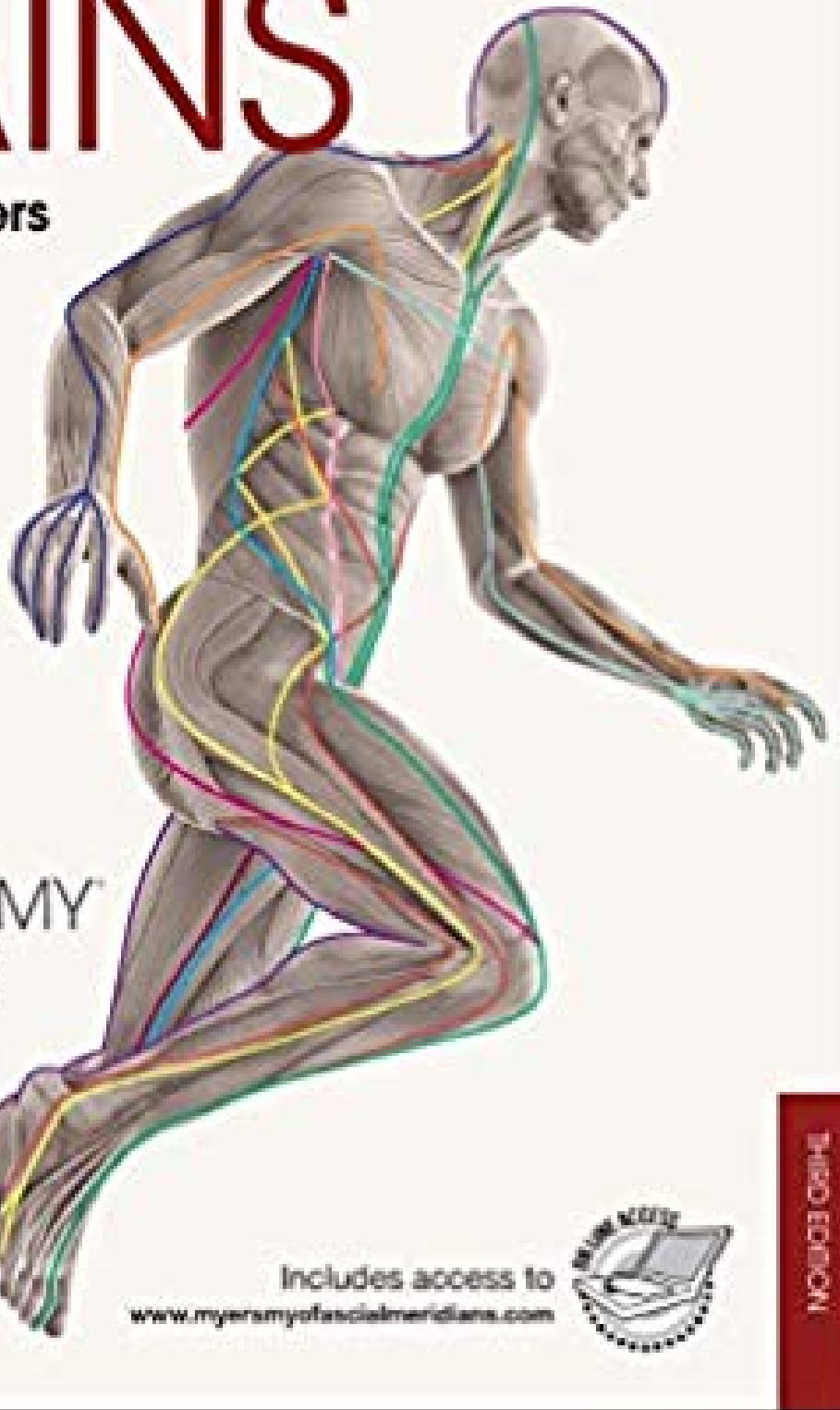


# ANATOMY<sup>®</sup> TRAINS

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THIRD EDITION

Thomas W. Myers

# Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists



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Anatomy Trains bandwagon: A stylish theory unfortunately widely embraced seeing that fact Tom Myers in his two books presents an attractive if not compelling theory on fascial anatomy and its own potential effects on motion and position across broad planes.) and everything you have is an all in 1, class on the body that's more than good enough for any professional short of a MD. I've acquired anatomy instructors in Roling schooling, in pre-medicine in university, and in both chiropractic and veterinary university, and I can state Tom Myers is really as good as they can be found in making anatomy highly relevant to scientific treatment. The book is wonderfully done, and the theory is well offered ample and useful anatomical illustrations of every anatomy train. This is not among those books that tantalizes you with tidbits and then says "but to really learn it you should consider my classes. There exists a lot to learn from right here, and as constantly, Tom Myers' writing is certainly thought provoking, smart and easy to read." Myer's doesn't hold back in his books. My Roling teachers often commented upon this feeling of "tissue hydration" underneath their fingertips as they worked. That being said I do have some reservations about the Anatomy Trains idea and the phenomenon of entire scale acceptance that surrounds the idea. What is troubling isn't the idea presented in this publication, but the nearly ubiquitous acceptance in massage and chiropractic circles as proven truth. Read no further, it is worthwhile. Buy the previous edition. If you want a great book that clarifies the Anatomy Trains concept clearly and deeply plenty of to try the clinic or therapeutic massage table, then definitely buy this book. One repeatedly reads evaluations calling this book "important" and discussing other theories on fascia as "outdated" or "misguided." I really believe this speaks to the elegant and intuitive character of the Anatomy Trains concept and the