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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists presents a unique 'whole systems' view of myofascial/locomotor anatomy in which the bodywide connections among the muscles within the fascial net are described in detail for the first time. Using the metaphor of railway or train lines, Myers explains how patterns of strain ...

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Modeled from Tom Myers' Anatomy Trains art. The Anatomy Trains Myofascial Meridians concept by Tom Myers is quite popular amongst manual and movement therapists. However there has been little scientific evidence to support this concept until recently. Jan Wilke and researchers from Goethe University in Frankfurt, Germany searched for the evidence on the existence of six myofascial meridians, as proposed by Tom Myers in 1997.

The Evidence of Anatomy Trains Myofascial Meridians
Students will learn fascial touch, anatomy, manual therapy techniques, body mechanics, BodyReading, and the Anatomy Trains myofascial meridians based on the work of Tom Myers. Prerequisite: Anatomy Trains in Structure and Function – 3 day course. ATSI Part II: Structural Strategies.

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The 12 'myofascial meridians' in the Anatomy Trains system join the individual muscles you learned into functional complexes within the fascial fabric – each with a defined anatomy and 'meaning' in human posture and movement. Anatomy Trains leads to practical new holistic strategies to improve stability, coordination, and resolve long-standing compensations in postural and movement patterns – whether you are a manual therapist, movement professional, or using self-myofascial ...

Whole-Body Fascial and Myofascial Linkage - Anatomy Trains

In this view, much expanded in our other writings, the Anatomy Trains Myofascial Meridians map the global lines of tension that traverse the entire body's muscular surface, acting to keep the skeleton in shape, guide the available tracks for movement, and coordinate global postural patterns.

An Introduction to the Anatomy Trains 8 Myofascial Meridians

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This program summarizes the whole Anatomy Trains Myofascial Meridians system. The 'rules of the game' are laid out, as well as each of the 12 myofascial linkages, their components, and relationships in specific detail in a way no ordinary muscle-by-muscle and bone-by-bone anatomy course has ever done. These are explained and illustrated while they are being built onto the skeleton.

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Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals, 4th Edition.

Anatomy Trains - 4th Edition

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists CDN\$ 93.98 In Stock. The new edition of this hugely successful book continues to present a unique understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide.

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New section on Anatomy Trains in motion by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along myofascial meridians. New addition The Anatomy Trains in quadrupeds (horses and dogs), mapped for equine and pet therapies by Rikke Schultz, DVM, Tove Due, DVM and Vibeke Elbrønd, DVM, PhD.

****NEW **** Anatomy Trains 4th Edition - Anatomy ...

Tom Myers introduces Anatomy Trains -- the essential concepts behind this "map" of the fascial fabric of the body in this updated video. <https://www.anatomyt...>

Introduction to Anatomy Trains - YouTube

Thomas Myers, author of Anatomy Trains, takes you on this journey with the help of master prosector Todd Garcia in his Laboratories of Anatomical Enlightenment. Together, they reveal a new understanding of clinically relevant myofascial links to your eye and hand. For more products follow this link

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