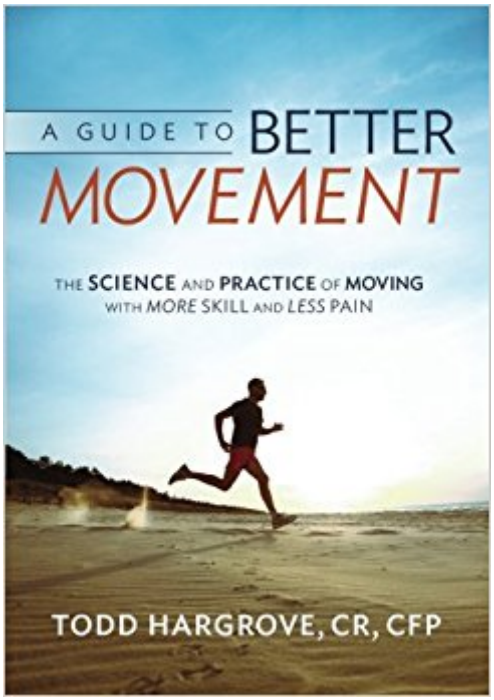
A Guide To Better Movement: The Science And Practice Of Moving With More Skill And Less Pain



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Synopsis

A Guide to Better Movement is a resource for movement professionals, athletes, chronic pain sufferers, and anyone else who wants to move better and feel better.The book offers a clear and practical look at emerging science related to the brain’s role in movement and pain. It will forever change the way you look at movement.Ã Â In it, you will learn:Ã Â the essential qualities of movements that are healthy and efficient;Ã Â why good movement requires healthy "maps" in the brain; why pain is sometimes more about self-perception than tissue damage or injury; the science behind mind-body practices;Ã Â general principles that can be used to improve any movement practice; and 25 illustrated and simple movement lessons to help you move better and feel better.

Book Information

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Customer Reviews

"Once I purchased, and started reading the book I had a hard time putting it down . . .Ã Â rates as one of my favorite all time reads on movement." -- Jamie Hale, M.S., cognitive scientist and author of In Evidence We Trust, maxcondition.com."Simply put, this book is the most important book on movement in the last 20 years, possibly in existence up to this point. It will become a required reading for every movement professional to truly understand movement and pain." -- Leonard Van Gelder, DPT, ATC, CSCS, dynamicprinciples.wordpress.com"It’s almost infuriating how good this book is . . . It is both refreshing and inspiring to read something of this quality. This is definitely a resource I will be referring back to for quite some time." -- Matt Danziger, personal trainer, truemovement.net."I truly enjoyed reading this book; It details some wonderful activation exercises

and mobility work, some familiar to me and some new. At the rate it’s going, though, I will wear out the binding because I am continually referring to the book throughout my mobility/movement "practice time. Great job!"Ã Â --Chip Morton,Ã Â Professional Football Strength & Conditioning Coach,Ã Â Cincinnati, Ohio

Todd Hargrove is a bodyworker, movement teacher and writer living in Seattle, Washington. An athlete all his life, Todd has been a competitive tennis player and squash player, and not so competitive soccer player. In his former career as an attorney, he suffered from chronic pain that he cured through bodywork and movement exercises. Inspired by his own success and interest in chronic pain and movement, he quit the law to become a Rolfer and Feldenkrais Practitioner. In 2008, Todd started a popular blog to correct common misconceptions regarding pain, and promote greater awareness of recent developments in science emphasizing the role of the brain in pain.

This book is a great read for anyone wanting to learn more about movement and pain. Some sections get a little wordy (especially the pain section), but overall explains things well. I am a physical therapist and liked how he brought some research into the book. He uses a lot of pain theories you find in books by Adriaan Louw (if you really want to get down to the nitty gritty on pain -definitely check his books out). The exercises were ok, pretty basic at the end, but overall, loved how this book was broken down.

Todd Hargrove is able to explain clearly and in easy to understand language the why and the how of pain. He helps you develop a greater awareness of how your body functions with exercises that help you feel your way back to better movement patterns.

Todd clearly organizes and presents the latest material and understanding behind the science of movement and pain.Truly exceptional work. A MUST READ FOR ANYBODY IN THE REHAB INDUSTRY AND FITNESS INDUSTRY.If you’re not reading this, you’re simply doing yourself a disservice.

Todd has accomplished an incredible feat in his ability to elegantly describe a Neuromatrix centered approach to movement. This is the most well written integration of current research based evidence in a book I have ever seen. He connects the dots many of us have simply danced around in our journey to understanding the key role of the nervous system in movement. This book is not only

accessible to the clinician, but also the client or patient. Every movement professional must own this book, it will become required reading and an instant classic in the future. In this era of academic inflation, where many textbooks contain minimal, frivolous content, with far less research evidence or proper critical appraisal, are marked up to insane margins; the entry point for the cost of this evidence based content is simply too good to be true. If you donÃƒÂ¢Ã â ¬Ã â„¢t buy this book, you are doing a disservice to your patients, and yourself.

Excellent resource with both explanation and exercises. The concept is to move ones body in the perfect way; recommended for the athlete, the aging and the aching. Great ideas for improving balance.

I have just finished reading this book. Todd is a talented writer, capable of breaking down complexities such as pain, movement and neuroscience into a simple, clear and concise ideas. He is extremely coherent writing on research, providing the reader with a wealth of information and references. It is a book i can recommend not only to my colleagues but also to my patients.It is a book i will pick up and read over and over again.simply excellent. Thank you Todd!

clearly written and easy to get a good perspective and understanding of the relationship of movement and well being

Very well written. It gave me a totally new view of pain and movement. I am ordering his audio files next.

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