



# Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 2e

By Thomas W. Myers

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## Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 2e By Thomas W. Myers

Understanding the role of fascia in healthy movement and postural distortion is of vital importance to bodyworkers and movement therapists. *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 communicate through the myofascial 'webbing', contributing to postural compensation and movement stability. Written in a style that makes it easy to understand and apply, *Anatomy Trains* provides an accessible and comprehensive explanation of the anatomy and function of the myofascial system in the body. 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 information on assessment of structural and movement patterns and gives related application to manual therapy and movement education
- provides a selection of techniques from the library of structural integration
- includes an introduction to the fascial system as a whole, with points-of-view and the latest research findings on the fascial system's responses
- offers a fun approach to learning essential structural anatomy, comparing the connective tissue system to a railway network
- video material on the accompanying DVD ROM to visually present the anatomy as described in the book.

Full colour throughout

- New design and layout
- 140 New full colour figures including dissection photographs and client photos
- DVD ROM in back of book
- A new appendices on 'Structural integration' and 'Myofascial meridians and

oriental medicine'

- New posters to be published simultaneously.

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## **Editorial Review**

### **Review**

"Anatomy Trains champions a wider scope of the body and its movement systems." -- Gray Cook MSPT, OSPT, CSCS, Developer of the Functional Movement Screen

"The Anatomy Trains metaphor is a revelation; a way of seeing the body's interconnectedness more clearly, offering new physiological and anatomical perspectives, and therefore different clinical choices. Quite simply the content of this book is revolutionary." -- Leon Chaitow ND DO, Honorary Fellow, University of Westminster, Editor-in-Chief, Journal of Bodywork & Movement Therapies

"Clinicians, researchers and educators alike will find this an invaluable text, which leads to new insights on each reading." -- Thomas Findley MD PhD, Professor of Physical Medicine and Rehabilitation, University of Medicine and Dentistry of New Jersey; Editor-in Chief, International Journal of Therapeutic Massage and Bodywork: Research, Education and Practice

"This book is an eclectic overview of many strands of information garnered from at least a dozen disparate sources. Its format is young, light, and easy on the eye, and is a book of the 21<sup>st</sup> Century - it may well be a template for future texts."

## **The Osteopath, October/November 2009**

### **About the Author**

Thomas Myers studied directly with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and a variety of movement and manual therapy leaders. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy. An inveterate traveller, Tom has practiced integrative manual therapy for over 30 years in a variety of clinical and cultural settings, including 10 years in London, and practices in Hamburg, Rome, Nairobi, and Sydney, as well as a dozen locales in the US. He is a founding member of the International Association of Structural Integrators (IASI). Author of Anatomy Trains and a set of supporting videos, and co-author of Fascial Release for Structural Balance (Lotus, 2010), Tom has also penned over 60 articles for trade magazines and journals on anatomy, soft tissue manipulation, and the social scourge of somatic alienation and loss of reliance on kinaesthetic intelligence. A certified Touch-in-Parenting instructor, Tom retains a strong interest in perinatal issues. Living on the coast of Maine, Tom and his faculty conduct professional certification and continuing education courses worldwide.

## **Users Review**

### **From reader reviews:**

#### **Nannie Hernandez:**

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### **Donald Edmond:**

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