

anatomy trains by thomas myers

Anatomy Trains by Thomas Myers: Unlocking the Fascial Connections of the Body

anatomy trains by thomas myers is a groundbreaking concept that has reshaped how therapists, trainers, and movement enthusiasts understand the human body. Instead of viewing muscles as isolated units, Myers introduced a holistic approach focusing on myofascial meridians—continuous lines of connective tissue that link muscles, bones, and joints throughout the body. This revolutionary perspective has opened new doors in therapy, injury prevention, and athletic performance, making it a must-know for anyone interested in anatomy, movement, or bodywork.

Understanding the Core Concept of Anatomy Trains

At its heart, anatomy trains by thomas myers explores the idea that muscles do not work in isolation but are connected through a web of fascia. Fascia is the thin, tough connective tissue that surrounds muscles, bones, nerves, and organs. It helps maintain structural integrity and transmits force across different parts of the body. Myers identified several continuous fascial lines—what he calls "trains"—that run longitudinally and spirally, linking seemingly distant body parts into functional units.

This means, for example, that tension or injury in one area can affect other areas along the same train, sometimes far away from the original site. Seeing the body through this lens helps explain why a tight calf muscle might contribute to lower back pain or why shoulder issues can be related to neck discomfort.

The Fascial Lines or 'Trains' Explained

Thomas Myers outlined multiple primary anatomy trains, each with a specific pathway and function:

- **Superficial Back Line (SBL):** Runs from the bottom of the foot up the back of the legs and spine to the top of the head, helping to extend and straighten the body.
- **Superficial Front Line (SFL):** Travels from the top of the feet up the front of the body to the skull, supporting forward bending and flexion.
- **Lateral Line (LL):** Extends along the side of the body from the foot to the head, maintaining balance and side bending.
- **Spiral Line (SL):** Wraps around the body in a spiral fashion, assisting with rotational movements and balance.
- **Deep Front Line (DFL):** Runs deep within the body, connecting the inner arch of the foot through the pelvis to the neck, crucial for core stability and posture.

Each train involves muscles, tendons, ligaments, and fascia, working synergistically to coordinate movement and maintain balance. Understanding these trains helps practitioners identify root causes of pain and dysfunction that might otherwise be missed.

How Anatomy Trains by Thomas Myers Influences Therapy and Movement

The anatomy trains approach has wide-reaching implications in fields like physical therapy, massage therapy, yoga, pilates, and sports training. By considering the entire fascial network instead of isolated muscles, professionals can develop more effective treatment and training strategies.

Enhanced Injury Prevention and Rehabilitation

When therapists assess clients using the anatomy trains framework, they often uncover compensations or imbalances along entire fascial lines. For instance, a runner with recurring hamstring injuries might have underlying tightness or weakness in the superficial back line extending from the feet to the neck.

By addressing these interconnected areas with targeted myofascial release, stretching, and strengthening exercises, recovery becomes more comprehensive and lasting. This holistic method reduces the risk of re-injury by restoring proper tension and alignment throughout the entire train.

Improved Athletic Performance

Athletes benefit from understanding anatomy trains because it encourages movement efficiency and power generation along natural fascial pathways. Training programs that incorporate exercises stimulating the myofascial lines can enhance coordination, speed, and fluidity.

For example, sprinters working on the superficial back line improve their ability to generate force from the ground up, while dancers focusing on the spiral line gain better rotational control and balance. Myers' concepts have inspired various movement disciplines to integrate fascial fitness into their routines.

The Role of Fascia and Its Unique Properties

Fascia, the connective tissue central to anatomy trains by thomas myers, is often overlooked in traditional anatomy education. Yet, it plays a crucial role in maintaining bodily integrity and facilitating movement.

What Makes Fascia Special?

Unlike muscles that contract and relax, fascia provides a continuous tension network throughout the body. It's highly adaptable and responds to mechanical stress by remodeling itself. This means fascia can become tight or restricted due to injury, poor posture, or repetitive movements, leading to pain and limited mobility.

Additionally, fascia contains sensory receptors that contribute to proprioception—the body's awareness of position and movement. This sensory function means that healthy fascia is essential for smooth, coordinated motion.