way it is presented, instead of speaking to its veracity. Not only are these settlement strategies clearly visible, but being inefficient, frequently lead to pathology and injury, once again distant from the underlying issue. I say this much less a skeptic of manual medicine. I myself educated with Tom Myers twenty years ago, educated and practice as a practitioner of structural integration (Roling) and use manual medication in my own veterinary practice. At least one other well known fascial bodywork author provides equated the fascial network to sort of sweater manufactured from fascial yarn in which snags can develop and propagate stress across longer distances in the body. Great book! Over the years I have noticed some prominent Roling authors cool off from these theories after participating in real anatomical dissections. If I buy a book, I wanted everything I need IN THE BOOK! Good Easy to read and very good Great information Very technical but understandable for the layman. The inflammation you see on your skin after fascial treatment and acupuncture can be partially because of this phenomenon of mast cell degranulation. In fact, given the power and organization of these cells and the forces they must withstand, any gross transformation in them whether manual or medical would amount to injury and joint capsule injury and would require substantial healing. Loads of excellent information and worth the buy! One particular theory is definitely that deep fascial intervention, as a secondary byproduct, causes mast cell degranulation in superficial tissues and that the released histamine granules trigger extravasation of intravascular fluid into the tissues which "hydrates" those tissues, causing better sliding between fascial planes. I would suggest this reserve to anyone thinking about anatomy from a movement or manual medication perspective. A German medical approach to fascial manipulation is founded on this phenomenon. Having in fact held these tissues between my fingers, I have to doubt the possibility. Moshe Feldenkrais, among Tom's teachers, repeatedly showed that supposed "physical restrictions" in the body were actually habitual parasitic muscle tensions that may be eliminated just through a few

