

# Anatomy Trains Tom Myers

Myofascial Meridians for Manual and Movement Therapists  
 Anatomy Trains Myofascial Meridians Structure & Function Study Guide  
 Anatomy Trains Posters  
 Anatomy Trains E-Book  
 Understanding the Human Foot  
 Anatomy Trains  
 The Practice of Informed Touch  
 Myofascial Meridians for Manual and Movement Therapists  
 The New Anatomy of Rider Connection  
 Body3  
 Embrain and Embody Myofascial Meridian Anatomy  
 Myofascial Meridians for Manual and Movement Therapists  
 A Movement and Yoga Therapists Guide to Asana  
 Simple Exercises for Whole-body Mobility  
 The Skeletal System and Muscle Function  
 Reinforced Concrete Bridges  
 The Roll Model  
 Trigger Point Therapy for Myofascial Pain  
 Dynamic Aging  
 The Psoas Book  
 Clinical Examination  
 BodyReading: Visual Assessment and the Anatomy Trains  
 A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body  
 Fascial Fitness, Second Edition  
 The Anatomist's Corner  
 Dynamic Body  
 Myofascial Yoga  
 Myofascial Meridians for Manual Therapists and Movement Professionals  
 I Have the Right to Culture  
 Deep Tissue Massage, Revised Edition  
 Exploring Form, Expanding Function  
 The Endless Web  
 Strength Zone Training  
 An Illustrated Guide to Form and Function for Practitioners  
 From Muscles and Bones to Organs and Systems, Your Guide to How the Human Body Works  
 Anatomy Trains in Motion  
 Fascial Anatomy and Physical Reality  
 Anatomy Trains  
 Myofascial Efficiency and the Body in Movement

Anatomy Trains Tom Myers

Downloaded from [ftp.wvq.com](http://wvq.com) by guest

## SANTIAGO CAREY

*Myofascial Meridians for Manual and Movement Therapists*  
 Elsevier Health Sciences

This is a bright new easy-to-follow guide to building great visual assessment skills. Compiled from a Massage & Bodywork article series, Tom has updated the articles and added illustrations to allow the concepts to be easily understood. The first chapters outline the method and the way it can be successfully integrated into your practice, including charting and making the client feel comfortable with it. Each subsequent chapter deals with the Anatomy Trains lines, giving visual assessment and strategy points for each with diagrams, model photos, and more.

[Anatomy Trains Myofascial Meridians Structure & Function Study Guide](#) Human Kinetics

"This richly illustrated book, with accompanying DVD and website, presents Dr Guimberteau's groundbreaking work, and explains its significance for manual therapists and movement teachers, and its implications for what they do with patients and clients. Dr Guimberteau is the first person to film living human tissue through an endoscope in an attempt to understand the organisation of living matter. He has developed his own concept of the multifibrillar structural organisation of the body, of which the microvacuole is the basic functional unit. He has also developed a concept of global dynamics and continuous matter. His films confirm the continuity of fibres throughout the body and show how adjacent structures can move independently in different directions and at different speeds while maintaining the stability of the surrounding tissues. This role is carried out by what he calls the "Microvacuolar Collagenic Absorbing System" He has opened a window into a strange world of fibrillar chaos and unpredictable behaviour, and has revealed the morphodynamic nature of the fibrils that constitute the connective tissue, as well as the fractal, non-linear behaviour of these fibrils. His work ties in with that of Donald Ingber on tensegrity within the cytoskeleton, and the links between the cytoskeleton and the Extracellular Matrix as described by James Oschman."--Publisher's website.

**Anatomy Trains Posters** Core Awareness

This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

[Anatomy Trains E-Book](#) CRC Press

The ability to walk upright on two legs is one of the major traits that define us as humans; yet, scientists still aren't sure why we evolved to walk as we do. In *Born to Walk*, author James Earls

explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, Earls explains how we can regain a flowing efficiency within our gait--an efficiency which, he argues, is part of our natural design. This book is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage therapists, and any bodyworker wishing to help clients by incorporating an understanding of gait and its mechanics. It will also appeal to anyone with an interest in evolution and movement. Drawing on recent research from paleoanthropology, sports science, and anatomy, Earls proposes a complete model of how the whole body cooperates in this three dimensional action. His work is based on Thomas Myers's Anatomy Trains model of human anatomy, a holistic view of the human body that emphasizes fascial and myofascial connections. Earls distills the complex action of walking into a simple sequence of "essential events" or actions that are necessary to engage the myofascia and utilize its full potential in the form of elastic energy. He explains the "stretch-shortening cycle"--the mechanism that is the basis for many normal human activities--and discusses how humans take advantage of isometric contractions, viscoelastic response, and elastic recoil to minimize calorie usage. This streamlined efficiency is what enabled our first ancestors to begin to migrate not only seasonally but also permanently to new lands, thereby expanding the natural resources available to us as a species. [Understanding the Human Foot](#) Churchill Livingstone  
 An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