Myofascial Release and Anatomy Trains

One of the practical applications of understanding anatomy trains is in myofascial release therapy. This hands-on technique involves applying gentle sustained pressure to fascial restrictions to eliminate pain and restore motion. Therapists use knowledge of fascial lines to target specific areas that influence the whole train.

Self-myofascial release tools like foam rollers and massage balls can also be used at home to maintain fascial health. Rolling along the pathways of the anatomy trains helps break up adhesions and improve circulation, enhancing overall movement quality.

Integrating Anatomy Trains into Daily Movement Practices

Even if you're not a therapist or athlete, the principles of anatomy trains by Thomas Myers can enrich your understanding of your own body and improve your daily movement habits.

Practical Tips for Everyday Body Awareness

- **Move holistically:** Instead of isolating single joints or muscles, try to move in ways that engage entire fascial lines. For example, when stretching your hamstrings, think about lengthening your entire back line from your heels to your head.
- **Incorporate rotational movements:** The spiral line is essential for natural twisting actions. Gentle spinal rotations during warm-ups or yoga can help maintain this train's flexibility.
- **Practice balanced posture:** Pay attention to how your weight is distributed on your feet and how your body aligns. Poor posture can create fascial imbalances that lead to discomfort.
- **Use self-massage tools regularly:** Foam rolling along the anatomy trains can keep fascia supple and reduce tightness, especially if you spend long hours sitting or standing.

Movement Disciplines Inspired by Anatomy Trains

Many modern movement and bodywork modalities have embraced Myers' work, incorporating fascial anatomy into their practices. Techniques like Structural Integration (Rolfing), Fascial Stretch Therapy, and certain yoga styles emphasize the importance of fascial lines in achieving balance and freedom of movement.

Pilates instructors may integrate anatomy trains concepts to optimize core engagement and limb coordination, while personal trainers might use it to design functional workouts addressing whole-body connectivity.

Exploring these disciplines can deepen your appreciation for how interconnected your body truly is and provide practical ways to enhance health and vitality.

Resources for Learning More About Anatomy Trains by Thomas Myers

If you're intrigued by the concept and want to dive deeper, Thomas Myers' book "Anatomy Trains" is the definitive resource. It's richly illustrated and offers detailed explanations of each myofascial line, complete with clinical applications and movement insights. Many workshops and certification courses are available worldwide, teaching how to apply anatomy trains principles in therapeutic and fitness settings.

Online videos and webinars also provide accessible introductions for beginners, often demonstrating self-care techniques based on fascial anatomy.

Embracing the anatomy trains perspective can transform how you perceive your body—from a collection of isolated parts to an integrated, dynamic system where every movement matters. Whether you're a professional in bodywork or simply curious about movement, exploring these fascial connections offers endless opportunities for discovery and improvement.

Frequently Asked Questions

What are Anatomy Trains by Thomas Myers?

Anatomy Trains is a concept and book by Thomas Myers that explores the myofascial meridians or interconnected lines of muscles and fascia throughout the human body, emphasizing how these connections influence movement and posture.

How do Anatomy Trains impact physical therapy and bodywork?

Anatomy Trains provides a framework for understanding how tension and dysfunction in one area of the body can affect other regions along the myofascial lines, helping therapists develop more holistic treatment approaches.

What are the main myofascial meridians described in Anatomy Trains?

The main myofascial meridians include the Superficial Back Line, Superficial Front Line, Lateral Line, Spiral Line, Arm Lines, Functional Lines, and Deep Front Line, each representing continuous chains of muscles and fascia.

How does Thomas Myers suggest Anatomy Trains can improve movement efficiency?

By understanding and addressing imbalances or restrictions along the myofascial meridians, practitioners and individuals can enhance movement patterns, reduce pain, and improve overall biomechanical efficiency.

Is Anatomy Trains useful for athletes and fitness professionals?

Yes, Anatomy Trains helps athletes and fitness professionals identify movement patterns and muscular imbalances, enabling targeted training and injury prevention strategies based on fascial connectivity.

What role does fascia play in the Anatomy Trains concept?

Fascia is a connective tissue that surrounds muscles and organs, forming continuous lines that transmit tension and movement forces, which is central to the Anatomy Trains' approach to understanding body mechanics.

Can Anatomy Trains be applied in yoga and Pilates practices?

Absolutely, Anatomy Trains can inform yoga and Pilates by highlighting myofascial connections, allowing instructors and practitioners to focus on integrated movement and fascial release for better alignment and flexibility.

