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third edition of Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists by Thomas Myers - the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns. Suitable for all professionals who have an interest in human movement, this website contains a wide selection of videos ...

**Anatomy Trains - Dynamic Education for Body-Minded ...**  
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Myofascial Meridians for Manual and Movement Therapists, Edition 3.

## **Anatomy Trains E-Book: Myofascial Meridians for Manual and ...**

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**

These continuities, termed myofascial meridians, wind longitudinally through the soft tissues. These ideas are unfolded in greater detail in the book Anatomy Trains (Elsevier, 2001),

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and at [www.AnatomyTrains.net](http://www.AnatomyTrains.net). Anatomy Trains provides a traceable basis for effective treatment at some distance from the site of dysfunction or pain.

### **An Introduction to the Anatomy Trains 8 Myofascial Meridians**

Fully updated throughout and now with accompanying website ([www.myersmyofascialmeridians.com](http://www.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 ...

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Anatomy Trains Myofascial Meridians gives you a new

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understanding of whole-body patterning in posture and function – the interplay of movement and stability. Understanding the ‘Superficial Back Line’ as a whole gives insights into hamstring problems that you cannot get from considering the hamstrings alone.

### **Anatomy Trains - Dynamic Education for Body-Minded ...**

Myers developed the myofascial meridians as a way of explaining the role of the fascial system in relation to human structure and function. Myers book Anatomy Trains (2008) has become a leading resource in the study of the fascial network but should be considered in context as only ‘one’ way of considering the way the fascial network can work.

### **An Intro To Myofascial Meridians: In Structure & Function**

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists will be ideal for all those professionals who have an

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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 ...

### **Anatomy Trains 3rd Edition - Anatomy Trains Anatomy Trains**

the Anatomy Trains game •Follow the 'grain' of the muscles and fascia in a consistent direction and depth. •Note the myofascial 'tracks' and bony 'stations' (where the fascia is tacked down to the bone). •Expresses and locals: Look for underlying single-joint muscles when you see multi-joint muscles. Tuesday, November 20, 12

### **The Anatomy Trains: Connecting the Dots**

Get a multi-dimensional understanding of musculoskeletal



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anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists and 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 ...

### **Anatomy Trains - 4th Edition**

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 ...

### **Anatomy Trains : Myofascial Meridians for Manual and ...**

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Tom Myers Manual Therapy Expert and Bestselling Author. Thomas Myers is a renowned teacher and bestselling author. Anatomy Trains: Myofascial Meridians for Manual Movement Therapists, his seminal work, explores the anatomy and function of the fascial system and presents ideas that can only be described as pioneering and game-changing. Tom has practised manual therapy for 40 years, produced 16 ...

### **Anatomy Trains and Myofascial Meridians | HFE Blog**

Buy Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 2e 2 by Myers, Thomas W. (ISBN: 8580001063508) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

### **Anatomy Trains: Myofascial Meridians for Manual and ...**

This program summarizes the whole Anatomy Trains Myofascial Meridians system. The 'rules of the game' are laid out, as well as

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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.

### **Anatomy Trains: Myofascial Meridians DVD**

The DVD ROM in the back of the book contains video of techniques, Anatomy Trains-based dissections and computer animations of the myofascial meridian lines. includes full-colour illustrations of 11 myofascial meridians and the rules for discovering other meridians. uses numerous full colour charts and drawings to detail the muscular and fascial structures involved in the meridians. presents ...

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