**Anatomy Trains** Groundwood Books Ltd

If you want to be faster, stronger, and less prone to injury, it's critical you understand how important the body's fascia system is to athletic performance. Modern research and imaging technologies are showing us that it's far more significant than we have long understood. That's why Bill Parisi--founder of the Parisi Speed School--and extreme sports writer, Johnathon Allen, set out on a nationwide quest to interview the top experts in the field so they could present this new performance science in a paradigm shifting book that's not only packed with practical information, but also entertaining to read! *Fascia Training: A Whole-System Approach*, explores the new evidence-based science of fascia training as explained by top experts in the field, including "Dr. Back Mechanic" Stu McGill, champion Olympic coach Dan Pfaff, founder of Anatomy Trains Tom Myers, biomechanist Ken Clark, founder of Sparta Science Phil Wagner MD, and assistant coach of the Philadelphia 76ers Todd Wright. *Fascia Training* is a "must read" for anyone serious about improving performance and reducing injury.

**The Practice of Informed Touch** North Atlantic Books

The new edition of this hugely successful book continues to present a unique understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide. Fully updated throughout and now with accompanying 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 [Myofascial Meridians for Manual and Movement Therapists](#) Simon and Schuster

The fascial and membrane technique developed by Peter Schwind

combines the fundamental thoughts from Ida Rolf's Structural Integration with concepts of osteopathy, creating a successful combination of form-stabilizing and mobilizing techniques. The book emphasizes diagnosis and treatment of the breathing patterns manifest in the myofascial system; minimalistic as well as global application joint techniques; visceral techniques in the myofascial context; special treatment techniques in the craniosacral area and care of the upper jaw. Includes comprehensive information on therapy from head to foot with descriptions of the anatomic correlations. Clearly describes the theoretical and practical principles so difficult concepts are easily understandable. Detailed, easily transposed instructions about treatments allow the reader to put the concepts into practice with ease. Photographically documented movements show real examples of topics discussed.

**The New Anatomy of Rider Connection** North Atlantic Books  
"The Dynamic Body textbook seeks to reflect current understanding and knowledge from innovators and leaders in biomechanics, fascial anatomy, functional movement, and manipulative therapy. Their work has invoked a renewed passion for an integrated clinical model that reinforces the inherent partnership of human structure and function. Working closely with individuals of this caliber over the years has been my reward." -- Erik Dalton website.

**Body3** Elsevier Health Sciences

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.

**Embrain and Embody Myofascial Meridian Anatomy** Human Kinetics

From the author and illustrator duo who created the award-winning *I Have the Right to Be a Child* and *I Have the Right to Save My Planet* comes this beautifully illustrated third book in the series. *I Have the Right to Culture* explores a child's right to be curious and to experience all of humanity's shared knowledge, including music, art, dance and much more. When a child is born, they learn the language of their parents, they sing the songs of their grandparents and they eat the delicious food that their family prepares. They also start to wonder about the lives of other children who live far away. What languages do they speak? What songs do they sing? And what games do they play? Every child has the right to learn about the world they live in, including its history and its inventions. Every child has the right to learn about artists, about writers, about potters and photographers and architects, about musicians and dancers and poets. All of humanity's treasures are for sharing, and every child has the right to know about what has come before them! Children have the right to partake in culture as proclaimed in the United Nations Convention on the Rights of the Child. Told from the perspective of a child, this colorful and vibrant book explores what it means to be a child who has the right to find beauty in their world. Key Text Features further reading Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RI.K.1 With prompting and support, ask and answer questions about key details in a text. CCSS.ELA-LITERACY.RI.K.6 Name the author and illustrator of a text and define the role of each in presenting the ideas or information in a text. CCSS.ELA-LITERACY.RI.K.7 With prompting and support, describe the relationship between illustrations and the text in which they appear (e.g., what person, place, thing, or idea in the text an illustration depicts). CCSS.ELA-LITERACY.RI.1.8 Identify the reasons an author gives to support

points in a text.

**Myofascial Meridians for Manual and Movement Therapists**

**Anatomy Trains Myofascial Meridians for Manual and Movement Therapists**

What if your lack of mobility isn't due to your age, but simply the number of years you haven't been moving well? *Dynamic Aging* presents a new paradigm in senior fitness: your age isn't responsible for your lack of mobility; your habits are! In this powerful and effective guide to moving better, geared specifically for those 50-plus, biomechanist and movement teacher Katy Bowman details how readers can regain their balance, maintain their ability to drive, keep their feet healthy and functional, and regain mobility and reduce pain throughout their bodies. Bowman's exercises are straightforward, require no special equipment, and include modifications for readers of all fitness levels. To combat the idea of being 'too old' to make great improvements, *Dynamic Aging* is filled with stories and advice from four septuagenarians who have been following Bowman's program for a decade, avoiding surgeries, eliminating pain, and regaining freedom and ease in their bodies they thought they had lost permanently to "old age." From hiking mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel.

