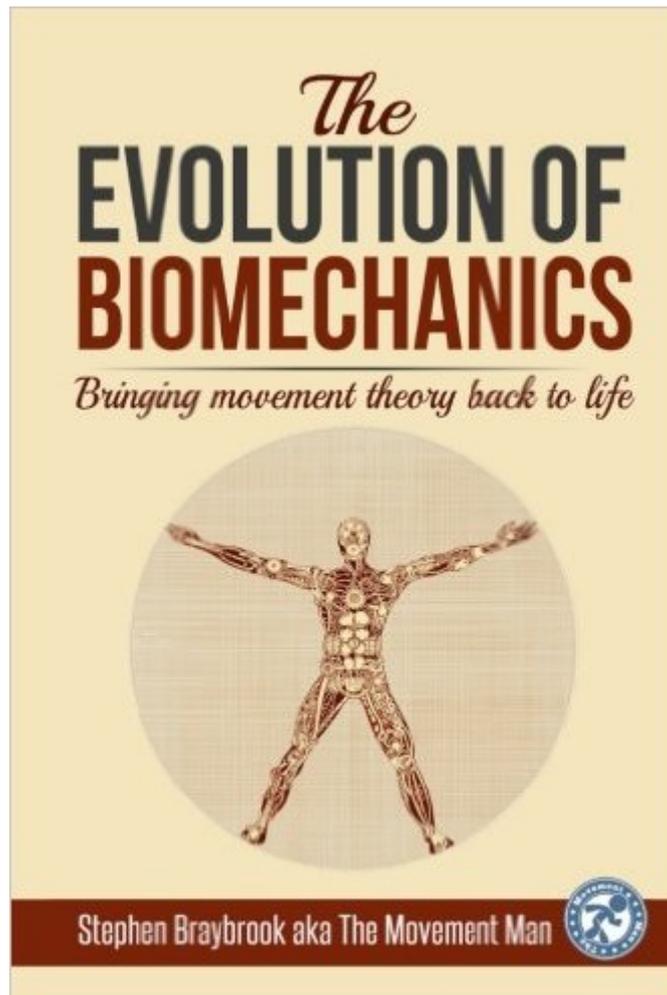


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# The Evolution Of Biomechanics: Bringing Movement Theory Back To Life



## Synopsis

The Evolution of Biomechanics presents an overview of the origins of the subject, looks at current human movement theory and provides a fresh insight into the future of movement theory. Biomechanics frames the human organism and its motion as mechanical in nature and is considered a respected benchmark of human motion, kinesiology and movement analysis. But is this relationship between a living organism and mechanical principles still relevant in context with our twenty first century understanding of science and the human body? Do we really move in an isolated link system as biomechanics suggests; or is it time to accept that the complexity of human motion cannot be reduced to the mechanistic approach? Are you ready for the human movement theory revolution? The theory is not the practice. But by questioning the foundations of a subject many of us take for granted we stand a chance of evolving our understanding and coming up with a working model that will enhance many people's understanding as well as their practice and results. There are many advanced practitioners of different methods in the international movement community but their practical work is not justified by the current biomechanical thinking. Often applied methods work practically in one way and then there is an attempt to use the old paradigm of movement scientific theory to justify their working. Although they get results, have high efficacy and their methods are highly respected within the practical arena, there is often a chasm between their practical work and the acceptance of science. With a whole body approach, author and biomechanist Stephen Braybrook, aka The Movement Man, combines the insights of evolutionary biomechanics with his understanding of how the body really moves to draw a new road map of human movement that is integrated and intends to break free from the outdated models and ideologies that dictate the science of human movement. Essentially, this book paves the way as a starting point of a new vision of the theory of human movement. It seeks to evolve our current thinking, models and ways of talking about, analysing and understanding human movement to fit in with our twenty first century scientific understanding. If we as movers, practitioners, therapists, movement scientists, coaches or rehabilitation experts do not believe that the 'man as machine' model is best serving our understanding of human movement then what realistic alternatives to biomechanics do we have available?

## Book Information

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## Customer Reviews

Coming from a background of yoga and eastern martial arts, I always knew there was something wrong with the prevailing mechanistic model of human movement and I also recognized that the forms of movement and exercise we created in the west were based on this mechanistic worldview. For these reasons and more, I found *The Evolution of Biomechanics* to be a breath of fresh air heralding a groundbreaking and revolutionary new approach to human movement, one that honors the sophistication of a living, breathing, thinking and feeling highly complex organism. There are some levels on which Stephens book has reinforced what I already sensed and there are areas in which the book opens up previously uncharted waters and takes me into new territory. It will take me several more reads to fully digest the implications of this book and I would strongly recommend it to anyone with an interest in human movement, performance, physical therapy and the evolution of these practices.

The first 80% of the book is spent going over basic biomechanic principals that most people reading this might already know, and then posits that these comparisons to the human body might be wrong and why, and then goes into his own ideas of how biomechanics can evolve, but not in a very detailed way (and with no real conclusion). I felt kind of let down by the end of the book. I bought another book, *Biotensegrity*, and was much happier with that.

Great read, thought-provoking. Really makes you think outside of the box. Only after first time reading through, this book has already changed the way i think about how our minds+bodies form and move. I can warmly recommend this to anybody with any interest in human movement!

This is an excellent book. If you are a manual or movement therapist I highly recommend you walk down the path that the context of The Evolution of BioMechanics will lead you. With every step, build the foundation that leads to the next. Without the previous step we couldn't arrive at a more sophisticated understanding. Eventually the path leads to the evolution of thought. How our emotions and subtle body energies effect the experience we are having in the body. Moving well doesn't just condition the body, it conditions the spirit.

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