

# BORN TO WALK

## Myofascial Efficiency and the Body in Movement

*Second Edition*

### *Synopsis*

*Born to Walk* is designed to help movement therapists, physiotherapists, osteopaths, chiropractors, massage therapists, and bodyworkers understand gait and its mechanics, and will appeal to anyone with an interest in evolution and movement. It offers a concise model for understanding the complexity of movement while gaining a deeper insight into the physiology and mechanics of the walking process.

The ability to walk upright on two legs is one of the major traits distinguishing us as humans. In *Born to Walk*, author James Earls explores the mystery of walking's evolution by describing the complex mechanisms enabling us to be efficient in bipedal gait.

*Born to Walk* helps identify areas of the body that, if dysfunctional, may reduce efficiency of gait. With this knowledge the therapist can help themselves and their clients regain a flowing elasticity within gait.

### *The Author*

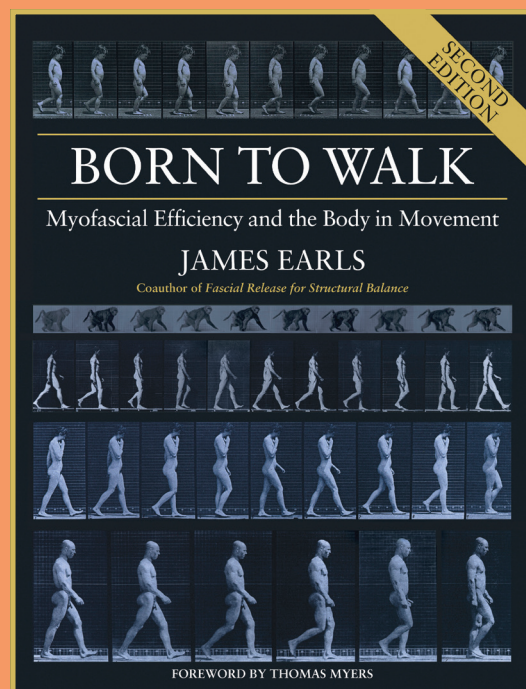
**James Earls** is a writer, lecturer, and bodywork practitioner specializing in functional movement and structural integration. He is the director of Born to Move, an education platform teaching real-life anatomy for movement and manual therapists, and is a popular presenter at conferences and workshops around the world.

Earls is the coauthor, with Thomas Myers, of *Fascial Release for Structural Balance*. He also writes regularly for professional magazines and journals, and has collaborated with many authors in the production of their titles.

### *Key Selling Points*

This second and revised edition provides new research on assessment, diagnosis, and treatment approaches to enhance gait efficiency. Changes include:

- Updated information and research on myofascial continuities
- More clearly arranged according to planes of movement
- New informative illustrations based on phases of gait with EMG readings
- Clear listing of the 'Essential Events'
- First edition sold 10,000 copies worldwide



### *Details*

**AUTHOR:** James Earls  
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