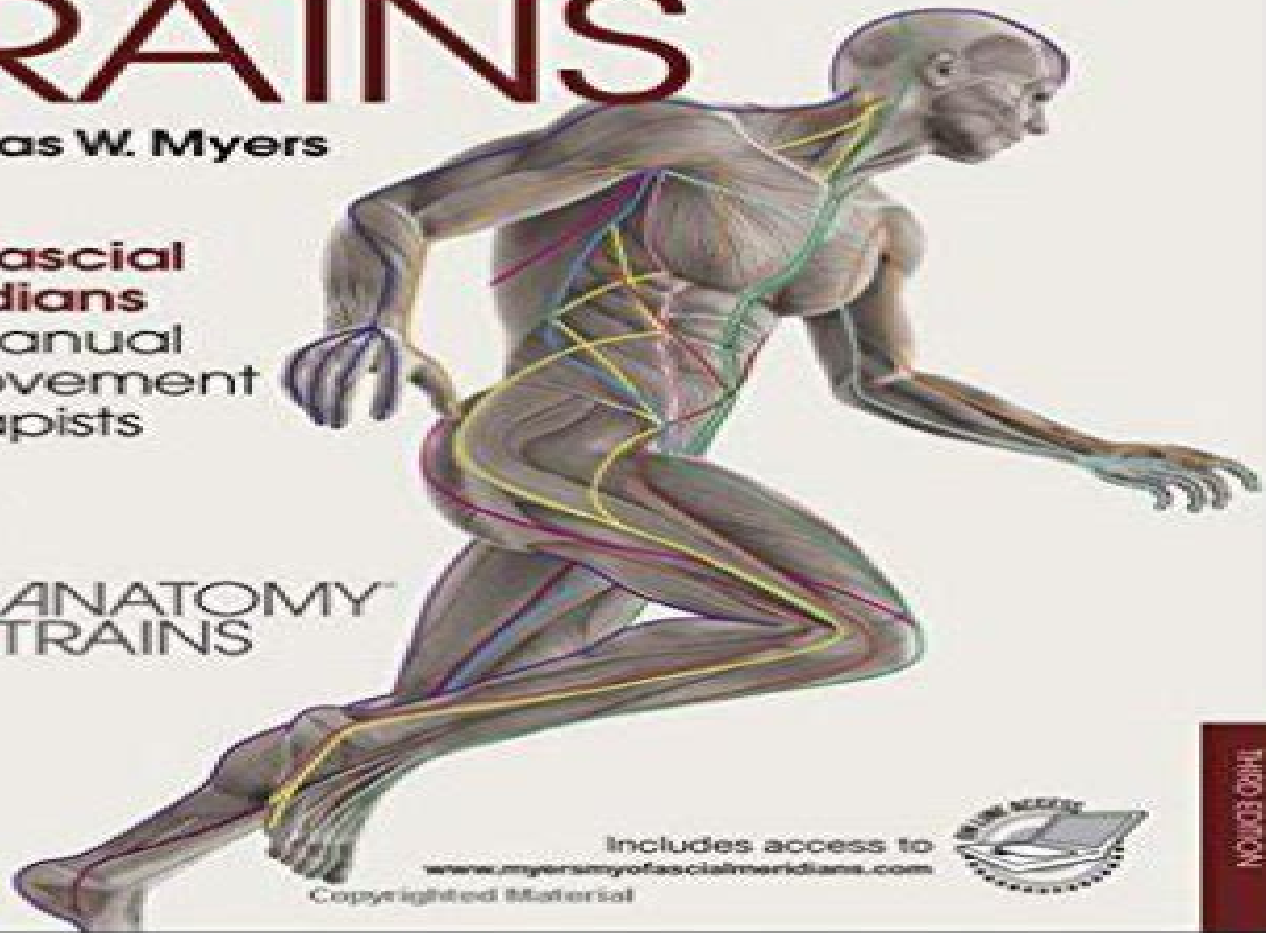


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therapeutic techniques involved Website addresses and references fully updated throughout **Anatomy Trains** Thomas W. Myers (LMT),2019 **Anatomy Trains** Thomas W. Myers,2020-06-03 *Anatomy Trains* Thomas W. Myers,2001 This book presents a unique 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 **Anatomy Trains Myofascial Meridians Structure & Function Study Guide** Melanie Burns,Cristy Harper,2021-10-12 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 *Anatomy* Thomas W. Myers,2009 [Fascial Release for Structural Balance, Revised Edition](#) Thomas Myers,James Earls,2017-05-23 Unlock the power of fascial release the ultimate guide to structural balance and pain relief From the creator and bestselling author of Anatomy Trains Myofascial Meridians for Manual and Movement Therapists 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 **Anatomy Trains 4th Ed. Posters - LARGE** Thomas Myers,2020 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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Anatomy Trains - Elsevier eBook on VitalSource (Retail Access Card) Thomas W. Myers, 2020-07-09 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 Elbr nd 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

Fascial Release for Structural Balance, Revised Edition Thomas Myers, James Earls, 2017-06-27 Unlock the power of fascial release the ultimate guide to structural balance and pain relief From the creator and bestselling author of *Anatomy Trains Myofascial Meridians for Manual and Movement Therapists* 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

Mobilizing the Myofascial System Doreen Killens, 2018-10-01 Fascia has become the new buzzword in the field of rehabilitation and movement re education Until recently its contribution to musculoskeletal dysfunction had been underestimated We know now that fascia plays an important role in health wellbeing and mobility It transmits the power of the muscles communicates with the nervous system and serves as a sense organ Many different groups of professionals are now exploring the world of fascia as evidenced by the explosion of research in this field However many physical therapists are still unfamiliar with fascia and continue to think of it as the dead packing material that is pushed aside during dissections in order to visualize the important stuff like muscles and nerves Physical therapists with their varied skill set in manual therapy techniques are well placed to take on this important tissue Mobilization of the Myofascial System aims to help them to do that Mobilization of the Myofascial System MMS the technique described in this book has its origins in manual physical therapy for the articular muscular and neural systems Tom Myers book *Anatomy Trains* which examines the myofascial meridians for manual and movement therapists has been the framework and inspiration for the development of MMS In this book the author outlines the theory and pathophysiology of fascial dysfunctions A full description of the MMS assessment and

treatment approach is given as well as guidance on ways in which it may be integrated into the other methods normally used by manual therapists. Subsequent chapters offer full descriptions and color photos of the MMS techniques. The chapters are organized into various anatomical regions simply to facilitate learning. These divisions are of course artificial as fascia is a continuum from the top of the head down to the toes. Mobilization of the Myofascial System is primarily intended for physical therapists who have been trained in manual therapy but it will also be valuable for osteopaths, chiropractors, massage therapists, structural integrators and other body workers who are seeking an alternative way to work with this important and fascinating tissue.

Body3 Thomas Myers, 2013. *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.

The Myofascial System in Form and Movement Lauri Nemetz, 2022-12-21. The field of myofascial science is changing rapidly. In *The Myofascial System in Form and Movement*, Lauri Nemetz invites readers into the rich dialogue around movement, delving into anatomy, concepts of space and the many other disciplines that are taking interest in the myofascial universe. Nemetz uses insights from our spatial relationship with the world to examine the human body, giving voice to the ideas and work of leaders in this area and prompting readers to develop their own ideas as well as offering application suggestions to discover in your own body or with others. With an extensive background in art history, myofascial movement, anatomical dissection and more, Nemetz uses her wealth of experience to weave together the many facets of this evolving area in a visually rich and thought provoking book.

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