

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e

By Thomas W. Myers

Download Read Online

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers

The new edition of this hugely successful book continues to present 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 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, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists.

"There is a clinical relevance to this book that could change the thinking of most physiotherapists and encourage a more "whole body" approach to therapy." **Reviewed by:** Sam Blanchard, Head of Academy Physiotherapy, Brighton & Hove Albion Football club. **Date:** Aug 2014

- 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

Download Anatomy Trains: Myofascial Meridians for Manual an ...pdf

Read Online Anatomy Trains: Myofascial Meridians for Manual ...pdf

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e

By Thomas W. Myers

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers

The new edition of this hugely successful book continues to present 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 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, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists.

"There is a clinical relevance to this book that could change the thinking of most physiotherapists and encourage a more "whole body" approach to therapy." **Reviewed by:** Sam Blanchard, Head of Academy Physiotherapy, Brighton & Hove Albion Football club. **Date:** Aug 2014

- 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: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers Bibliography

- Sales Rank: #3817 in Books
- Brand: imusti
- Published on: 2014-02-25
- Original language: English
- Number of items: 1
- Dimensions: 10.80" h x .70" w x 8.50" l, 2.09 pounds
- Binding: Paperback
- 332 pages

Download Anatomy Trains: Myofascial Meridians for Manual an ...pdf

Read Online Anatomy Trains: Myofascial Meridians for Manual ...pdf

Download and Read Free Online Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers

Editorial Review

Review

As we seek solutions to the frequently complex biomechanical puzzles posed by those who consult us, Tom Myers' insight into the fascial networks of the body can often point to practical therapeutic options. 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

Any body of work that demonstrates the interconnectedness of the body and fosters appreciation of the whole over the sum of available parts is a must in today’s health and fitness market. Anatomy Trains champions a wider scope of the body and its movement systems.

Gray Cook MSPT, OSPT, CSCS, Developer of the Functional Movement Screen Tom Myers' masterful second edition of Anatomy Trains incorporates the most recent scientific concepts into a framework for understanding and practicing deep tissue work. Readers will gain insight into both basic and clinical research issues, how the science could influence clinical practice, and vice versa. Completely redone illustrations show anatomy from the cellular to the whole body level, describing both structure and function. 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

Using Tom Myers' Anatomy Trains concepts and techniques in my chiropractic practice has improved my ability to see the source of my patient's problem and more efficiently target the soft tissue structures involved. As a result, injuries resolve more quickly, chronic problems respond well, and my adjustments are more effective because they are supported by the soft tissue. I highly recommend Anatomy Trains as a valuable asset for chiropractors and other practitioners using manipulation in their practices.

Dr Andrea Coates Vinson, D.C. Anatomy Trains has become required reading for the advanced Structural Integration and 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.

George P. Kousaleos, LMT, Founder & President, CORE Institute For everyone interested in integrative medicine and functional anatomy, this artistic book is recommended. It even makes studying functional anatomy enjoyable. **Dr Andry Vleeming, Professor of Clinical Anatomy, co-editor of Movement,**

Stability and Lumbopelvic Pain The beauty of Tom Myers' work is that it is useful for a wide range of bodyworkers, from movement or energy therapists to manipulative manual specialists, and does more than simply demonstrating rote techniques, Anatomy Trains provides a deep understanding of strain patterns in the body to enable creative and effective solutions for the issues we encounter in a bodywork practice.

Art Riggs, Certified Advanced Rolfer Our field is fortunate to have the talent and skill of Tom Myers and his ability to articulate his findings. His study, discoveries and syntheses are clearly defined and easily applicable for anyone who works with the body. His documentation of the body's structure and function containing spiral pathways inspire people to rethink the idea of 'straight line' movement.

Judith Aston, M.F.A. Somatic Pioneer teaching bodywork, movement, and fitness for over 40 years. Anatomy Trains will help physicians, therapists and bodyworkers of all backgrounds break away from the prevalent traditional, mechanistic view of how the body works and is to be treated and will then push you headfirst into a logical, systems oriented view that has helped expand my diagnostic and treatment paradigms as well as my personal practice enormously.

Chris Frederick, Physical Therapist, Certified Flexibility Specialist, Professional Structural Integrator, Director Stretch to Win Institute. Training optimal movement patterns requires an understanding of how the body regions connect and work in synergy. Anatomy Trains is an essential guide for understanding key myofascial lines which, when in tensegrity, facilitate optimal movement and postural patterns. Keep the train rolling, Tom. All aboard everyone!

Diane Lee BSR MCPA FCAMT, physiotherapist and author of The Pelvic Girdle Perfection improved? Guess so…The Anatomy Trains’ ZenMaster once again demonstrates how excellence evolves with greater mastery as we journey the road less traveled. An anatomical playwright, Tom’s newest offering captures our curiosity with incomparable biomechanical prose and delights our visual senses via breathtaking graphic designs. Kudos, Captain Myers…

Erik Dalton, Ph.D. Author of Myoskeletal Alignment Techniques® Anatomy Trains revolutionizes the teaching and learning of Pilates.

