



Figure 8.16: The Spiral Line (SL); a) anterior view, b) posterior view.

Anatomy Trains Spiral Lines

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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

Structural Bodywork John Smith, 2005 An advanced introduction to the field of structural bodywork which focusses on the issues of postural and functional dysfunction The text builds on the theories of Ida Rolf Rolfing and Feldenkrais and reviews them in the broader context of massage therapy and other complementary therapies based on bodywork techniques including chiropractic The book is in 3 main parts Part 1 looks at the background of structural bodywork and how it has developed before defining it as

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Fascia Mark Lindsay, Chad Robertson, 2008 Health practitioners and body workers need a firm understanding of the significance of fascia in human performance The role nutrition plays in fascial health how injuries and diseases influence fascia and the rehabilitative techniques to restore functional capacity of the affected tissue are essential components of improving performance This book starts with a basic overview of fascia and its biological underpinnings and progresses through clinical treatment applications nutritional and pharmacological support information and techniques for managing fascial conditions and injuries

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