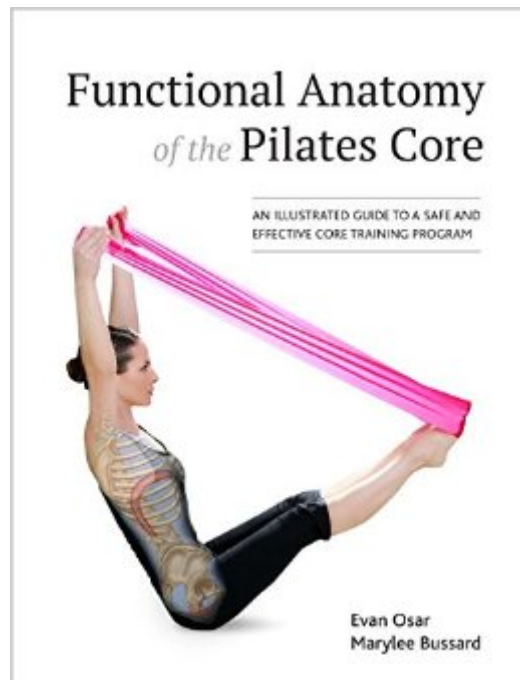


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# Functional Anatomy Of The Pilates Core: An Illustrated Guide To A Safe And Effective Core Training Program



## Synopsis

This book is the first to illustrate the essential connection between the functional anatomy of the body's core and its application during Pilates' fundamental core exercises. Focusing on the inherent potential of the human body to stabilize and move, Dr. Evan Osar and Marylee Bussard combine the most current research around core stabilization with six fundamental Pilates principles to offer simple, easy-to-use strategies for relieving discomfort and improving pain-free movement. With more than 290 full-color illustrations, *Functional Anatomy of the Pilates Core* provides both Pilates practitioners and professional teachers with a comprehensive understanding of how the core functions and how stabilization helps promote health and proper movement patterns through the development of balanced muscles, joint alignment, and core control. The authors apply current research on neuroplasticity, the brain's capacity to reorganize itself by developing new neuronal connections, and on the function of fascia, the matrix-like connective tissue of the body, to explain the six fundamental principles of Pilates: Centering, Concentration, Control, Precision, Breath, and Flow. They show how to avoid muscle imbalances, chronic tightness, and pain by incorporating the principles of functional anatomy during exercise. Readers learn how to:

- Achieve the alignment, breathing, and control required for developing optimal posture and movement
- Alleviate non-optimal habits that relate to common postural dysfunction, muscle imbalances, and chronic tightness
- Integrate the fundamental Pilates exercises in order to develop a more stable core and eliminate the risks of common injuries while accomplishing one's health and fitness goals

## Book Information

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## Customer Reviews

Dr. Evan Osar hits it out of the park again with his new book. It is a primer in kinesiology and functional anatomy as well as a guide to proper body posture, position and alignment while doing pilates. There is also a section, which I would call "troubleshooting", that explains common problems confronted when doing pilates and strategies to overcome these problems. For the pilates enthusiast, like myself, this book is fascinating. It tells what each part of your body is and should be doing during any given pilates position. It broadens and deepens one's understanding of the functioning anatomy of one's body while executing these positions. The effect of this knowledge is that it inspires one to do better. Even for the trained professional in pilates, Dr. Osar's book is instructive. But even as a review, this book belongs in the libraries of the most knowledgeable professional pilates instructor, Dr. Osar has a gift for taking complex ideas and making them accessible to both the non-professional and the professional. I learned a lot by reading it. I recommend it to anyone interested in functional anatomy or pilates. Dr. Osar's book is superb!

This is a very different and much needed Pilates book that should be in the library of every Pilates teacher or anyone that wants to take their Pilates practice to the next level. So much great information in this book, including some of the common signs of poor core stabilization and the compensatory patterns an individual might adopt as a result. Dr. Osar also has a very informative section about the psoas and the important role this muscle plays in core stabilization. Surprisingly, I have found many of my Pilates clients have an inhibited or weak psoas! I have stopped doing psoas stretches with these clients and instead I am doing exercises to activate their psoas without simultaneously engaging the superficial hip flexors. I wish I would have had this book when I was going through my Pilates training!

As a fitness professional, I found the detailed information and latest research encouraging. Too often the health & fitness industry focuses on bigger, better, faster without a mindful approach as to how we get there. "The Six Pilates Principles (reimagined)" in this book help guide the fitness professional AND the Pilates enthusiast through a healthy, mindful approach to sessions. Illustrated with color photos and models who demonstrate what the movements really need to look like further outline and drive the book home. A must have for any Pilates enthusiast or fitness professional who wants to be up on the best practices and latest research.

This book is essential for anatomy geeks who want the full story and ideal for pilates teachers who

want to perfect their delivery of alignment and breathing while also providing clear core strategies that transform poor habits and help reduce risk of injury. The detailed chapters are easy-to-follow and can help non-teachers improve their practice, too. The authors provide fascinating details on the most current research of the human body's potential to optimize core stability and find strength in pain-free exercise. My teacher gave me this book in preparation for training, but I'm excited to apply these techniques immediately to my current personal practice!

Not for an average reader. You will get lost in technical terms, Latin names. By the time you finish paragraph you will forget what was it about. Promising at the first glance. But you will not get the answers. Will not recommend.

Classic Pilates principles are "reimagined" and evidence is presented to back it all up. This book is informative, thoughtful, and grasp-able for all levels of Pilates exposure/experience. If you want a safe, effective relationship with Pilates, and to understand in more depth how the biomechanics of it all works, then this is the book for you!

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