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In the first part, the science of moving better, Hargrove discusses the essential qualities of good movement (coordination, responsiveness, distribution of effort, division of labor, position and alignment, relaxation and efficiency, timing,

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variability, comfort and individually customized). I especially love his section on relaxation and efficiency as I believe this to be a huge factor for the men and women I treat experiencing chronic pelvic pain.

Book Review: A Guide to Better

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To move better, decrease pain. To decrease pain, create controlled, safe movement with feedback. Some specific strategies Move slowly and gently. Pain is a threat warning, so give the mind time to process the change in the body, and don't make

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the change extreme. Use graded exposure. Introduce movements that have problematic in the past progressively.

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this blog, and go and get the book here. What is my one sentence review of A Guide to Better Movement? - "All of the knowledge, with none of the pretentiousness."

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I recently read Todd Hargrove ' s

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book, “A Guide to Better Movement”. I don’t recall who initially recommended Hargrove’s book to me, but it was after I had mentioned that I was reading and Katy Bowman’s “Movement Matters” a few years ago.

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In this episode, I sat down with one of
my movement teachers and mentors,
Todd Hargrove. Todd is a genius

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when it comes to understanding how the body works, the science of pain, and how to move with more freedom. He's the author of one of my absolute favorite books as well, A Guide to Better Movement, which I highly recommend.

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Think about all the factors that can
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