

*Anatomy Trains Myofascial Meridians For Manual And Movement
Therapists Thomas W Myers*

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Anatomy Trains Myofascial Meridians For

Myofascial Meridians A revolution in Soft-Tissue Patterning. Anatomy Trains® maps the 'anatomy of connection' – the whole-body fascial and myofascial linkages. Anatomy Trains links the individual muscles into functional complexes, each with a specific anatomy and 'meaning'.

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Fully updated throughout and now with accompanying website (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 ...

Anatomy Trains: Myofascial Meridians for Manual and ...

This website has been especially designed for readers of the 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 ...

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), and at 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

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

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, ...

Anatomy Trains and Myofascial Meridians | HFE Blog

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