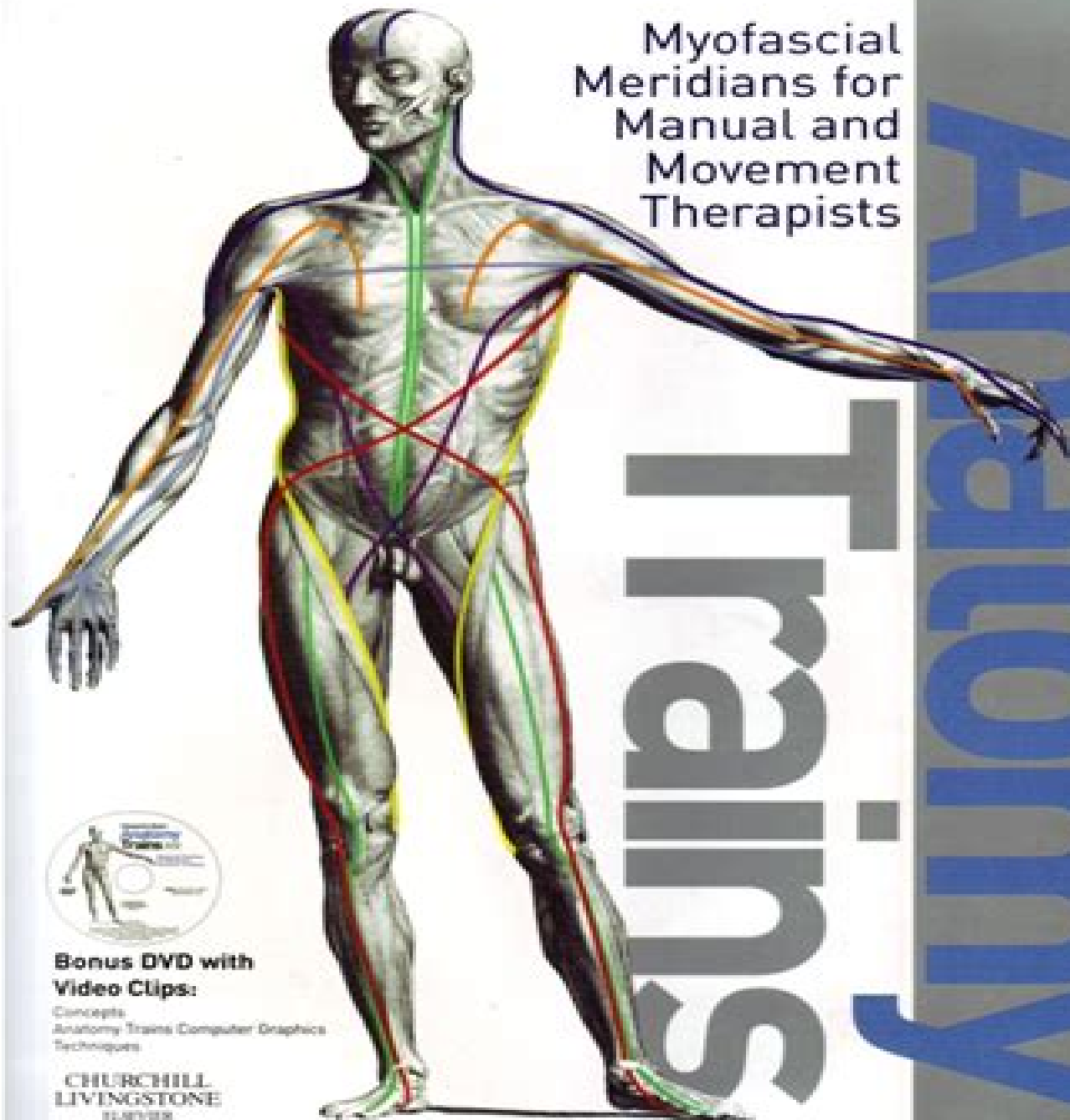


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# Anatomy Trains Tom Myers

**Lingjun Ying**



## **Anatomy Trains Tom 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](http://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](http://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](http://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* Thomas W. Myers, 2011-04-26 Das Buch geht auf die

funktionellen Zusammenhänge der Muskel-Faszien-Ketten ein. Zum leichten Verständnis benutzt der Autor dazu die Metapher von Schienen bzw. Eisenbahnlinien, die miteinander korrespondieren. Neben außerdem Informationen und Hinweise zur Begutachtung von Haltungen und Bewegungsmustern praxisbezogene Anwendungstipps für die Behandlung der myofaszialen Meridiane. Neu in der 2. Auflage über 450 farbige Abbildungen, anatomische Zeichnungen, Fotos von anatomischen Präparaten, Fotos erklärende Zeichnungen, Patientendarstellungen durchgehend vierfarbig gestaltet.

