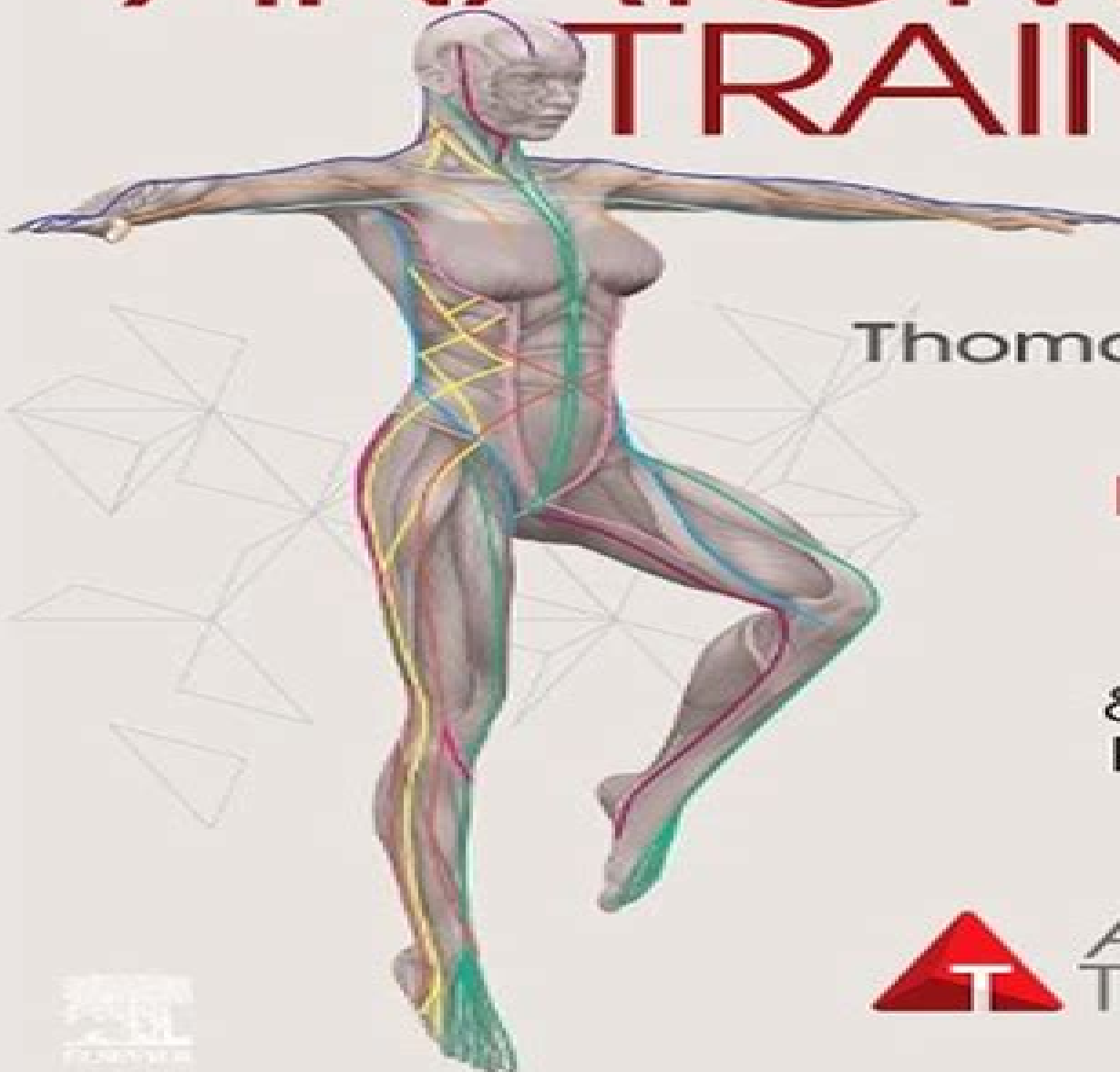


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Anatomy Trains Thomas W. Myers, 2014 Presents an understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide This book presents a whole systems view of myofascial locomotor anatomy in which the body wide connections among the muscles within the fascial net are described in detail

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

Anatomy Trains Thomas W. Myers, 2020-06-03

Anatomy Trains 4th Ed. Posters - LARGE Thomas Myers, 2020 This series of 8 large 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 15 5 by 24 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

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

Anatomy Trains Thomas W. Myers (LMT),2019 **The Myofascial System in Form and Movement** Lauri Nemetz,2022-12-21 The field of myofascial science is changing rapidly In The Myofascial System in Form and Movement Lauri Nemetz invites readers into the rich dialogue around movement delving into anatomy concepts of space and the many other disciplines that are taking interest in the myofascial universe Nemetz uses insights from our spatial relationship with the world to examine the human body giving voice to the ideas and work of leaders in this area and prompting readers to develop their own ideas as well as offering application suggestions to discover in your own body or with others With an extensive background in art history myofascial movement anatomical dissection and more Nemetz uses her wealth of experience to weave together the many facets of this evolving area in a visually rich and thought provoking book

