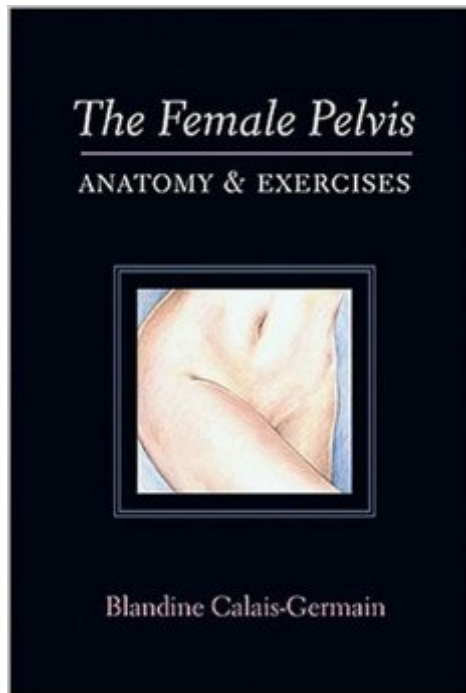


The book was found

# The Female Pelvis Anatomy & Exercises



## Synopsis

The book begins with a description of the functional anatomy of the pelvis, and how it responds to pregnancy and childbirth. This is followed by a series of specific exercises, initially for self-discovery, and then to increase the flexibility, strength, and coordination of the pelvic functions

## Book Information

Paperback: 159 pages

Publisher: Eastland Press; Ill edition (August 2003)

Language: English

ISBN-10: 0939616386

ISBN-13: 978-0939616381

Product Dimensions: 0.5 x 7 x 9.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #54,858 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness &](#)

[Dieting > Exercise & Fitness > Pregnancy](#) #65 in [Books > Medical Books > Allied Health](#)

[Professions > Physical Therapy](#) #148 in [Books > Health, Fitness & Dieting > Women's Health >](#)

[Pregnancy & Childbirth](#)

## Customer Reviews

When I was in graduate school, I was a Teaching Fellow in physiology and went on to further studies in biochemistry. I also attended medical school for a while, but ended up working as a research scientist. Now, I teach meditation and have a developed yoga practice in addition to being a personal coach with graduate education in psychology as well. In short, I think I am well-qualified to evaluate this book. In general, I love this author's work and particularly liked *Anatomy of Movement*. I didn't like the *Female Pelvis* quite as much, but I still think it is very good. If I was able to, I would rate it a 4.5. Like all of this writer's work, the material is thoughtfully developed and presented in an easy to understand manner. There are also lots of diagrams that are very clear and compliment the text. The difficulty with the pelvic region is that it is very hard to visualize it in three dimensions. This presents a challenge to the author and I think that he does a very good job of conveying three dimensions through all different kinds of diagrams. The book starts out with the basic skeletal structure and then adds more detail a little bit at a time. At the same time, corresponding functionality is discussed and this keeps the book interesting and helps with memory attention. The average person can certainly go through this book easily, which is a testimony to the

clarity and organization of the book.

[Download to continue reading...](#)

The Female Pelvis Anatomy & Exercises Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Atlas De Bolsillo De Cortes Anatomicos: Tomografia computarizada y resonancia magnetica. Torax, corazon, abdomen y pelvis/ CT and MRI. Thorax, heart, abdomen and pelvis (Spanish Edition) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Audition Songs for Male and Female Singers: Gilbert and Sullivan (Book & CD) (Audition songs for male & female singers) Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Basic, Advanced, and Robotic Laparoscopic Surgery: Female Pelvic Surgery Video Atlas Series, 1e (Female Pelvic Video Surgery Atlas Series) Get inside Her: The Female Perspective: Dirty Secrets from a Woman on How to Attract, Seduce and Get Any Female You Want A Headache in the Pelvis: A New Understanding and Treatment for Prostatitis and Chronic Pelvic Pain Syndromes, 4th Edition A Headache in the Pelvis: A New Understanding and Treatment for Prostatitis and Chronic Pelvic Pain Syndromes, 3rd Edition A Headache in the Pelvis, a New, Revised, Expanded and Updated 6th Edition: A New Understanding and Treatment for Chronic Pelvic Pain Syndromes Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1) Preparing for a Gentle Birth: The Pelvis in Pregnancy Técnicas Articulares en Miembro Inferior y Pelvis (Terapias Manuales) (Spanish Edition) Resonancia Magnetica: Torax, Abdomen Y Pelvis. Aplicaciones Clinicas (Spanish Edition) 100 CAD Exercises - Learn by Practicing!: Learn to design 2D and 3D Models by Practicing with these 100 CAD Exercises! Kegel Exercises for Men: PC Muscle Exercises to Improve Sexual Health & Performance Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Practice Makes Perfect Basic English, Second Edition: (Beginner) 250 Exercises + 40 Audio Pronunciation Exercises (Practice Makes Perfect Series) LIVING THE LAW OF ATTRACTION - 40 PRACTICAL EXERCISES: Daily Exercises To Attract Anything You Want Into Your Life

[Dmca](#)