

# Accepted Manuscript

The movement movement

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Editorial: Prevention and Rehabilitation Section JBMT

## The Movement Movement

### Rewilding

The British writer, George Monbiot, (2013), introduced to many people the word 'rewilding' in his book *Feral: Searching for Enchantment on the Frontiers of Rewilding*. Rewilding refers to ecosystem change that, in one example, the setting free of wolves in Yellowstone National Park in 1995, resulted, in just a few years, the changed the courses of rivers (web source 1).

The rewilding created a 'trophic cascade' an ecological process Monbiot says, 'which starts at the top of the food chain and tumbles all the way down to the bottom.' The release of a small number of wolves that preyed on the Wapiti, a large deer species, had a greater effect on the deer herds behaviour than on the numbers taken. The herds avoided the previously over-grazed valleys and gorges in which they could be easily hunted, allowing rapid regeneration of the flora, bringing in birds, and beavers. Greater numbers of beavers and their river damming increased ecosystem availability for other species. Wolves also increased the numbers of small animals, rabbits and mice, by removing coyotes. The regenerating forests stabilised the banks of the rivers reducing erosion and cutting their channels deeper. Wolves physically changed the landscape. Monbiot advocates reintroducing the missing plants and animals to let nature decide what happens next.

Tony Riddle, a natural lifestyle coach in London, recently interviewed, and the original source for this editorial, goes further, and describes rewilding almost as a treatment modality for the modern human condition, he refers to rewilding posture or movement as a process an individual can undertake to improve their movement qualities, including range, flexibility and strength but involving the whole movement system in a mindful engagement, while rejecting the muscle/joint/region isolationist approach favoured by the majority of today's fitness industry.

Riddle cites Georges Hébert, the creator of the Natural Method, father of the military assault course and forefather of parkour, Erwin le Corre the successor to Hébert in our age and the creator of MoveNat. Ido Portal, a Movement Artist and coach and popular health and lifestyle commentator Katy Bowman (Move your DNA) as key resources, amongst others. Some of these names may be unfamiliar to those whose reading and reference are evidence based journals. Reviewing what is happening in popular culture within both the Fitness and Health worlds, can help a therapist decide whether current trends and fashions fit their own treatment philosophy and might be incorporated within their practice. But how fully will these ideas will permeate practice the therapeutic world? How then will they be investigated? Will robust scrutiny ascertain their worth as a valuable tool in the therapeutic armoury?

This editorial therefore deliberately references sources other than journal papers or randomised control trials (RCT's). Some ideas are taken from popular books, blogs, youtube videos, TED talks and may be very well known. Books by gifted academics are often written to distill their disciplines leading findings into a palatable format for a lay reader, without the constraints of academic writing. They can be used to present an authors ideas beyond the scope of what is provable today and propose future directions of research. Influential books are digested and ideas become the source materials for blogs and other forms of internet commentary, agreeing or disagreeing with the tenets.

The internet is not just a benign source of information. When ideas are well accepted entrepreneurs seek to monetise concepts with products or subscriptions. Truth may fall victim to commerce, but amongst the myriad of sources in the non-peer reviewed, non-referenced concepts available on the internet, it is possible that new ideas can change the lives and lifestyles of an individual for the better.

10 thousand years

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