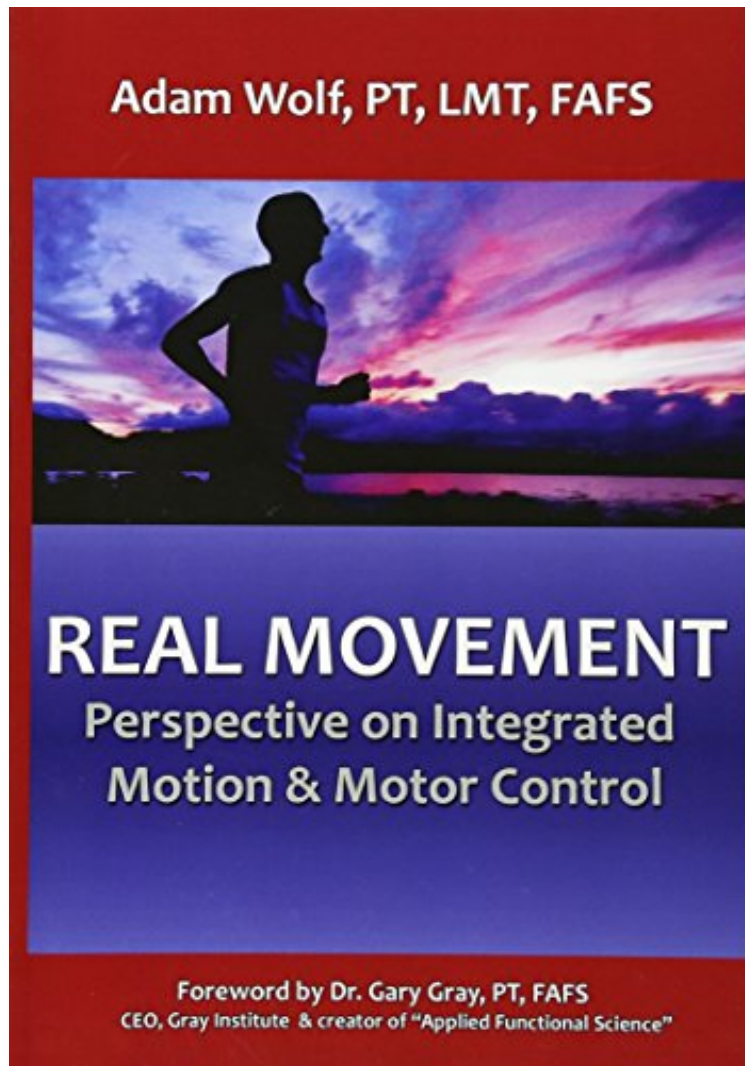


# Real Movement: Perspective on Integrated Motion Motor Control

*Adam Wolf*

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**Adam Wolf : Real Movement: Perspective on Integrated Motion Motor Control** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Real Movement: Perspective on Integrated Motion Motor Control:

6 of 6 people found the following review helpful. A Powerful Clinical Manual By Max O Selisch As a PT with 25-years clinical experience I spent a good portion of my career treating the way I was trained: address the dysfunction locally with a pathoanatomically targeted focus. I was frequently frustrated by my patients' lack of functional gains despite the fact that I had "fixed the problem". I was then introduced to Adam Wolf by a mutual friend and colleague and took one of his courses. Adam, through his integrated and holistic treatment paradigm provided a whole new way for me to

view my patients holistically rather than as just a painful knee or shoulder. I cannot recommend his book any higher or with less enthusiasm. He does a great job of synthesizing multiple disciplines within the movement/motor control/body work communities and adding a healthy dose of his own personal style to provide a fully integrated treatment approach to the whole person not just the body part. It has taken some time, concentration and energy to completely reorganize my clinical approach but I have been greatly rewarded by getting my patients better quicker; they are happier with their exercise regimens and my practice has grown. 4 of 4 people found the following review helpful.

HANDS DOWN - 5 STARS! A "must read!" By Karl Sterling "Real Movement" by Adam Wolf is the "Real Deal." Adam's approach is unique and refreshing, placing great importance viewing movement/movement dysfunctions from a holistic perspective rather than a purely musculoskeletal perspective. He closely examines the hierarchy of needs that puts survival and stability before mobility. Speaking from personal experience, as a result of an overuse injury, I had been dealing with tremendous hip pain for nearly four months. As an avid runner (who hadn't run in nearly four months), NOT being able to run was negatively affecting me on an emotional level to an extreme degree. Adam's book caused me to examine the interconnectedness of the body with a new perspective, which led me to doing exercises and corrective techniques that has me back to running, pain free just one week after purchasing this book. THANK YOU, Adam for this wonderful book. Keep up the amazing work, my friend. 4 of 4 people found the following review helpful.

highly recommend-not just for clinicians By Jessica C. This book explains complex concepts (such as real vs relative joint motion) in a way that is easily understandable. As a yoga instructor, I appreciate how Wolf describes scientific truths and their application in the clinical setting but also acknowledges the importance of taking an individual's "energetic" state into consideration. I look forward to integrating the exercises in the back of the book in my group classes and private client sessions.

"It's exciting to be able to put together many of the strategies and techniques that have made a huge difference in my ability to help people. People need to know that the body is an integrated unit, and that there are other ways." ~Adam Wolf, PT, LMT, FAFS

"We benefit from Adam's ability to synthesize the best approaches to a practical blend of techniques to create the most optimal environments for each individual" ~Dr. Gary Gray, PT, FAFS