**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 Triggerpunkte und Muskelfunktionsketten in der Osteopathie und manuellen Therapie Philipp Richter, Eric Heibgen, 2007. *Anatomy Trains E-Book* Thomas W. Myers, 2020-03-19. Get a multi-dimensional understanding of musculoskeletal anatomy with *Anatomy Trains: Myofascial Meridians for Manual Therapists, 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 assessment and treatment approaches, demonstrating how painful problems in one area of the body can be linked to a silent area away from the problem and ultimately giving rise to new treatment strategies. This edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using Pilates, evolved movement, anatomy trains in horses and dogs, and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. It also offers a new, larger library of videos, including animations and webinars with the author. In all, this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists, massage therapists, craniosacral therapists, yoga instructors, osteopathologists, manual therapists, athletic and personal trainers, dance instructors, chiropractors, acupuncturists, and any professional working in the field of movement. Revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders. Relevant theory, descriptions are applied to all common types of movement, posture analysis, and physical treatment modalities. Intuitive content organization allows students to reference the concept quickly or gain a more detailed understanding of any given area according to need. Section on myofascial force transmission in gait dynamics is written by guest author James Earls. Robust appendices discuss the relevance of the *Anatomy Trains* concept to the work of Dr. Louis Schultz. Meridians of Latitude, Ida Rolf, Structural Integration, and correspondences with acupuncture meridians. New photos and images of fascial tissues, adhesions, and layers provide a better understanding of text content. Revised and expanded content reflects the most up-to-date research and latest evidence for the scientific basis of common clinical findings. New, larger library of videos includes animations and webinars with the author. New *Anatomy Trains in Motion* section by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along myofascial meridians. New addition *Anatomy Trains in Quadrupeds: horses and dogs* is mapped for equine and pet therapies by Rikke Schultz DVM, Tove Due DVM, and Vibeke Elbr.

nd DVM PhD New appendix Updated fascial compendium on elements properties neurology and origins of the fascial system  
NEW enhanced eBook version is included with print purchase which allows students to access all of the text figures and references from the book on a variety of devices     *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     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     *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. *Faszientraining* Frank

Thömmes, 2014-12-18. Noch bis vor Kurzem galten Faszien ein ausgedehntes Bindegewebenetzwerk in unserem Körper als unscheinbare Verpackungsorgane. Doch die wissenschaftlichen Entdeckungen der letzten Jahre führten die Faszien in den Fokus des Gesundheitssports und der sportlichen Bewegung. Ganz gleich ob es sich um einen Tennisaufschlag, einen Golfschwung oder einen gesunden Rücken handelt, bei allen Bewegungen spielt ein gut funktionierendes Faszienetz eine wichtige Rolle. Die gute Nachricht dazu: Faszien sind trainierbar. Die neuen Ergebnisse internationaler Faszienforschung führen zu konkreten Anwendungsmöglichkeiten im Breiten- und Leistungssport sowie im rehabilitativen und präventiven Bereich. Dieses einfache wie effektive Training ist für jeden erlernbar und damit nachvollziehbar. Ob für einen schmerzfreien Rücken oder eine sportliche Höchstleistung. Wer die Techniken des Faszientrainings beherrscht, hält seinen Körper fit und beugt Verletzungen vor.

**Das große Faszien-Yoga Buch** Daniela Meinel, 2017-06-13. Das Grundlagenwerk zum Faszien Yoga. Die Faszien werden bereits durch die klassische Yoga Praxis angeregt. Durch kleine Modifikationen und die Art der Ausführung lässt sich die Wirkung der Übungen aber noch deutlich steigern. Daniela Meinel zeigt in diesem umfassenden Grundlagenwerk, wie sich die von Dr. Robert Schleip entwickelten Prinzipien des Faszientrainings effektiv in die Yoga Praxis integrieren lassen.

Der Selbstheilungs nerv Stanley Rosenberg, 2018-10-01. In der Ruhe liegt die Kraft, diese scheinbar banale Redensart kommt aus der Erkenntnis, dass Ruhelosigkeit und Stress den Menschen lähmen und viele körperliche und seelische Beschwerden verursachen, etwa Migräne, Verdauungsbeschwerden, Herz Rhythmus Störungen oder Ängste und Depressionen. Anspannung und Stress werden durch einen Teil des vegetativen Nervensystems gesteuert, der Sympathikus genannt wird. Damit wir uns erholen können, muss also der Gegenspieler aktiviert werden. Der Parasympathikus sorgt für Entspannung, Regeneration und Auftanken. Im parasympathischen Nervensystem ist vor allem der vordere Ast des Vagusnervs gefragt, der sogenannte ventrale Vagusnerv, der Signale besonders schnell weiterleiten kann und daher eine maßgebliche Rolle spielt für unser soziales Kommunikationssystem, für die Zugewandtheit hin zu anderen Menschen und für das Gefühl von Sicherheit und Geborgenheit. Nicht selten kommt es heutzutage aufgrund von anhaltendem Stress und chronischer Überforderung jedoch zu einer Blockierung dieser heimlichen Schaltzentrale im menschlichen Nervensystem. Ist die Funktion des ventralen Vagusnervs gestört, kann sich auch der Körper nicht mehr erholen, er bleibt gefangen in der Überreizung und zahlreiche Krankheiten sind die Folge. Stanley Rosenberg hat in seiner mehr als 30-jährigen Erfahrung als Körpertherapeut erkannt, dass