Anatomy Trains in Motion Thomas Myers,Karin Gurtner,2019-09-18 In Anatomy Trains in Motion the integral Anatomy Trains map of connection is translated into a tangible and productive application for movement training Whether you re seeking an initial introduction to the detail of the anatomy of the myofascial meridians or you re ready for movement relevant understanding of the interrelatedness of the lines you ll find this to be a helpful guide If you are a movement professional or therapist attending Anatomy Trains in Motion anywhere in the world then this study guide is alongside the course manual a practical learning tool With detailed maps of each of the Anatomy Trains lines training aims and considerations specific to each line recommended movement sequences to enhance fascial movement qualities and supportive ways to embody your learning the study guide for myofascial meridian anatomy will take you along a detailed yet integrated and embodied path toward movement ease

Anatomy Trains Thomas W. Myers,2001 This book presents a unique whole systems view of myofascial locomotor anatomy in which the bodywide connections among the muscles within the fascial net are described in detail for the first time Using the metaphor of railway or train lines Myers explains how patterns of strain communicate through the myofascial webbing contributing to postural compensation and movement stability back cover **The**

Alexander Technique Penelope Easten, 2021-04-19 Our entire human structure is built for movement for all aspects of life This book offers a new theoretical framework for understanding integrated movement based on the latest scientific models and practical explorations Presenting a new interpretation of how Alexander developed his work Easten covers twelve fundamentals of movement and shows how optimal movement is organised around sensory and spatial awareness and our focus and goals The book describes how to reawaken innate balanced movement possibilities Up to date scientific research is woven into Alexander s concepts to give a whole picture of how the human body feels perceives and self organises Clarifying the functional anatomy that underpins the Alexander technique this book explains how to utilize the power of the autonomic nervous system and spatial awareness to allow us to change old harmful movement habits and enable new body learning Written accessibly and supported by illustrations and video demonstrations of techniques this book is ideal for Alexander technique teachers and trainees movement educators and somatic therapists *Journal of Special Operations Medicine*, 2003

Understanding Fascia, Tensegrity, and Myofascial Trigger Points John Sharkey, 2025-02-20 Understanding Fascia Tensegrity and Myofascial Trigger Points elucidates the fundamental principles and concepts underpinning fascia focused therapies Fascia science expert John Sharkey offers analogies anecdotes comparisons and language that simplify complex topics for fascia focused therapists and movement practitioners The text is complemented by rich photography detailed anatomy drawings and an analysis of referred pain patterns Part I of the text lays down a foundation of knowledge helping the reader understand the relevant anatomy and how to navigate everything that follows Part II is practical and provides the keys to understanding why fascia affects therapeutic practice specifically through myofascial trigger points and site specific fascia tuning pegs This section offers a variety of applied techniques and treatment protocols Finally part III supplies a clearly illustrated quick reference to skeletal muscles and pain referral patterns divided by region face head and neck trunk shoulder and upper arm forearm and hand hip and thigh and leg and foot Throughout the text the author offers his insights in sidebars and comment sections Tables break down important knowledge into easily digestible information At the end of the text there are a list of abbreviations references and an index to help the reader navigate the pages Understanding Fascia Tensegrity and Myofascial Trigger Points combines groundbreaking research with a comprehensive therapeutic approach The information provided can be seamlessly integrated into any school of manual or movement therapies regardless of the specific discipline Students of health care professions will appreciate the precise anatomy and the accompanying artwork and diagrams which simplify complex concepts

Identifying Postural Imbalances Through Yoga Vayu Jung Doohwa, 2023-10-09 Imbalances in the human body are easily recognized in yoga With an innovative blend of yoga and anatomy Vayu Jung Doohwa shows how a few simple adjustments based on your postural type is all you need to correct these imbalances and take your practice to new heights Do you struggle with certain yoga poses Are you restricted in backward bends Do you feel that one hip is more externally rotated than the other Identifying Postural Imbalances Through

Yoga will help you identify exactly where and why you hold particular patterns and more importantly demonstrate how to overcome them We all house a collection of compensations in our bodies usually the result of daily routine injury or emotional trauma and these compensations impact how we move Author Vayu Jung Doohwa has developed his own unique methodology by which he diagnoses yoga practitioners into four postural groups A P C and N and then prescribes adjustments to release and overcome the musculoskeletal imbalances relating to each one These corrective methods use simple prompts in each pose to help restore the pelvis to neutral and improve spinal balance limb alignment and breath control Part I illustrates methods for identifying imbalances by observing how the lines and sections of the body act in a number of diagnostic yoga poses Part II examines the four postural body types in greater detail by describing pelvic tilt spinal curvature breathing and energy patterns Part III presents the most effective strategies for restoring joint movement counteracting imbalances of the core and optimizing breathing for each body type Also included is a quick reference visual comparison of the four body types in 15 different yoga poses Brought to life using over 250 engaging color diagrams and photographs this innovative scientific interpretation of Ashtanga yoga is a vital resource for yoga practitioners of all levels *From the Ground Up* Theo St.

