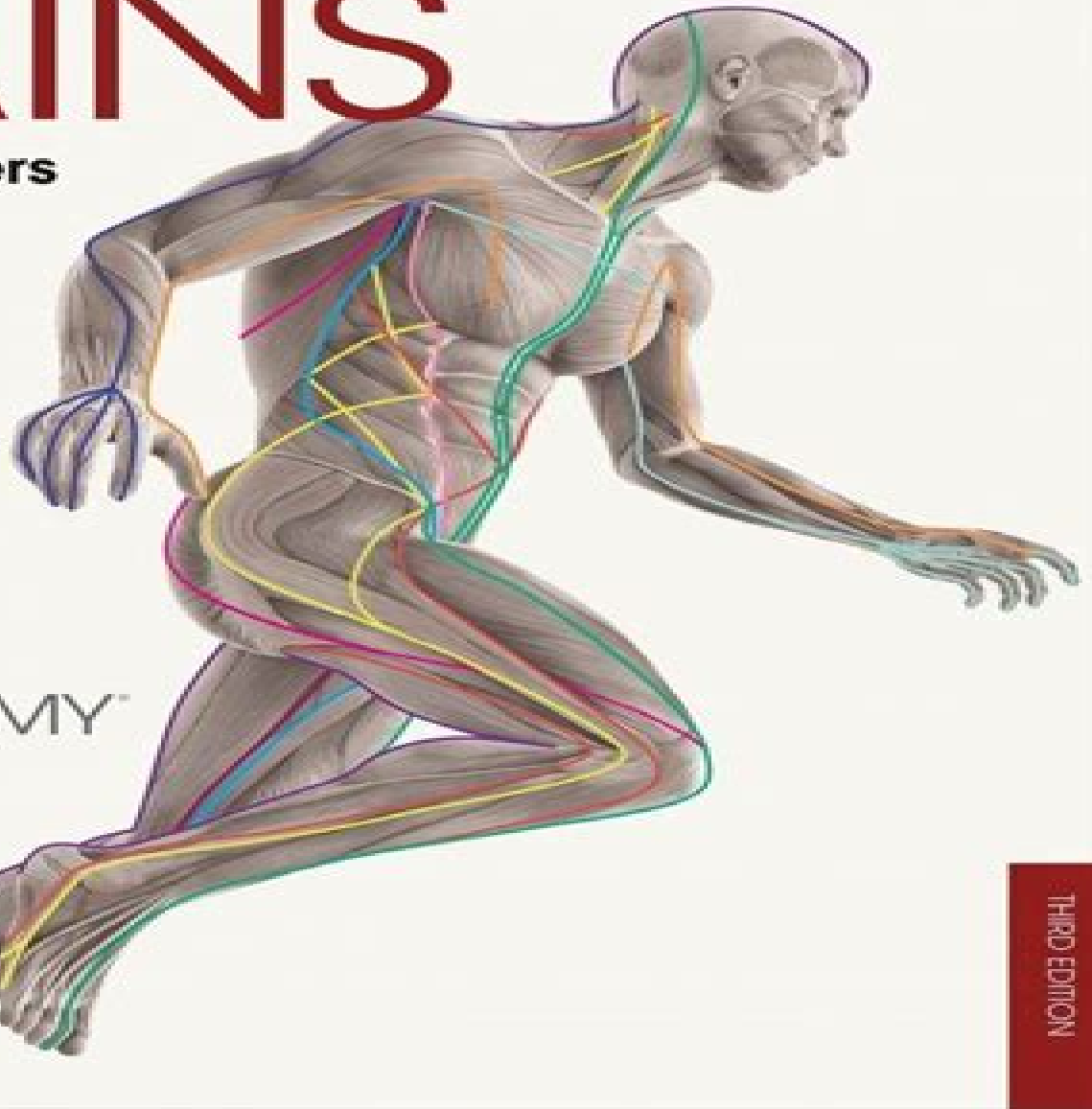


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Fully updated with the latest scientific research the book presents a unique whole systems view of myofascial locomotor anatomy in which the body wide connections among the muscles within the fascial net are described in detail Using the metaphor of 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

Fascia: The Tensional Network of the Human Body - E-Book Robert Schleip, Carla Stecco, Mark Driscoll, Peter Huijing, 2021-12-08 The role of the fascia in musculoskeletal conditions and as a body wide communication system is now well established Fascia The Tensional Network of the Human Body constitutes the most comprehensive foundational textbook available that also provides the latest research theory and science around fascia and their function This book is unique in offering consensus from scientists and

clinicians from across the world and brings together the work of the group behind the international Fascia Research Congress. It is ideal for advanced sports physiotherapists, physical therapists, musculoskeletal orthopaedic medicine practitioners as well as all professionals with an interest in fascia and human movement. The comprehensive contents lay the foundations of understanding about fascia, covering current scientific understanding of physiology and anatomy, fascial related disorders and associated therapies, and recently developed research techniques. Full colour illustrations clearly show fascia in context. New content based on latest research evidence. Critical evaluation of fascia oriented therapies by internationally trusted experts. Chapter outlines key points and summary features to aid navigation. Accompanying e book version include instructional videos created by clinicians.