der Vagusnerv die Hauptrolle für unsere körperliche und seelische Gesundheit spielt. Er erklärt die Zusammenhänge im Körper und die essenzielle Bedeutung des Vagusnervs für unsere Gesundheit und stellt acht Übungen vor, um den Vagusnerv zu aktivieren und Blockaden zu lösen. Auch eine Verbindung zwischen einer gestörten Vagusfunktion und autismusbedingtem Verhalten scheint sich abzuzeichnen. Hier eröffnet der Autor neue Möglichkeiten für die Autismus-Therapie. Diese praktische umsetzbare Anleitung zeigt Betroffenen rztlichen Psychologen Körpertherapeuten und Angehörigen, wie sich die Funktion des Vagusnervs maximieren lässt. So finden Körper und Seele in einen Zustand von Sicherheit zurück, in dem die Selbstheilungskräfte, die in jedem Menschen angelegt sind, von ganz alleine wieder ihre Wirkung entfalten.

**Endlich frei von Schmerzen**

Amanda Oswald, 2019-04-15 Wenn auch Sie zu den Millionen von Menschen gehören, die an chronischen Schmerzen leiden und denen die Schulmedizin nicht geholfen hat, kann myofasziales Release die Antwort sein. Die Behandlung von Bindegewebsveränderungen wirkt ausgleichend auf den ganzen Körper. Amanda Oswald, eine der führenden Expertinnen auf dem Gebiet des myofaszialen Release, bietet Ihnen einen ganzheitlichen Ansatz der Selbstbehandlung. Sie geht auf die Ursachen der Schmerzen ein, erläutert die entscheidende Rolle der Faszien und zeigt Ihnen, wie Sie diese trainieren können. Mit effektiven Selbsthilfemaßnahmen können Sie so Ihre Beschwerden heilen, ob Nacken, Bauch oder Kieferschmerzen, Migräne, Fibromyalgie oder Tinnitus. Lufserknie, Schleudertrauma oder Erschöpfungssyndrom. Die einfachen Dehnübungen und Selbstmassagen stimulieren die Faszien und verbessern damit die Beweglichkeit, entlasten Gelenke, lösen Fehlhaltungen und beseitigen Schmerzen dauerhaft.

**Yoga-Anatomie**

Leslie Kaminoff, Amy Matthews, 2013-09-06 Im Yoga vereinigen sich innere Ruhe und Ausgeglichenheit mit einem starken, flexiblen Körper. Die Positionen oder Asanas kräftigen die Muskeln, entspannen den Geist und stärken die Konzentrationsfähigkeit. Aber was genau passiert eigentlich bei den verschiedenen Übungen im Körper? Der anerkannte Yoga-Experte Leslie Kaminoff hat in seinem Klassiker *Yoga Anatomie* erstmals zusammengefasst, auf welche Organe, Muskelgruppen und Gelenke sich die einzelnen Asanas auswirken, wie sie das tun und wann welche Atemtechniken einzusetzen sind. Nun hat er den Bestseller komplett bearbeitet und mit zwei zusätzlichen Kapiteln zum Skelett und Muskelsystem erweitert. Die wichtigsten Übungen und ihre Wirkungen werden auch in dieser Ausgabe durch exakte Illustrationen so detailgenau beschrieben, wie es anhand von Fotos nie möglich wäre. Mit diesem Buch erhält der Leser ein ganz neues Verständnis über die positive Wirkung von Yoga.

**Sportosteopathie**

Magga Corts, Ina ter Harmsel, 2013-02-20 Das erste Buch zur Sportosteopathie, das koordinierte Bewegung und typische Belastungssyndrome analysiert, mit Bewegungstestreihen, Behandlungsansätzen und funktionellen Übungen. Die sportosteopathische Herangehensweise erläutert die Bedeutung myofaszialer Wirkungsketten, zeigt, wie myofasziale Ketten mittels Bewegungstests berührt werden, schafft einen Überblick über mögliche Faktoren, die zu Belastungssyndromen führen können, vermittelt Behandlungsansätze und funktionelle Übungen der Hauptbelastungsformen. Der Fokus des Werks liegt auf funktionellen Zusammenhängen und der Herleitung des Belastungssyndroms über die Bewegungsanalyse. Der konzeptionelle