Elizabeth Larkam, Director, Pilates & Beyond, San Francisco In Russia, this book turns a new page in rehabilitation, osteopathy, orthopaedics, sport medicine and sports. It opens a new horizon in understanding the basics of movement patterns and posture and gives a unique chance to gain awareness of formation of scoliosis and movement stereotypes. Anatomy Trains will allow you to make quality changes in your medical and sports practices to achieve amazing results very rapidly. I am recommending this book to friends and colleagues and keep using the concepts of Anatomy Trains in my everyday practice with great success.

Dmitriy Merkulov, D.O. There is no doubt that this beautiful and inspiring book will contribute many important insights to the scientific understanding of musculoskeletal function.

Helene M. Langevin MD, Research Associate Professor, Departments of Neurology, Orthopaedics and Rehabilitation, University of Vermont Tom's Anatomy Trains book and in depth practical studies represent/reveal an invaluable and vivid insight/understanding into how the body has pre-organized its

movement functions via the flexible fabric (cut on the bias) from within. The story and strategies of the body’s movement and the related posture is visually introduced with a wealth of "functional" information. This body of work profoundly contributes to the foundation of my teachings. It is the manual/handbook for any serious teacher or student of movement.

Marie-Jose Blom Lawrence, Master Teacher of Pilates, Director Long Beach Dance Conditioning, Creator of Smart Spine Back Support System Anatomy Trains is a resource that gives inspiration for anyone who works with the human organism, for practitioners of various manual fields, for movement teachers and for educators in a larger sense. This book is written in a way, that it leads directly into practical application.

Peter Schwind, Ph.D. Author of Fascial and Membrane Technique An excellent teaching/study aid for all bodyworkers. An unusually interesting guide to living anatomy - an excellent way to visualize the anatomy of movement. Highly recommended!

Rosemary Feitis DO. Author of The Endless Web As a movement professional it is essential to study the brilliance of anatomist Tom Myers in Anatomy Trains. When you actually see the connectedness and order of the body you begin to understand how one action can move through and effect so many others areas. Bravo!

Yamuna Zake, founder of BodyRolling® Thomas Myers is one of the pre-eminent practitioners and teachers of connective tissue matters. Originally trained as a Rolfer, Tom has taken his research to a completely new level, presenting current material about connective tissue that continues to pour out of clinical studies at an ever-increasing pace. Anatomy Trains is the magnum compendium of his experience, thinking and teaching. Here you will find a wealth of information about the nature of fascia, its treatment, and its relationships to many other somatic systems. This book is a must-own, must-read for any serious practitioner of bodywork. Anatomy Trains will deepen your knowledge and practical applications regardless of what your training background has been.**Deane Juhan, is a long time teacher of Trager and the author of Job's Body: A Handbook for Bodywork and Touched by the Goddess: The Physical, Psychological and Spiritual Powers of Bodywork**

""Anatomy Trains" is certainly not devoid of personality. It is this personality combined with a non-scientific writing style, yet supported clearly with scientific references, that makes or breaks the book as a reader. If approached with an open mind then there is a clear working theory that flows throughout the text and even now in its 3rd edition, the book appears novel and rogue. [...] There is a clinical relevance to this book that could change the thinking of most physiotherapists and encourage a more "whole body" approach to therapy."

Sam Blanchard, Head of Academy Physiotherapy, Brighton & Hove Albion Football club.

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:

Mary McKay:

Can you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Try and pick one book that you never know the inside because don't judge book by its include may doesn't work this is difficult job because you are frightened that the inside maybe not since fantastic as in the outside seem likes. Maybe you answer might be Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e why because the amazing cover that make you consider with regards to the content will not disappoint you actually. The inside or content is definitely fantastic as the outside or maybe cover. Your reading 6th sense will directly direct you to pick up this book.

Brenda Taylor:

Is it anyone who having spare time subsequently spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e can be the respond to, oh how comes? A book you know. You are and so out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these publications have than the others?

Irene Allen:

That publication can make you to feel relax. This particular book Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e was colorful and of course has pictures around. As we know that book Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e has many kinds or type. Start from kids until young adults. For example Naruto or Private investigator Conan you can read and think that you are the character on there. Therefore not at all of book usually are make you bored, any it offers you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading in which.

Alberta Keyes:

As a college student exactly feel bored to be able to reading. If their teacher inquired them to go to the library or to make summary for some e-book, they are complained. Just little students that has reading's soul or real their passion. They just do what the trainer want, like asked to the library. They go to generally there but nothing reading very seriously. Any students feel that examining is not important, boring in addition to can't see colorful pics on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this period of time, many ways to get whatever we want. Likewise word says, many ways to

reach Chinese's country. So , this Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e can make you feel more interested to read.

Download and Read Online Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers #BI6SHQVK5XT

Read Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers for online ebook

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers books to read online.

Online Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers ebook PDF download

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers Doc

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers Mobipocket

Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e By Thomas W. Myers EPub