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Anatomy Trains - 3rd Edition

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.

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manual and movement
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**Whole-Body Fascial
and Myofascial ... -
About Anatomy
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The Anatomy Trains
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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.

**Elsevier: Elsevier
Ltd: Anatomy Trains
Myofacial Meridians**

...

To qualify as a
myofascial meridian or

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Anatomy Train, a chain had to have: a minimum of three muscles in the chain and they had to line up in the body's fabric, like the hamstrings and the gastrocs, and they had to stay at the same level - no jumping from superficial to deep. There are 12 of these myofascial meridians I have mapped so far.

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**Anatomy Trains
Myofascial Meridians
For**
Movement

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.

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**An Intro To Meridians For And
Myofascial
Meridians: In
Structure & Function**

Fully updated
throughout and now
with accompanying
website (www.myersmyofascialmeridians.com
) , Anatomy Trains:
Myofascial Meridians
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Myofascial
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movement and
postural patterns. Keep
the train rolling, Tom.

Anatomy Trains Revealed: Dissecting the Myofascial Meridians

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

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www.AnatomyTrains.n
et. Anatomy Trains
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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**

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myofascial lines which
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for Body-Minded ...**

Anatomy Trains:
Myofascial Meridians
for Manual and
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Paperback. Thomas W.
Myers. 4.4 out of 5
stars 35. 34 offers from

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Anatomy Trains and Myofascial Meridians | HFE Blog

Anatomy trains (or myofascial meridians) are lines of connective tissue which in part

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resemble the pathways of the meridians of Traditional Chinese Medicine (TCM). The proponent and discoverer of these anatomy trains is Tom Meyers who first theorized them based on his own therapeutic experience.

Anatomy Trains: Myofascial Meridians for Manual Therapists ...

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revolution in Soft-
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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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The 12 'myofascial meridians' in the Anatomy Trains system join the individual muscles you learned into functional complexes within the fascial fabric - each with a defined anatomy and 'meaning' in human posture and movement.

Anatomy Trains (Myofascial Meridians)

Myers developed the

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myofascial meridians as a way of explaining the role of the fascial system in relation to 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.

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**Anatomy Trains:
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Find many great new & used options and get the best deals for Anatomy Trains : Myofascial Meridians for Manual and Movement Therapists by Thomas W. Myers (2014, Paperback) at the best online prices at eBay! Free shipping for many products!

The Evidence of
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**Anatomy Trains
Myofascial Meridians**

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

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trains across a variety of clinical assessment and treatment approaches — demonstrating how painful problems in one area of the ...

Anatomy Trains - 4th Edition

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

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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.