Ansatz ber cksichtigt Hintergr nde zur Trainings und Bewegungslehre Biomechanik und Sportmedizin **Faszination Faszien - zwischen Hype und Sensation** Dennis Sandig,2015-06-16 In den letzten Wochen und Monaten berschlug sich die Berichterstattung ber Faszien nahezu Bildzeitung Spiegel und auch das Fernsehen berichteten ber das Gewebe Doch worin liegt dieser Hype diese Fokussierung auf die Faszien begr ndet Berichte ber neue Erkenntnisse zu Muskeln und Knochen schaffen es nicht derartige Aufmerksamkeit zu bekommen Auch die Entwicklung dass Faszien mittlerweile in Fitnesskursen und speziellen Trainingsstunden angesprochen werden sollen verbl fft auf den ersten Blick **A Journey in the Heart** Christine Apter, PhD, ERYT 500,2017-11-06 A Journey in the Heart By Christine Apter PhD ERYT 500 This book is meant to be an organized curriculum that takes a student beyond the foundational philosophy anatomy technical aspects and teaching methodology developed from many advanced yoga teacher training workshops The basics of yoga teaching with the standards of Yoga Alliance are not covered in this text It is designed as a manual intended to meet the criteria for 300 hours of knowledge and practice above and beyond what is taught in basic yoga teacher training A deep desire and enthusiasm for the teaching is perhaps a more important criterion for the aspiration to dive deeper To be proficient in teaching and practicing it takes thousands of hours and perhaps decades of committed work The art and science of yoga teaching and practice come together with the flexible format surrounding factual structure presented in this book Rather than an authoritative tool this manual is fashioned to be a framework for the creative work it takes to teach yoga and practice deeper The reader is encouraged to build upon the information and inspiration and to be creative and innovative with the material

Understanding Fascia, Tensegrity, and Myofascial Trigger Points John Sharkey,2025 This book describes the concepts of fascia focused therapies that are used to treat soft tissue pain and injury and the steps to include them alongside medical exercise interventions It focuses on treating fascial adaptations MTrPs local ischemia neural interferences postural and biomotional dysfunctions nutritional factors and emotional well being Living Pain Free Amanda Oswald,2018-02-06 A leader in myofascial release therapy MRT shares non invasive medication free techniques stretches and exercises for managing your chronic pain Break the chronic pain cycle and rebalance the body so it can heal itself This indispensable self help guide is for anyone suffering from chronic pain and struggling to understand why standard medical approaches have failed them Taking a mind body approach the book clearly and simply explains how chronic pain develops and why an understanding of fascia the main connective tissue in the body is the key to restoring pain free movement and health Author and myofascial release expert Amanda Oswald informs readers about the role of fascia in chronic pain and empowers them to help themselves through simple and effective self care techniques stretches and exercises Living Pain Free is a must read for anyone experiencing chronic pain from conditions including migraines and headaches repetitive strain injury RSI jaw TMJ pain frozen shoulder neck and back pain chronic pelvic pain scar tissue and systemic pain conditions such as fibromyalgia chronic fatigue and myofascial pain syndrome It will also benefit anyone interested in understanding chronic pain from a

myofascial perspective      *Handbuch für Strukturelle Integration - Band 2* Hans Georg Brecklinghaus, 2021-11-10 Das Handbuch für Strukturelle Integration SI ist ein Arbeits- und Nachschlagebuch für die Praktizierenden der von Dr. Ida Rolf entwickelten Methode. Es ist auf ca. acht Bände angelegt, die in unregelmäßigen Abständen erscheinen. Als ein Kompendium praktischer Erfahrungen beinhaltet es alle Aspekte Struktureller Integration: Theorie, Wahrnehmung von Körperstruktur und Bewegung, manuelle Arbeitsweise, Bewegungsarbeit, Rahmenbedingungen, psychologische Aspekte u. a. Der zweite Band behandelt das Arbeitsgebiet der Wahrnehmung der Körperstruktur, ihre Analyse und Synthese.      *Chinese Medicine and the Management of Hypermobile Ehlers-Danlos Syndrome* Paula Bruno, 2023-09-21 Hypermobility syndromes are more common, complex and varied than most practitioners realise. Every hypermobile patient is unique and therefore challenging to treat using a pre-set paradigm or protocol. The hEDS population can be underserved by Western medicine, and there is much that Chinese medicine can do for this community. This book is one of the first of its kind: a Chinese Medicine text focusing specifically on hypermobile Ehlers-Danlos Syndrome. Presenting existing bio-medical narratives before providing an in-depth exploration of the Chinese Medicine paradigms, this guide gives an overview of comprehensive treatment scenarios and addresses issues faced by EDS patients, including pain management, psycho-emotional challenges, disruption of gut health and chronic inflammation, including post-Lyme syndrome.

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