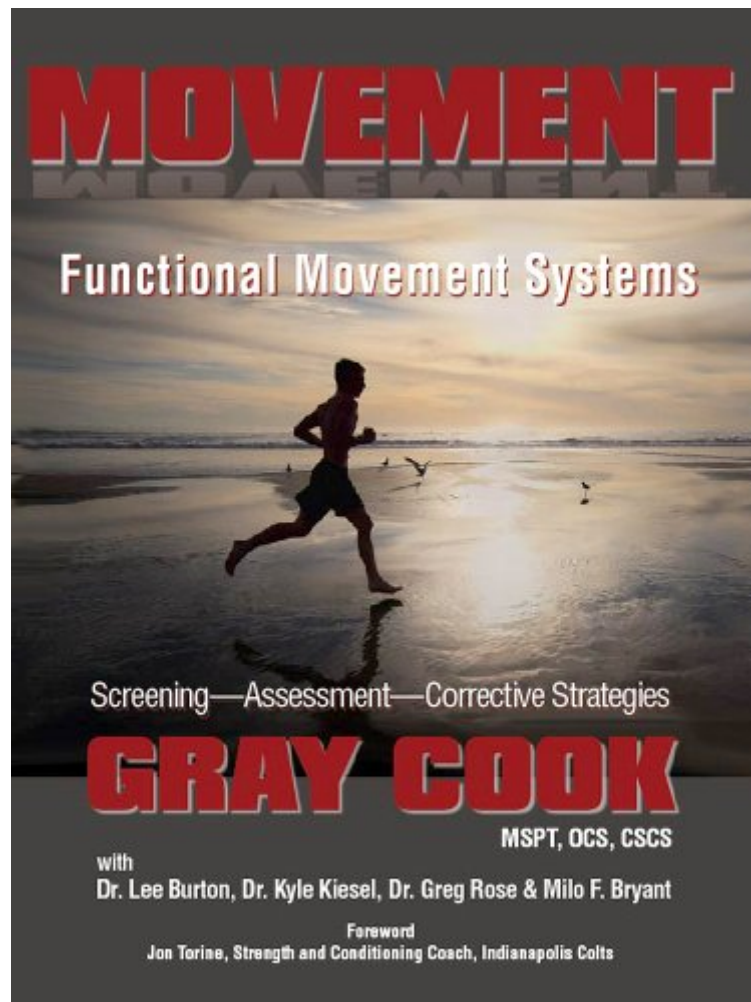


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Movement



Synopsis

Movement is a vivid discovery, a fundamental and explicit teaching in which the return to basics takes on a whole new meaning. In it, author Gray Cook crosses the lines between rehabilitation, conditioning and fitness, providing a clear model and a common language under which fitness and rehabilitation professionals can work together. By using systematic logic and revisiting the natural developmental principals all infants employ as they learn to walk, run and climb, Gray forces a new look at motor learning, corrective exercise and modern conditioning practices. The discoveries, lessons and approaches you'll learn

- * How to view and measure movement quality alongside quantity
- * How to ascertain dysfunctional patterns with the Functional Movement Screen
- * What clinicians need to know about the Selective Functional Movement Assessments
- * When to apply corrective strategies and how to determine which strategies to use
- * How to map movement patterns and understand movement as a behavior and not just as a mechanical idea

This book is not simply about the anatomy of moving structures. Rather, it serves a broader purpose to help the reader understand authentic human movement, and how the brain and body create and learn movement patterns. Our modern dysfunctions are a product of our isolated and incomplete approaches to exercise imposed on our sedentary lifestyles. A return to movement principles can create a more comprehensive exercise and rehabilitation model, a model that starts with movement.

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Customer Reviews

How does one go about writing a review of a Gray Cook book? I mean really, where do you even start? I have read the book about ten times by now and still wondered where to begin. Staring at a blank page, I kept thinking about the monstrous task of doing it justice. There is so much knowledge packed into these pages it boggles the mind. So I decided to do something a bit different and give you a perspective of this book and how it has changed the way I practice medicine. The application of the principles contained in this book has changed the lives of many people. The real world people I see every day in my clinic. People who have suffered in pain for years now have their quality of life restored because of the applied principles in this book. 'Movement' was a paradigm shift for me as a clinician. Gray opened my eyes to the wonders of human movement and the systems necessary to understanding it. This was the system I had been searching for in determining why people were getting injured, and why their pain syndromes kept returning. People would ask me, 'why does my pain keep coming back?', and I never had an answer that made sense to me. That is until I discovered Movement. Here is a summary of my journey through 'Movement.' This introductory chapter sets the stage for the paradigm shift. It's an awakening to understanding human movement. The section on dysfunction, pain and rehabilitation is something to read a hundred times. The mobility and stability rules are powerful enough to change the clinical outcome of almost every client. I never learned this stuff in school. This one chapter taught me more than I had learned reading entire textbooks. Gotta look at the body as a whole. Imagine that?

Let me first say that I am very much inclined to be sympathetic with Gray Cook's overall message. It speaks to my existing disposition concerning exercise. Here's a brief sum up: Modern fitness culture is guilty of heaping attempts at strength and endurance gains atop dysfunctional movement. This tends to cause compensation in joints and muscles not intended to sustain loads which leads to inefficiency of movement, pain, discomfort, and often injury. A more proper hierarchy for developing physical ability is Mobility->Stability->Strength in basic movement patterns, and on top of this we can support more specific skills. If you are looking for a technical book, something which will go through a variety of ways to view and interpret the FMS (Functional Movement Screen) along with appropriate corrective exercises, then this book falls short. The detail regarding the screen itself

could be better and more concisely expressed as a pamphlet. Likewise, the corrective exercise section is very sparse, particularly considering the size of this book, and primarily is filled up with the repetition of Cook's main ideological explanation. While I was hoping for some solid exercises, he mostly encourages people to 'do what they know' within the very general framework of his idea (Mobility>stability>strength). This is obviously not helpful if you don't actually have a background in physical therapy. So rather than a technical book, it is a sort of Philosophy of Fitness book, but even this it does poorly. For the first part, Cook is no writer, and this book is best when it is at its driest, clearly explaining the particulars of an exercise or details of the FMS.

I'd like to begin by saying I am not one to go public with review of a product, I prefer to talk to the source personally with any feedback. While I have done that on a number of levels with Gray, I feel this book - and ultimately, this concept needs more recognition. We come from different backgrounds as strength coaches, athletic trainers and rehabilitation specialists. There have been different colleges and curriculums attended. There have been different motivations from performance based priorities to treatment and injury care. We have taken different paths to eventually get to a point of influencing athletes (professional or amateur, young or old, male or female, injured or healthy, and all sports or recreational activities in between). At the end of the day though, don't we all strive for the same goal...to enhance the quality of movement of the person no matter what group they fall in above? That, in my opinion, is our responsibility as fitness professionals. Let's not clutter the definition, the mission of the personal trainer, coach, rehab specialist, or injury care person is to help your client/athlete experience improved movement that will contribute in a positive way to the experience or success of that sport/hobby. Having said that, I have designed and implemented thousand of protocols and programs to try to get the most from my athletes over the last 20+ years. I had always wondered early in my career why after 6-8 weeks of strenuous training why my players would begin to hit a plateau just before testing. To cut to the chase, I was unaware of their fundamental movement restrictions and asymmetries that were limiting potential to improve. So in my attempts to keep "pushing" the players to the end, I actually was not helping them...

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