

## **Trail Guide to Movement Conversion Sheet**

From the 1st edition to the 2nd edition

	1st ed.	2nd ed.
1 – Introduction	1	1
How to Use This Book	2	2
The Parts List	4	4
A Day in the Life of Movement	6	6
In the Lab—Mobility in the 21st Century	12	10
2 – The Essentials of Movement	15	13
The Essentials of Movement	16	14
Review Questions	-	19
3 – Connective Tissue, Part 1	23	21
The Ubiquitous Material	24	22
In the Lab—A Detour Down the Meat Aisle	27	25
Soft Tissue Properties	28	26
Types of Connective Tissue	31	29
A Connective Tissue Breakdown	34	32
Review Questions	241–242	33
4 – Connective Tissue, Part 2	35	35
Bone	36	36
Let's Build a Bone	37	37
In the Lab—Wolff's Law	38	38
In the Lab—Stacked and Compressed?	39	39
Cartilage	40	40
Fascial Tissues	41	41
Proper Fascia	42	42
Ligament and Tendon	44	44
Other Variations of Fascia	45	45
Putting It All Together	46	46
In the Lab—Local, Global, Internal, and External	49	49
In the Lab—Collagen, Demand, and Flushing	50	50
Review Questions	241–242	51
5 – Joints, Part 1	53	53
Planes and Axes	54	54
Movements of the Body	57	57
Joints in General	63	63
Let's Build a Synovial Joint	66	66
Types of Synovial Joints	69	69
Joint Function	71	71
Joint Mobility and Stability	72	72
Joint Chart	73	73
Review Questions	242	74

	1st ed.	2nd ed.
6 – Joints, Part 2	75	75
Range of Motion	76	76
Active and Passive Range of Motion	77	77
Hypermobility and Hypomobility	79	79
End-Feel	80	80
Types of Joint Motion	82	82
Closed and Open Kinetic Chains	85	85
Convex-Concave Rule	86	86
Joint Surface Positions	87	87
Forces Used for Mobilizing Joints	-	88
Review Questions	242	90
7 – Muscles, Part 1	91	91
Basics of Muscle Tissue	92	92
Components of Skeletal Muscle	96	96
Let's Build a Muscle	98	98
Functions of Muscle Tissue	103	103
Properties of Muscle Tissue	104	104
Review Questions	243	105
8 – Muscles, Part 2	105	107
Shapes and Arrangements of Muscles	106	108
Programming Our Muscle	110	112
Types of Contractile Fibers	113	115
Types of Contractions	115	117
Reverse Actions	117	119
In the Lab—Tight, Short, and Long Muscles	119	121
Review Questions	243	123
9 – Muscles, Part 3	121	125
Roles of Muscles	122	126
No Muscle Is an Island	124	128
Factors That Affect a Muscle's Role	126	130
In the Lab—Passive and Active Insufficiency	128	132
In the Lab—The Psoas-less Sit-Up	129	133
In the Lab—Bonus Actions of Muscles	129	133
Postural and Phasic Muscles	130	134
Length and Speed Matter	133	137
Review Questions	243	139
10 – Nerves, Part 1	137	141
Nerves and Muscles—The Dynamic Duo	138	142
Let's Build a Neuron	141	145
Peripheral Nerves	143	147
Plexi and Nerve Distribution in the Appendages	145	149
Review Questions	244	155

	1st ed.	2nd ed.
11 – Nerves, Part 2	151	157
Let's Flip the Switch	152	158
Sensors and Feedback	153	159
I Can't Shorten If You Don't Lengthen	158	164
In the Lab—Tonus	159	165
In the Lab—Equilibrium Above All Else	159	165
In the Lab—Reflexes	159	165
Putting It Into Practice	160	166
In the Lab—The Infant and Lifelong Patterns	165	171
In the Lab—Fun in a Doorway	165	171
Review Questions	244	172
12 – Biomechanics, Part 1	167	173
Biomechanics—The Basics	168	174
Gravity	171	177
Laws of Motion	172	178
Force in Depth	176	182
Torque in Depth	178	185
Review Questions	245	188
13 – Biomechanics, Part 2	181	189
Levers	182	190
In the Lab—Two-in-One Leverage	-	195
In the Lab—In the Palm of Your Hand	-	195
Stability	186	196
Review Questions	245	202
14 – Posture	191	203
Posture and Gait	192	204
Standing Posture	194	206
In the Lab—Other Postural Points-of-View	196	208
In the Lab—Healthy Posture	196	208
The Role of Soft Tissues in Upright Posture	197	209
Building a Myofascial Core	198	210
Building Postural Supporters	200	212
Stability Dysfunction and Pain Patterns	201	213
Upright Postural Distortions	202	214
Other Common Postural Distortions	205	217
In the Lab—Sitting, Bending Over, and Lying Down	208	220
Review Questions	245–246	224
15 – Gait	213	225
	-	
-	_	
·	-	
Gait Stance and Swing Phases Gait and the Hips In the Lab—Other Factors in Gait	213 214 215 218 219	225 226 227 230 231

	1st ed.	2nd ed.
Muscle Activity During Gait	220	232
In the Lab—Furniture and Clothing	222	234
Abnormal Gaits	226	238
Taking a Look Around	230	242
A Day in the Life of Movement, Part 2	234	246
Review Questions	245-246	250
Index and More	239	251
Answer Key for Review Questions	247	252
To Sit or Stand—The Psoas's Dilemma	247	252
Joint Range of Motion Chart	249	253
Glossary	251	254
In the Lab—2 Buckets, 2 QLs, and 1 Spine	250	260
In the Lab—Postural Development of the Spine	250	260
In the Lab—Toddler + Car Seat = Core	250	260
In the Lab—The Diaphragm's Decision	258	261
In the Lab—The Headbang	258	261
Bibliography	257	263
Index	259	265

info@booksofdiscovery.com

www.booksofdiscovery.com