How has Thomas Myers' Anatomy Trains influenced modern manual therapy?

It has shifted the focus toward treating the body as interconnected myofascial networks rather than isolated muscles, encouraging techniques that address global patterns and fascial continuity for more effective outcomes.

Where can one learn more about Anatomy Trains and Thomas Myers' work?

One can learn more through Thomas Myers' book "Anatomy Trains," workshops, online courses, and the official Anatomy Trains website, which offers resources for clinicians, trainers, and movement enthusiasts.

Additional Resources

Anatomy Trains by Thomas Myers: Exploring the Fascial Network and Movement Patterns

anatomy trains by thomas myers has emerged as a transformative concept in the fields of anatomy, physical therapy, and movement science. This innovative framework challenges traditional views of human anatomy by emphasizing the interconnectedness of muscles, fascia, and connective tissues along continuous lines or “trains” throughout the body. Thomas Myers, an expert in manual therapy and structural integration, introduced this model to better understand how tension and movement propagate through the body’s myofascial system, thereby influencing posture, pain, and overall function.

This article delves into the core principles of anatomy trains by Thomas Myers, exploring its scientific foundation, clinical applications, and implications for rehabilitation and athletic training. By investigating the fascial meridians and their role in kinetic chains, we gain a more holistic perspective on human movement that transcends isolated muscle analysis. Additionally, this piece highlights how Myers’ work integrates with contemporary research on fascia and connective tissue mechanics, offering practitioners new tools to address chronic pain and optimize performance.

Understanding the Anatomy Trains Concept

Anatomy trains by Thomas Myers redefines the way we perceive muscular and fascial anatomy. Unlike traditional anatomical study that often isolates muscles individually, Myers’ approach maps out continuous lines of connective tissue—referred to as myofascial meridians—that transmit force and coordinate movement across different body regions. These trains consist of muscles, tendons, ligaments, and fascia that work synergistically rather than in isolation.

Myers categorizes these into several primary trains, including the superficial back line, superficial front line, lateral line, spiral line, and deep front line, among others. Each train represents a specific pathway of force transmission and functional integration. For instance, the superficial back line links the plantar fascia of the foot to the scalp fascia, connecting the entire posterior aspect of the body. Understanding these lines allows therapists and trainers to detect compensatory patterns and dysfunctional movement strategies that might not be apparent when focusing on individual muscles.

Scientific Foundations and Fascia’s Role

The growing body of research on fascia has reinforced many of the principles proposed in anatomy trains by Thomas Myers. Fascia, once considered inert packing material, is now recognized as a dynamic, sensory-rich tissue with significant biomechanical properties. Studies show that fascia contributes to proprioception, force transmission, and even pain modulation.

Myers’ work predates much of the recent fascia research but aligns well with findings that fascia forms continuous networks influencing tension and stability. The concept of tensegrity—structural integrity based on continuous tension and discontinuous compression—is frequently cited when discussing

anatomy trains. This model explains how stress applied at one point in the fascial network can have repercussions far from the original site, an idea central to Myers' clinical observations.

Clinical Applications of Anatomy Trains by Thomas Myers

The practical relevance of anatomy trains by Thomas Myers extends into multiple domains, especially manual therapy, rehabilitation, and athletic performance optimization. By viewing the body as interconnected lines rather than isolated segments, clinicians can devise more effective treatment strategies.

Manual Therapy and Structural Integration

Thomas Myers developed his approach partly through the practice of structural integration, a manual therapy technique aimed at realigning and balancing the body's fascia and musculature. Anatomy trains serve as the roadmap for this work, guiding therapists to identify restrictions or adhesions along the fascial lines that may contribute to pain or functional limitations.

Patients suffering from chronic back pain, plantar fasciitis, or repetitive strain injuries often benefit from treatments informed by this model. Rather than addressing symptoms locally, therapists work along the entire myofascial train, releasing tension and restoring optimal movement patterns. This holistic approach can reduce recurrence rates and improve long-term outcomes.

Rehabilitation and Movement Correction

In rehabilitation settings, anatomy trains by Thomas Myers provides valuable insights into compensatory movement patterns. For example, an ankle injury might not only affect the foot but also create tension imbalances along the superficial back line, influencing the hamstrings, sacrum, and even cervical posture.