Francis,Stephanie Comella,2020-02-25 Every individual who endures a spinal cord injury leaves the hospital thinking the same thing Now what There is no agreed upon protocol or even set of best practices for how to reconnect a paralyzed body Drawing from movement disciplines not usually associated with paralysis recovery the authors Theo St Francis and Stephanie Comella apply the science of biotensegrity and the innate capacity of the body to heal itself to the challenge of neurological reconnection With fully illustrated exercise descriptions this clinical perspective is written for both those recovering from spinal cord injury and for their movement trainers *From the Ground Up* is an in depth exploration of how to claim ownership of the recovery journey both inside and out **Anatomy Trains Myofascial Meridians Structure & Function Study Guide** Melanie Burns,Cristy Harper,2021-10-12 Since Anatomy Trains was first conceived we have looked for ways to make this holistic concept simple to assimilate and apply Simple is not the same as easy This book is a study guide for our foundational Anatomy Trains in Structure and Function course and it eases the way with core concepts Assimilation of BodyReading and application in movement and manual therapy is the work of a career **Fascial Stretch Therapy - Second Edition** Ann Frederick,Chris Frederick,2020-07-24 The new edition of this highly successful book written by Ann and Chris Frederick directors of the Stretch to Win Institute is packed with theory and practice including a host of beautifully illustrated assisted stretches Fascial Stretch Therapy™ Second edition is a practical and highly applicable manual for any massage therapist movement instructor physical or occupational therapist athletic or sports trainer fitness instructor or osteopath in fact for any hands on practitioners who wants to learn new skills and improve therapeutic outcomes It clearly demonstrates how FSTTM assessment treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training What s new for the second edition Discusses a very brief

history of a still expanding and evolving new industry of assisted stretching It also covers the negative aspects of this trend including the lack of assessments and specificity and common stretching methods Approaches are listed so you can compare and contrast Includes a new Chapter 2 with updates of the highest quality evidence based research useful to the field of assisted stretching It includes the authors own research about the effects of FSTTM on chronic nonspecific low back pain as well as a discussion about a recent systematic review of the acute effects of muscle stretching on physical performance range of motion and injury incidence in healthy active individuals Lists contraindications and indications for FSTTM along with new updates to reflect current understandings e g about Golgi tendon organs with supporting references Shows how this method will save you time when forming a working hypothesis that will quickly be proven or disproven so that you will have enough time to develop other hypotheses that you can test for efficacy all within a single session Includes new photographs and artwork along with new titles to reflect the change in nomenclature from the use of the term fascial line s to fascial net s

The Pilates Guidebook Richard Brown,2024-01-28 Pilates Mat Exercise handbook for teachers enthusiasts Contains QR codes for viewing on a mobile device The Pilates Guidebook takes the reader through the theory principles and practice of a modern interpretation for the Pilates Matwork The book is suitable for persons of all levels of ability for exercise and especially for those persons already teaching or thinking about becoming a Pilates instructor The reader is methodically led through the following ideas and concepts considered of importance to practice and or teach Pilates Mat exercises History of Pilates Functional Therapeutic exercise Exercise physiology anatomy relevant to exercise Principles for movement Breathing The Core explanation and relevance to training Fascia Teaching skills Preparation mat exercises Fully illustrated exercises with QR codes to view the exercises on a mobile device

Mobility Fix Mira Skylark,AI,2025-03-14 Mobility Fix offers a comprehensive guide to improving joint health and movement efficiency through targeted mobility exercises It focuses on enhancing flexibility and range of motion addressing common issues like joint pain and limitations in physical activities Did you know that improving your mobility can lead to better physical performance and reduce the risk of injuries The book emphasizes that understanding joint mechanics is crucial for implementing effective mobility routines The book progresses by first introducing the science behind mobility and its importance then it guides you through self assessment techniques to identify your individual limitations Finally it teaches you how to create personalized mobility plans What makes this book unique is its emphasis on individualized programming empowering you to tailor exercises to your specific needs rather than relying on generic routines It provides practical actionable strategies to unlock your body s full potential and integrate mobility work into your daily life for long term benefits

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