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For Manual And
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2e 2nd Second Edition
By Thomas W Myers**

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the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns.

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resolve complex postural and movement patterns. Anatomy Trains Myofascial Meridians gives you a new understanding of whole-body patterning in posture and function – the interplay of movement and stability.

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Anatomy Trains is the mapping of whole body fascial and myofascial linkages developed by Thomas Myers. Providing continuing education and certification for movement and manual therapy professionals worldwide.

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Trains art. 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.

The Evidence of Anatomy Trains

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Get a multi-dimensional understanding of musculoskeletal 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

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assessment and treatment approaches
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Dr Andrea Coates Vinson, D.C. Anatomy
Trains has become required reading for
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Myofascial Therapy programs of the
CORE Institute. Myers has discovered
the critical interconnections of the
myofascial web and communicates his
vision in a language that honors both the
art and science of somatic therapies.

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In this view, much expanded in our other writings, the Anatomy Trains Myofascial Meridians map the global lines of tension that traverse the entire body's muscular surface, acting to keep the skeleton in shape, guide the available tracks for movement, and coordinate global postural patterns.

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An Introduction to the Anatomy Trains 8 Myofascial Meridians

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

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New section on Anatomy Trains in motion by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along myofascial meridians. New addition The Anatomy Trains in quadrupeds (horses and dogs), mapped for equine and pet

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therapies by Rikke Schultz, DVM, Tove
Due, DVM and Vibeke Elbrønd, DVM,
PhD.

Edition By Thomas W Myers

**Die 4. Edition von Anatomy Trains
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Myers developed the myofascial
meridians as a way of explaining the role
of the fascial system in relation to

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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

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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists. An accessible and comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic overview of myofascial therapy. Many different therapists now use myofascial techniques to influence

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postural change and pain relief.

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Anatomy Trains: Myofascial Meridians for
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presents a unique 'whole systems' view
of myofascial/locomotor anatomy in
which the bodywide connections among

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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 ...

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Transform your view of myofascial anatomy and expand your ability to assess postural and movement patterns, and to create lasting fascial change with your hands. ... Be able to identify the 12 myofascial meridians and their link to human growth, development, perception

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and consciousness ... Anatomy Trains in
Structure & Function courses give ...

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**Anatomy Trains in Structure and
Function Basel, Switzerland**

The 12 'myofascial meridians' in the
Livingstone 2000
Anatomy Trains system join the
individual muscles you learned into
functional complexes within the fascial

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fabric – each with a defined anatomy
and ‘meaning’ in human posture and
movement.

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