Physical therapists use this knowledge to design exercises and interventions that target entire fascial chains rather than isolated joints or muscles. This reduces the risk of further injury and promotes more complete recovery. Additionally, understanding fascial connectivity helps explain why certain chronic conditions persist despite localized treatments.

Enhancing Athletic Performance

Athletic trainers and coaches have increasingly incorporated anatomy trains concepts into training regimens to enhance performance and prevent injury. The recognition that muscles operate within interconnected chains allows for more functional strength and flexibility training.

For instance, plyometric drills or dynamic stretching routines can be tailored to optimize force transmission along specific anatomy trains,

improving coordination and efficiency. Athletes can also benefit from fascial release techniques that target tight or imbalanced trains, facilitating quicker recovery and reducing downtime.

Comparative Perspectives and Critiques

While anatomy trains by Thomas Myers has garnered significant acclaim, it is not without criticism. Some anatomists argue that the model oversimplifies complex anatomical structures or lacks sufficient empirical validation from large-scale biomechanical studies. Additionally, the subjective nature of fascial palpation and manual therapy outcomes makes standardized assessment challenging.

However, many experts acknowledge that Myers' work fills a crucial gap between traditional anatomy and functional movement science. Compared to isolated muscle models, anatomy trains offer a more integrated framework that aligns with emerging evidence on fascial tissue behavior. The approach complements, rather than replaces, established biomechanical paradigms.

Pros and Cons

- **Pros:** Promotes holistic understanding of body mechanics; facilitates integrated treatment strategies; aligns with fascial research; useful in rehabilitation and performance enhancement.
- **Cons:** Limited large-scale empirical validation; potential oversimplification of complex anatomy; reliance on manual assessment can be subjective.

Integrating Anatomy Trains into Modern Practice

Incorporating anatomy trains by Thomas Myers into clinical and training environments requires both theoretical understanding and practical skill development. Many practitioners pursue certification courses or workshops to learn structural integration methods and fascial manipulation techniques.

Emerging technologies such as ultrasound elastography and 3D motion capture also offer promising avenues for objectively assessing fascial tension and movement patterns along anatomy trains. These tools may enhance the precision of diagnoses and track treatment progress more effectively.

Furthermore, interdisciplinary collaboration between anatomists, physical therapists, and movement scientists continues to expand the knowledge base surrounding anatomy trains. This convergence fosters innovation in manual therapy, exercise prescription, and injury prevention strategies.

The enduring impact of anatomy trains by Thomas Myers lies in its paradigm-shifting perspective on human anatomy. By illuminating the continuous, dynamic nature of the myofascial system, this model empowers practitioners to approach movement dysfunction with greater nuance and efficacy. As research

evolves, the integration of fascia-focused concepts promises to refine our understanding of human biomechanics and promote healthier, more resilient bodies.

Anatomy Trains By Thomas Myers

anatomy trains by thomas myers: Anatomy Trains E-Book Thomas W. Myers, 2013-12-06 The latest edition of this highly successful volume presents a unique understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide. Fully updated with the latest scientific research, the book presents a unique 'whole systems' view of myofascial/locomotor anatomy in which the body-wide connections among the muscles within the fascial net are described in detail. Using the metaphor of railway or train lines, the book explains how patterns of strain communicate through the myofascial 'webbing', contributing to movement stability and postural compensation. Written in the clear and accessible style that characterised the success of previous editions, the book guides the reader in the effective application of the Anatomy Trains theory via the use of abundant diagrams, photographs and educational film sequences on an associated 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, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists. - Provides a revolutionary approach to the study of human anatomy which has been shown to improve the outcomes of physical therapies traditionally used to manage pain and other musculoskeletal disorders - Describes a theory which is applicable to all common types of movement, posture analysis and physical treatment modalities - Layout designed to allow the reader to gather the concept quickly or gain a more detailed understanding of any given area according to need - Design icons direct readers to their own specialist areas of interest, e.g. manual therapy, movement therapy, visual assessment, kinaesthetic education or supplementary video material - Appendices discuss the relevance of the Anatomy Trains concept to the work of Dr Louis Schultz (Meridians of Latitude), Ada Rolf (Structural Integration) and the practice of Oriental Medicine - Accompanying website (www.myersmyofascialmeridians.com) presents multi-media exploration of the concepts described in the book - film clips from Kinesis DVDs, computer graphic representations of the Anatomy Trains, supplementary dissection photographs and video clips, webinars, and some extra client photos for visual assessment practice - Text updated in relation to the most up-to-date research originally published at the International Fascia Research Congress, Vancouver, 2012 - Includes the latest evidence for the scientific basis of common clinical findings, including preliminary evidence from human fascial dissections - Explores the role of fascia as our largest sensory organ - Contains updates arising out of continual teaching and practice - for example, the role of the fascia and its interconnectivity in the generation of pain and/or force transmission - New chapter discusses the role of Anatomy Trains theory in the analysis of gait - Video clips on an associated website (www.myersmyofascialmeridians.com) present examples of the concepts explored in the book - Podcasts on the website explore the therapeutic techniques involved - Website addresses and references fully updated throughout

