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the latest edition of this highly successful volume presents 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 fully updated with the latest scientific research the book presents a unique whole systems view of myofascial locomotor anatomy in which the body wide connections among the muscles within the fascial net are described in detail using the metaphor of railway or train lines the book explains how patterns of strain communicate through the myofascial webbing contributing to movement stability and postural compensation written in the clear and accessible style that characterised the success of previous editions the book guides the reader in the effective application of the anatomy trains theory via the use of abundant diagrams photographs and educational film sequences on an associated website myersmyofascialmeridians.com anatomy trains myofascial meridians for manual and movement therapists will be ideal for all those professionals who have an interest in human movement massage therapists structural integration practitioners craniosacral therapists yoga teachers osteopaths manual therapists physiotherapists athletic trainers personal trainers dance and movement teachers chiropractors and acupuncturists provides a revolutionary approach to the study of human anatomy which has been shown to improve the outcomes of physical therapies traditionally used to manage pain and other musculoskeletal disorders describes a theory which is applicable to all common types of movement posture analysis and physical treatment modalities layout designed to allow the reader to gather the concept quickly or gain a more detailed understanding of any given area according to need design icons direct readers to their own specialist areas of interest e g manual therapy movement therapy visual assessment kinaesthetic education or supplementary video material appendices discuss the relevance of the anatomy trains concept to the work of dr louis schultz meridians of latitude ada rolf structural integration and the practice of oriental medicine accompanying website myersmyofascialmeridians.com presents multi media exploration of the concepts described in the book film clips from kinesis dvds computer graphic representations of the anatomy trains supplementary dissection photographs and video clips webinars and some extra client photos for visual assessment practice text updated in relation to the most up to date research originally published at the international fascia research congress vancouver 2012 includes the latest evidence for the scientific basis of common clinical findings including preliminary evidence from human fascial dissections explores the role of fascia as our largest sensory organ contains updates arising out of continual teaching and practice for example the role of the fascia and its interconnectivity in the generation of pain and or force transmission new chapter

discusses the role of anatomy trains theory in the analysis of gait video clips on an associated website myersmyofascialmeridians.com present examples of the concepts explored in the book podcasts on the website explore the therapeutic techniques involved website addresses and references fully updated throughout

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

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

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

get a multi-dimensional understanding of musculoskeletal anatomy with anatomy trains myofascial meridians for manual therapists movement professionals 4th edition this hugely successful one of a kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches demonstrating how painful problems in one area of the body can be linked to a silent area away from the problem and ultimately giving rise to new treatment strategies this edition has been fully updated with the latest

evidence based research and includes new coverage of anatomy trains in motion using pilates evolved movement anatomy trains in horses and dogs and the updated fascial compendium on elements properties neurology and origins of the fascial system it also offers a new larger library of videos including animations and webinars with the author in all this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists massage therapists craniosacral therapists yoga instructors osteopathologists manual therapists athletic and personal trainers dance instructors chiropractors acupuncturists and any professional working in the field of movement 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 allows students to reference the concept quickly or gain a more detailed understanding of any given area according to 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 photos and images of fascial tissues adhesions and layers provide a better understanding of text content revised and expanded content reflects the most up to date research and latest evidence for the scientific basis of common clinical findings new larger library of videos includes animations and webinars with the author new anatomy trains in motion section by guest author karin gurtner uses pilates evolved movement to explore strength and plasticity along myofascial meridians new addition anatomy trains in quadrupeds horses and dogs is mapped for equine and pet therapies by rikke schultz dvm tove due dvm and vibeke elbrønd dvm phd new appendix updated fascial compendium on elements properties neurology and origins of the fascial system new enhanced ebook version is included with print purchase which allows students to access all of the text figures and references from the book on a variety of devices

this series of 8 posters completely redesigned to align with the fourth edition of thomas myers classic anatomy trains are an essential visual reference to all 12 myofascial meridians laid out in tom s book they include artwork

from the prominent british anatomical artists philip wilson and deborah maizels whose previous work was with the latest edition of gray s anatomy measuring 11 by 17 inches these coated posters are a valuable addition to the walls of manual and movement therapists studios for refreshing your memory about connected anatomy or to show clients why work in one area will be effective in another poster set includes 1 handsome cover image taken from the 4th edition of anatomy trains and 7 posters representing all 12 myofascial meridians shipped in a crush proof mailing tube

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 allows students to reference the concept quickly or gain a more detailed understanding of any given area according to 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 photos and images of fascial tissues adhesions and layers provide a better understanding of text content revised and expanded content reflects the most up to date research and latest evidence for the scientific basis of common clinical findings new larger library of videos includes animations and webinars with the author new anatomy trains in motion section by guest author karin gurtner uses pilates evolved movement to explore strength and plasticity along myofascial meridians new addition anatomy trains in quadrupeds horses and dogs is mapped for equine and pet therapies by rikke schultz dvm tove due dvm and vibeke elbrønd dvm phd new appendix updated fascial compendium on elements properties neurology and origins of the fascial system new enhanced ebook version is included with print purchase which allows students to access all of the text figures and references from the book on a variety of devices

this series of 8 large posters completely redesigned to align with the fourth edition of thomas myers classic

anatomy trains are an essential visual reference to all 12 myofascial meridians laid out in tom's book they include artwork from the prominent british anatomical artists philip wilson and deborah maizels whose previous work was with the latest edition of gray's anatomy measuring 15.5 by 24 inches these coated posters are a valuable addition to the walls of manual and movement therapists studios for refreshing your memory about connected anatomy or to show clients why work in one area will be effective in another poster set includes 1 handsome cover image taken from the 4th edition of anatomy trains and 7 posters representing all 12 myofascial meridians shipped in a crush proof mailing tube

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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

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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

this thoroughly revised edition of the authoritative reference fascial release for structural balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body and how treatment affects it this edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function making it an even more essential guide offering a detailed introduction to structural anatomy and fascial release therapy including postural analysis complete technique descriptions and the art of proper assessment of a patient through bodyreading the book features 150 color photographs that clearly demonstrate each technique the authors both respected bodywork professionals give any bodywork practitioner using manual therapy including physiotherapists osteopaths chiropractors myofascial and trigger point therapists and massage therapists the information they need to deliver effective treatments and create long lasting systemic change in clients shape and structure fascia the soft tissue surrounding muscles bones and organs plays a crucial role in supporting the body by learning to intelligently manipulate it a bodyworker or therapist can help with many chronic conditions that their clients suffer from providing immediate pain relief as well as reducing the strains that may contribute to the patient s ongoing aches and pains leading to rapid effective and lasting pain relief james earls and thomas meyers argue that approaching the fascia requires a different eye a different touch and tissue specific techniques

body is tom s regional anatomy used as a text in our atsi structural integration training each chapter covers a region of the body in terms of the bones joints muscles and fascial structure embedded in tom s unique view of

evolution and development

life systems a field in the organic sciences worried about the distinguishing proof and depiction of the body designs of living things gross life systems include the investigation of significant body structures by analyzation and perception and in its tightest sense are concerned exclusively with the human body

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