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Venue:	Doody's Book Review Service
Title:	Book Review: Centered: organizing the body through kinesiology, movement theory and Pilates techniques, second edition, Madeline Black
Date:	2022
Type:	Book Review
Author(s)/ Presenter(s):	Rebecca Katchmark
Abstract (or Book Review):	<p>Description: The first edition of this book was published in 2015. The second edition discusses global movement of the body through the lens of kinesiology, movement theory, and Pilates techniques. This edition incorporates excellent full-color images and illustrations to help the readers visualize concepts. Another unique element to this book and extremely relevant in the post pandemic world is that it provides instructions for clearer verbal and visual cues that help movement practitioners better communicate with their clients in a virtual setting. Again, relevant to the post-pandemic world, this book also provides non-apparatus exercise options that individuals can perform in the comfort of their own homes.</p> <p>Purpose: The purpose of the book is to inform the readers of how each area of the body is interconnected with one another from the feet all the way up the spine. It provides clinical syntax in an easy-to-understand format regarding the biotensegrity of the human body. The context of this book is important and relevant in this time where our world and lives have become increasingly more sedentary. The pandemic has shifted our world to a virtual setting; we sit in front of our screens logging into various Zoom meetings and telehealth doctor visits, streaming our favorite shows and entertainment, etc. To better understand our bodies and the importance of movement, this book will help our resilience in taking on the various stressors that our bodies absorb and increase our overall wellness.</p> <p>Audience: This book is written for anyone interested in understanding how the body moves, from how small changes in foot strike can affect structures further up the kinetic chain and vice versa. This is a great book for the novice reader interested in learning how the body moves, how the body is interconnected, and exercises to improve that connection, to the advanced movement practitioner to help better assess dysfunctional movement patterns, educate their clients on these patterns, and cue them through correct and more efficient</p>

patterns. The author's experience and knowledge is fully displayed in this book as she expertly describes and explains the anatomy and science behind movement of the body globally.

Features: The book does an excellent job of explaining the biotensegrity of the human body beginning from the feet, or what I like to call "the foundation of our house," all the way up the spine. Any "crack" in the foundation will travel to other areas of the "house." In this second edition, readers will find the most up-to-date research referenced throughout the pages of this book. This is important as the demand for research or supporting evidence has increased dramatically for audiences, from novice readers to movement practitioners alike. The full-color pictures, illustrations, and QR code video links are great, welcome additions that help to clarify talking points for those of us who are visual learners.

Assessment: This is an excellent book that is well written for novice readers interested in understanding body movement and how the body is connected to all its moving parts, to movement practitioners wanting to dive deeper into understanding biotensegrity and how to better assess, educate, and treat their clients. I found the full-color images, illustrations, and video links extremely helpful in understanding and conceptualizing the topics. I also appreciate the "Practitioner Play" and practice sessions for each region, which are helpful in solidifying understanding of each area. This edition incorporates the most up-to-date research sprinkled throughout the pages. It is a must-have for the bookshelves of movement specialists and those who want to incorporate more body movement awareness into their daily lives.