anatomy trains by thomas myers: *Anatomy Trains* Thomas W. Myers, 2009-01-01 An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

anatomy trains by thomas myers: *Anatomy Trains 4th Ed. Posters* Thomas Myers, 2014 This series of 8 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 11 by 17 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.

anatomy trains by thomas myers: *Anatomy Trains* Thomas W. Myers, 2020-06-03

anatomy trains by thomas myers: 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 by thomas myers: Trigger Points and Muscle Chains in Osteopathy

Philipp Richter, Eric U. Hebgen, 2011-01-01 Effective trigger point therapy This unique guide takes an in-depth look at trigger point therapy. Split into two sections, it combines detailed theory with practical techniques. You will find comprehensive information on a broad spectrum of topics such as myofascial chains, the craniosacral model, and the classification, diagnosis, and therapy of trigger points. Highlights: Different models of muscle chains Detailed explanations of trigger points and their treatment Over 260 instructive illustrations and high-quality photographs Featuring input from various different specialties, this outstanding book is an essential tool for osteopaths, physiotherapists, chiropractors using trigger point therapy, and all others working in pain therapy. A clear layout and detailed anatomical drawings allow you to quickly improve your therapeutic skills. The result: accurate and effective pain therapy!

anatomy trains by thomas myers: 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.

anatomy trains by thomas myers: The Anatomist's Corner Thomas Myers, 2014 A collection

of articles by Tom Myers that appeared in *Massage and Bodywork* from 2000 to 2005. This newly updated edition has full color illustrations and 29 articles on such topics as History of Anatomical Concepts, The Cell and Fascia, Structural Bodywork, Anatomy Unbound, The Psoas Series and The Anatomy of Energy.

anatomy trains by thomas myers: *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.

anatomy trains by thomas myers: *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 by thomas myers: *Fascial Release for Structural Balance* James Earls, Thomas Myers, 2010 Fascial release for structural balance is a fully illustrated introductory guide to structural anatomy and fascial release therapy--Provided by publisher.

anatomy trains by thomas myers: *Anatomy Trains* Thomas W. Myers (LMT), 2019

anatomy trains by thomas myers: *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.

anatomy trains by thomas myers: *The Alexander Technique* Penelope Easten, 2021-04-19 Our entire human structure is built for movement, for all aspects of life. This book offers a new theoretical framework for understanding integrated movement, based on the latest scientific models

and practical explorations. Presenting a new interpretation of how Alexander developed his work, Easten covers twelve fundamentals of movement and shows how optimal movement is organised around sensory and spatial awareness, and our focus and goals. The book describes how to reawaken innate balanced movement possibilities. Up-to-date scientific research is woven into Alexander's concepts to give a whole picture of how the human body feels, perceives, and self-organises. Clarifying the functional anatomy that underpins the Alexander technique, this book explains how to utilize the power of the autonomic nervous system and spatial awareness to allow us to change old harmful movement habits and enable new body learning. Written accessibly and supported by illustrations and video demonstrations of techniques, this book is ideal for Alexander technique teachers and trainees, movement educators and somatic therapists.