Fascial Dysfunction Leon Chaitow, 2018-11-01

Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility. These are the symptoms which confront all practitioners of manual therapy in their everyday practice. In this second edition of his very successful book, Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy. *Fascial Dysfunction: Manual Therapy Approaches*, Second Edition, aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause, and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients' problems. New features of the Second edition include: Descriptions of new research evidence and its implications for practice; The dependence of collagen health on a mixture of balanced internal and external tension; The importance of adequate hydration; The possible role of the telocyte; The importance of dosage of therapies in management of fascial dysfunction. New chapters on Gua Sha and cupping; Global postural re-education; Scar remodelling. The book is in two sections. Section I, written by Chaitow with a contribution by Tom Myers, presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong, the causes and effects of fascial dysfunction and disease, and how to assess the problem and remove obstacles to the success of treatment. Section II contains chapters by experts in different types of manual therapy, including three by Chaitow. Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach. These approaches include: Bowen Therapy; Connective Tissue Manipulation; and Skin Rolling. Fascia oriented training applications in sports and movement therapy. The Fascial Manipulation method applied to low back pain. Fascial Unwinding. Balanced Ligamentous Tension Technique. Gua sha press stroking and Ba guan cupping. traditional East Asian instrument assisted manual therapies. Muscle Energy Techniques (MET). Myofascial Induction Therapy (MIT). Neuromuscular Technique and associated Soft Tissue Manipulation Modalities. Positional Release Techniques including counterstrain. Global Postural Re-education. Souchard Method. Rolfing. Structural Integration. Management of Scars and Adhesions. Manual Matrix Remodeling in myofascial injuries. scar modeling technique. Massage Therapy and Fascia Trigger Point release methods including dry needling.

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

Strength and Conditioning

Coaching Michael Boyle,2025-06-30 With the guidance of Strength and Conditioning Coaching you will learn to apply the best methods offer superior training experiences and be a more successful strength professional in a very competitive industry See real results in your athletes with expert advice from coach Mike Boyle

The Physiology of Yoga

Andrew McGonigle,Matthew Huy,2022-06-13 This book explains how each of the body s internal systems is affected and enhanced by a consistent yoga practice It allows the serious or curious yogi to better understand how yoga provides myriad benefits for the body and mind It also encourages readers to engage in critical thinking when evaluating claims about what yoga can do Chapters cover the musculoskeletal nervous respiratory cardiovascular lymphatic immune endocrine reproductive and digestive systems of the body A final chapter provides practical application with four sample yoga practices

Kinesiology

- E-Book Joseph E. Muscolino,2022-12-08 Gain the knowledge and skills you need to provide soft tissue therapy Kinesiology The Skeletal System and Muscle Function 4th Edition provides a complete guide to the art and science of musculoskeletal anatomy movement and dysfunction treatment With more than 1 200 full color illustrations the book shows the body s bones and joints and how muscles function as movers antagonists and stabilizers Part I covers the fundamentals of structure and

motion Part II covers the skeletal system including skeletal and fascial tissues Part III contains a detailed study of the joints of the body And finally Part IV examines how muscles function Written by noted lecturer and educator Joseph Muscolino this text includes access to an Evolve website with 150 video clips demonstrating major joint actions of the body as well as muscle palpation Complete atlas of bones bony landmarks and joints includes hundreds of full color illustrations providing comprehensive coverage of bones not found in other kinesiology books Clear straightforward explanations of kinesiology concepts cover muscle contraction s coordination of muscles with movement core stabilization posture exercise reflexes and how the nervous system controls and directs the muscular system Coverage of strengthening exercises and stretching emphasizes the purposes and benefits of stretching and how to perform various stretching techniques Information on posture and the gait cycle includes illustrations of all of the muscles of the human body organized by function Clinical applications challenge students to apply kinesiology concepts to clinical practice Light bulb and Spotlight boxes discuss applications of the content including pathologic conditions and clinical scenarios Learning objectives at the start of each chapter include a chapter outline overview key terms and pronunciations and word origins NEW Expanded coverage of fascia includes new perspectives from all new contributors including the role of fascia in movement stability and posture *Yoga Anatomy*
Leslie Kaminoff,Amy Matthews,2021-10-19 Yoga Anatomy Third Edition brings the relationship between yoga and anatomy to life with detailed full color anatomical illustrations This book provides a deep understanding of the structures and principles underlying common movements in yoga and offers an inside look into each pose

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