

MYOFASCIAL MERIDIANS FOR MANUAL AND MOVEMENT THERAPISTS%0A

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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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Anatomy Trains Myofascial Meridians For Manual And

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

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An Introduction to the Anatomy Trains 8 Myofascial Meridians

approach to structural and movement therapies, and goes on to describe one map of larger functioning continuities within the musculo-skeletal system. 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 www.AnatomyTrains.net. Anatomy Trains provides a

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Myofascial meridian theory applied in Chinese internal

Myofascial meridian theory applied in Chinese internal martial arts by Andrea Falk This article is a short summary, with emphasis on practical concepts for Chinese internal martial artists, of the ideas in Thomas W. Myers' book Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists (Churchill Livingstone, 2001). All quotes and drawings come from the book. Since this article is

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An Intro To Myofascial Meridians In Structure Function

The myofascial meridians work together as one system to bring balance and integrity to the structure and function of the body. When fascia, superficial or deep, becomes restricted along any of the lines, compensation patterns can create pain and dysfunction elsewhere in the body. For example, when the plantar fascia of the foot becomes stuck or restricted it can potentially cause the hip

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Myofascial Meridians for Manual and Movement Therapists

Appendix 1: A Note on the meridians of latitude: the work of Dr. Louis Schultz (1927-2007) Appendix 2: Structural Integration Appendix 3: Myofascial meridians and oriental medicine

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Anatomy Trains 2nd ed Myofascial Meridians for Manual and Movement Therapists Myers Elsevier

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

muscles

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