anatomy trains by thomas myers: *Choreography and Corporeality* Thomas F. DeFrantz, Philipa Rothfield, 2016-09-14 This book renews thinking about the moving body by drawing on dance practice and performance from across the world. Eighteen internationally recognised scholars show how dance can challenge our thoughts and feelings about our own and other cultures, our emotions and prejudices, and our sense of public and private space. In so doing, they offer a multi-layered response to ideas of affect and emotion, culture and politics, and ultimately, the place of dance and art itself within society. The chapters in this collection arise from a number of different political and historical contexts. By teasing out their detail and situating dance within them, art is given a political charge. That charge is informed by the work of Michel Foucault, Stuart Hall, Gilles Deleuze, Jacques Derrida, Rancière and Luce Irigaray as well as their forebears such as Spinoza, Plato and Freud. Taken together, *Choreography and Corporeality: RELAY in Motion* puts thought into motion, without forgetting its origins in the social world.

anatomy trains by thomas myers: *Free Your Fascia* Dr. Daniel Fenster, 2020-06-02 Transform your health with this cutting-edge guide to fascia—your body's 'hidden organ'—as a leading chiropractor and pain management specialist offers holistic and professional treatments for chronic pain, anxiety, high blood pressure, and more At the #1 pain management clinic in New York City, director Dr. Daniel Fenster has improved thousands of lives through holistic and integrative therapies. His experience has revealed to him that treating the fascia—your long-ignored, unappreciated, "hidden organ" that weaves around and through every single structure in your body—is crucial for both physical and mental health. Within these pages, Dr. Fenster will reveal all you need to know about fascia, including: • The 8 "villains" that hurt your fascia and how to combat them • A "free your fascia" quiz to assess what therapies are right for you • 20 recipes to nourish your fascia • Simple at-home exercises and DIY therapies for releasing and optimizing your fascia • Advice for working with professionals and the most powerful tools in fascial manipulation Exclusive to this book are interviews between Dr. Fenster and ten of the leading-edge fascia researchers and experts. By "freeing your fascia," you'll feel stronger, healthier, and happier—from head to toe!

anatomy trains by thomas myers: *The Muscular System Manual* Joseph E. Muscolino, 2016-04-22 Joe Muscolino's *The Muscular System Manual: The Skeletal Muscles of the Human Body*, 4th Edition is an atlas of the muscles of the human body. This approachable, yet detailed, musculoskeletal anatomy manual provides both beginner and advanced students with a thorough understanding of skeletal muscles in a compartmentalized, customizable layout. Each muscle spread shows the individual muscle drawn over a photo of the human body, with an arrow to indicate the line of pull of the muscle, and explains: the muscle name, the origin of that name, Greek and Latin derivations, pronunciation, attachments, actions, eccentric contraction function, isometric contraction function, innervation to two levels of detail with predominant levels in bold, and arterial supply to two levels of detail. This new edition also features robust Evolve resources, an updated art program, and new chapter review and critical thinking questions that encourage you to apply what you have learned to prepare for practice. - UNIQUE! Overlay art, consisting of over 380 full-color anatomical illustrations of muscles, bones, and ligaments drawn over photographs, helps identify the positions of muscles and bones in the human body. - UNIQUE! Electronic Muscle and Bone Review Program features a base photograph with a skeleton drawn in and a list of every muscle for each

major region of the body so students can choose any combination of muscles and place them onto the illustration — allowing them to see not only the muscle attachments, but also the relationship among the muscles of the region. - Complete muscle coverage in an easy-to-understand layout makes this text appropriate for novices to anatomy, as well as intermediate and advanced students. - Content organized by body region and includes information on how muscles in that region function together and large drawings of the muscles of that region so you can go directly to the topic you are studying. - Covers the methodology for each muscle with information for learning muscle actions to explain the reasoning behind each action — and encourage you to learn and not just memorize. - A four-color, student-friendly design with sections clearly boxed throughout and checkboxes that help you keep track of what you need to learn and what you have mastered. - Customizable format, with checkboxes and numbered lists in each muscle layout, presents basic muscle information for the beginning student in bold type and more advanced information in regular type. - Palpation boxes include bulleted steps instructing how to palpate each muscle so you can apply this assessment skill in practice. - Evolve website for instructors includes TEACH Resources, a Test Bank, and an image collection so instructors can easily access all of the materials they need to teach their course in one place — and track through the course management system provided via Evolve. - Evolve website for students includes access to audio of the author reading aloud muscle names, attachments, and actions for the muscles covered in the book, labeling exercises, and more to enrich your learning experience.

anatomy trains by thomas myers: Kinesiology - E-Book Joseph E. Muscolino, 2016-08-21
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