

Anatomy Trains Myofascial Meridians For Manual And Movement Therapists 3e

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an accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic

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osteopathologists manual therapists athletic and personal trainers dance instructors chiropractors acupuncturists and any professional working in the field of movement a revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders relevant theory descriptions are applied to all common types of movement posture analysis and physical treatment modalities intuitive content organization has been designed to help you reference a concept quickly or gain a more detailed understanding of any given area according to your need section on myofascial force transmission in gait dynamics is written by guest author james earls robust appendices discuss the relevance of the anatomy trains concept to the work of dr louis schultz meridians of latitude ida rolf structural integration and correspondences with acupuncture meridians new revised and expanded content throughout the text reflects the most up to date research and latest evidence for the scientific basis of common clinical finding new enhanced ebook format included with purchase offers a new larger library of recent hd videos including animations and webinars with the author new section on anatomy trains in motion uses pilates evolved movement to explore strength and plasticity along each line by art of motion author karin gurtner new appendix the anatomy trains in quadrupeds horses and dogs mapped for equine and pet therapies by rikke schultz and wibeke eklund dvms new appendix updated fascial compendium on elements properties neurology and origins of the fascial system new photos and images of fascial tissues adhesions and layers gives you a better understanding of text content

since anatomy trains was first conceived we have looked for ways to make this holistic concept simple to assimilate and apply simple is not the same as easy this book is a study guide for our foundational anatomy trains in structure and function course and it eases the way with core concepts assimilation of bodyreading and application in movement and manual therapy is the work of a career

in anatomy trains in motion the integral anatomy trains map of connection is translated into a tangible and productive application for movement training whether you re seeking an initial introduction to the detail of the anatomy of the myofascial meridians or you re ready for movement relevant understanding of the interrelatedness of the lines you ll find this to be a helpful guide if you are a movement professional or therapist attending anatomy trains in motion anywhere in the world then this study guide is alongside the course manual a practical learning tool with detailed maps of each of the anatomy trains lines training aims and considerations specific to each line recommended movement sequences to enhance fascial movement qualities and supportive ways to embody your learning the study guide for myofascial meridian anatomy will take you along a detailed yet integrated and embodied path toward movement ease

anatomy trains e book

relief for your patients with musculoskeletal pain this unique guide takes an in depth look at trigger point therapy divided into two sections functional muscle chains and trigger points and their treatment this book combines detailed theory with tried and practical techniques the text covers the basics of functional muscle chains and the origin of myofascial pain arising from the musculoskeletal system for example due to poor posture the reader will learn how various stretching exercises augment the myofascial therapy methods anatomic drawings and liberal use of photographs in this book will help the reader to localize the trigger points and the associated pain areas praise for the first edition the information is brief but to the point there is little wasted space so that the book is packed with information that can immediately be put into action doody s review key features various models of muscle chains introduced and described detailed explanations of trigger points and their treatment new chapters about posture and influence of gravity as well 46 new and redrawn illustrations now totaling approximately 300 included in this new edition ticklish

and erogenous zones mapped out to help prevent unintended side effects of treatment trigger points and muscle chains second edition is an essential tool for osteopaths physical therapists and all practitioners involved in pain therapy

this book 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 communicate through the myofascial webbing contributing to postural compensation and movement stability back cover

effective trigger point therapy this unique guide takes an in depth look at trigger point therapy split into two sections it combines detailed theory with practical techniques you will find comprehensive information on a broad spectrum of topics such as myofascial chains the craniosacral model and the classification diagnosis and therapy of trigger points highlights different models of muscle chains detailed explanations of trigger points and their treatment over 260 instructive illustrations and high quality photographs featuring input from various different specialties this outstanding book is an essential tool for osteopaths physiotherapists chiropractors using trigger point therapy and all others working in pain therapy a clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills the result accurate and effective pain therapy

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here is an easy to read and easy to understand basic textbook of anatomy and physiology highly illustrated full color photos are used throughout in addition to covering the normal anatomy and physiology each chapter ends with a brief section on diseases which explains what happens when the normal goes wrong the text provides the essential foundations of understanding for all students studying health related courses

describes the basis and practice of met a widely recognized approach to the treatment of musculoskeletal dysfunction it fuses methods used in physical therapy osteopathy and manual medicine the text provides a comprehensive and up to date presentation of the techniques the cd rom includes video clips to demonstrate the application of the techniques and so supports and supplements the text

oschman explores many disciplines to synthesize a perspective on the human body's potential for healing and physical performance he describes a high speed communication system that senses and responds to the energetic environment learning how to achieve more as a therapist or performer involves increases the cooperative interactions within this network that reaches all parts of the body and affects all systems

written in easy to understand language that is ideal for all bodywork therapists and acupressure practitioners this popular textbook illustrates how to make precise systematic evaluations of soft tissue problems it provides up to date information related to a specific range of therapeutic techniques a new accompanying cd rom complete with video clips that demonstrate how to perform the methods described in the text offers visual cues for unique clinically relevant instruction clear descriptions of techniques show the reader how to rapidly and accurately identify and assess local soft tissue dysfunction a clear set of treatment options for these dysfunctions clarify which techniques may be used safely by all bodywork practitioners and therapists both european and north american versions of nmt are presented and described an analysis and comparison of the major reflex systems used in bodywork provides a link between bodywork and acupressure approaches the author is a highly respected internationally known teacher practitioner and author with contributions from two of the leading practitioners in the u s

featuring color coded traffic signal icons throughout mosby's pathology for massage therapists helps you immediately determine when massage is safe when it merits caution or when it is contraindicated more than just a compendium of diseases this practical text provides discussions of more than 300 pathologies and conditions organized by body system to help you adapt your technique to ease pain and discomfort promote healing and avoid massage treatment when necessary book jacket

health practitioners and body workers need a firm understanding of the significance of fascia in human performance the role nutrition plays in fascial health how injuries and diseases influence fascia and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance this book starts with a basic overview of fascia and its biological underpinnings and progresses through clinical treatment applications nutritional and pharmacological support information and techniques for managing fascial conditions and injuries

accompanying dvd roms contain more than three hours of video on techniques body mechanics and more plus anatomy and physiology animations that demonstrate concepts from the book page 4 of cover

myofascial release refers to the technique of applying gentle pressure on trigger points to release tension in the connective tissues or fascia that bind and support our muscles organs bones joints nerve fibers and other structures of our body releasing this tension helps to alleviate pain and improve flexibility and mobility of the body which in turn improves your yoga practice the goal of this book is to show how teaching asana should include fascia connective tissue as an integrative and necessary step to bring yoga asana fully into movement therapies in the west this approach integrates eastern and western techniques and is truly a unique opportunity to explore ourselves from a somatic level of awareness while moving through and changing patterns that keep us from living more freely in joy and health

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