



# Born to Walk: Myofascial Efficiency and the Body in Movement

By James Earls

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## **Born to Walk: Myofascial Efficiency and the Body in Movement** By James Earls

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.

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## **Born to Walk: Myofascial Efficiency and the Body in Movement** By James Earls Bibliography

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### **Editorial Review**

#### 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.

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##### **Mathew Holstein:**

This Born to Walk: Myofascial Efficiency and the Body in Movement book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book will be information inside this guide incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This kind of Born to Walk: Myofascial Efficiency and the Body in Movement without we comprehend teach the one who studying it become critical in imagining and analyzing. Don't possibly be worry Born to Walk: Myofascial Efficiency and the Body in Movement can bring if you are and not make your carrier space or bookshelves' turn into full because you can have it within your lovely laptop even phone. This Born to Walk: Myofascial Efficiency and the Body in Movement having fine arrangement in word along with layout, so you will not truly feel uninterested in reading.

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we all know it useful in your day pastime. So , let's have it appreciate reading.

**Randy Champion:**

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