**A Movement and Yoga Therapists Guide to Asana** North Atlantic Books

A collection of all the articles Tom Myers has written for *The Journal of Bodywork and Movement Therapies* during 1997 - 2004. Articles include: Kinesthetic Dystonia: What Bodywork Can Offer a New Physical Education? Anatomy Trains? Structural Integration: Developments in Ida Rolf's "Recipe"? The Wounded Healer: A Structural Approach to a Case History? Treatment Approaches for Three Shoulder 'Tethers'? Extensor Coxae Brevis: The Deep Lateral Rotators in Pelvic Tilt? Some Thoughts on Intra-Nasal Work

**Simple Exercises for Whole-body Mobility** Elsevier Health Sciences

Modern rider biomechanics begins by explaining fascia--the "Cinderella" of body tissues. Until recently, fascia was ignored by science, consigned to its apparent role as the body's "packing material." However, research now shows that, in reality, this biological fabric is what links muscles into functional chains. In this eye-opening book, rider biomechanics pioneer Mary Wanless explores the characteristics of the body's fascia and why understanding how it works not only improves a rider's balance and coordination, but also enhances "feel," since fascia contains many more sensory nerves than muscles. These register the forces that pull on an area, and thus a "fascial net" under tension creates a wellspring of strength and sensation. By learning to access and rebalance your own fascial net, your stability, skill, and feel will be significantly improved, helping you become a quieter, more effective rider.--

**The Skeletal System and Muscle Function** North Atlantic Books

**Anatomy Trains Myofascial Meridians for Manual and Movement Therapists** Elsevier Health Sciences

**Reinforced Concrete Bridges** Simon and Schuster  
*Body?* is Tom's regional anatomy- used as a text in our ATSI structural integration training- each chapter covers a region of the body in terms of the bones, joints, muscles and fascial structure embedded in Tom's unique view of evolution and development.

**The Roll Model** North Atlantic Books

Don't waste your time doing workouts that leave large gaps in your strength or load you up with unnecessary, redundant exercises. Take a strategic approach to your workouts by using a proven system that trains strength through each joint's true full range of motion. Even if you lift, you may still be missing something in your quest to get stronger. Optimal training does not involve training all the muscles; instead, it trains all the ranges (or zones) of each muscle. Many popular exercises work the same muscles the exact same way. Performing redundant

exercises is a waste of your time. In *Strength Zone Training*, renowned personal trainer Nick Tumminello, who has become known as the trainer of trainers, shows you the following: How to build strength through the true full range of motion The redundant exercises you just don't need to do The exercises to maximize upper body and lower body strength that are missing from your workout The angles most people don't do exercises for but should The best exercises to include in your program to train each muscle group A better strategy to follow when choosing your exercises Beginner and advanced workout plans for any schedule You'll find exercises addressing every area of the body, with details on how to perform the exercise as well as coaching tips. Select exercises are depicted with a hybrid of photo and art highlighting the movements, or zones, that provide a training stimulus. You will learn how to combine exercises within a workout in a smarter and more strategic way to collectively train through a full range of motion--resulting in not just an improvement in physique but also an improvement in performance and a reduction in injury risk. In addition to the exercises, you'll find four chapters of easy-to-follow workout plans you can immediately use at the gym. You can select a fully comprehensive workout plan that is right for you, regardless of your training level or weekly schedule. *Strength Zone Training* is the blueprint for building muscle with a purpose, making it simple to create workout programs that eliminate exercise redundancy and use full range of motion so you can build a body that is all-around stronger and more durable. Choose your exercises and get ready to dominate! CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Strength Zone Training Online CE Exam* may be purchased separately or as part of the *Strength Zone Training With CE Exam* package that includes both the book and the exam.

**Trigger Point Therapy for Myofascial Pain** Victory Belt Publishing  
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.

**Dynamic Aging** Mosby

This complete, full-color atlas of bones and joints contains over 700 illustrations and explains how muscles function as movers, antagonists, and stabilizers so readers will truly understand how muscles function in the human body. It includes the bones, landmarks, and joints, as well as an introduction to the basics of how muscles function (beginning kinesiology). It also provides clinical applications related to the kinesiology concepts presented and includes an explanation of anatomical and physiological terminology that is needed for work in the musculoskeletal field. Finally, this book covers microanatomy and microphysiology, such as the sliding filament theory and the structure and function of fascia. Clinical applications throughout the text, as they relate to the kinesiology concepts covered, enable students to apply the knowledge learned in the classroom to clinical practice. Over 100 full-color photographs of every bone in the human body gives readers comprehensive coverage of bones not found in other kinesiology books. Clear, full-color line drawings that highlight each topic in the overview of the human body, joints of the human body, and muscle function parts. Thorough coverage of joints in six chapters that provide information on structure, function, terminology, and specific illustrations on each joint in the human body: joints of the axial body, joints of the upper extremity, and joints of the lower extremity. Includes an explanation of anatomical and physiological terminology that is needed for work in the musculoskeletal field.

North Atlantic Books

A collection of articles by Tom Myers that appeared in *Massage and Bodywork* from 2000 to 2005. This newly updated edition has full color illustrations and 29 articles on such topics as History of Anatomical Concepts, The Cell and Fascia, Structural Bodywork, Anatomy Unbound, The Psoas Series and The Anatomy of Energy.