minutes of low amplitude client-directed movements to bring awareness to those parasitic actions. Joanne Elphinston in her exceptional text *Stability, Sports and Performance* Movement requires us critically through many of the stereotypical aberrant motion patterns we in the fascial globe have generally credited to fascial "restriction. That one has cuts to fit in more text and relies on you looking at the good illustrations at their internet site instead of in the reserve. She also displays how weakness in stabilization in a single area of the body can demand compensatory and inefficient motion patterns elsewhere in the body. Like fascia, movement strategies are also global entire body phenomenon, and weakness in a single area can result in visible movement settlement across joints distant from the weakness. In fact, the most basic elements that would get this to another clinical tool seem to be completely lacking from the scientific literature. *Physiotherapy Very simple book*, good informations for PT This book is for advanced myo-Therapist! This book does it all. Fascial adhesion may be a finish point, but from what extent and what lengths reaching from the original insult its results can travel are still unknown. This is why I see it so troubling that the *Anatomy Trains* idea has become so pervasively accepted as truth, yet the most elementary premises, 1) that gross fascial strain can be transmitted physically across chains of company anchor points and 2) that deep manual intervention can stretch out or "launch" fascia in vivo, stay completely unproven theories. We have frequently stood by the roadside watching the parade of medicine and patted ourselves on the back to be visionaries and 20 years ahead of our time. I hope Tom Myers continues to use his unique gifts to build up this and other theories that really feed the imagination. Financial firms no excuse for not recognizing the difference between fact and theory. The manual medicine and therapeutic massage world has constantly struggled to get itself accepted in the popular world of medical treatment modalities. We compliment ourselves for having already accepted what "they" possess yet to discover. However I desire that the therapeutic massage and chiropractic worlds would embrace critical thinking rather than merely embracing every brand-new enticing theory as fact simply because it has a certain intuitive appeal. Our clients invest a great deal in time, effort, hope and money when they arrive to us. We owe it to them to separate fact from theory, also to not really sell them the latter as the former. As it is normally, the *Anatomy Trains* idea is an exciting theory, nonetheless it is as yet just a theory, no essential groundbreaking truth in manual medication, as many claim. IF, on the other hand, you are reading evaluations thinking what the *Anatomy Trains* phenomenon is all about, then read on. Website isn't user-friendly though Five Stars Loved it." She displays how they are often linked to and corrected by addressing weakness in stabilization strength and stabilization strategies. I enjoyed it Long winded Trying to end up like greys anatomy Could really do without all the bs theologizing between the chapters, just give the diagrams and functions Misters of human body This is the best book to learn the unwritten but valued mechanism of human body. I think he's a visionary in stepping back to look at useful anatomy from a complete body perspective While there's been a lot of basic scientific function carried out on the microscopic structure and chemistry of fascia, the task has yet to be achieved to verify what Rolfers have got often proposed: 1) that restriction in a small area of fascia can be propagated across longer distances and across company attachment points to cause global movement dysfunction and 2) that deep manual intervention is in fact able to stretch or "free of charge" fascial restrictions deep in the cells. This book is definitely a keeper. I paid over \$100 for the second edition instead of buying the 3rd edition at like a third of the purchase price. The reasoning was that upon exploring I found that another edition desires you to juggle between your reserve and their website to look at

photos and references. I myself was taught that I could stretch out the quadratus lumborum fascia with my elbow, yet even a cursory appearance in dissection at the depth and overlying muscles would lead someone to doubt the chance of achieving that result. That's why I'm buying a book. Irrespective, this book is a tough read. The average individual, like myself, will battle to sit down and read it. If you are adept in the language of medical students you might not have any concern, but I'm just an enthusiast. This reserve will give you a different outlook on what the body works as far as how muscle tissues and tendons are connected, if you haven't been exposed to these things already. I Also needed an instrument that I could begin reading and understanding with NO prior schooling or advanced understanding on anatomy, biology or psychology ect. I have a problem with muscular dysfunction due to poor training programs and extended periods of sitting, so I'm always trying to learn new things to become a better version of myself. This book is like my new "bible" This book is like my new "bible." As a Yoga instructor ( of almost 24 months) I've been searching for a device that I can both make use of a "textbook" to understand everything i have to know about functional motion of the body, AND also as a quick reference to brush through to an idea or quickly understand a new one. I was suggested this publication by a massage therapist, which I am also not, and I am pleased to add this to my collection.Finally, where physical restriction and tension are in fact palpable and measurable, current scientific research appears to implicate vascular, neural and local chemical mediators all playing an intertwined role in initiating, sustaining and propagating such restrictions. You can easily find what you would like, get a actually quick grasp of the idea, or use as an instant reference OR dive also deeper and find out the in's and out's of a subject. Combine this with all the current online tools that include the book (3D models of human being bodies, video lectures ect. The theory itself is not new, with other Rolfers and osteopaths discussing the vast "network" of fascia through the entire body becoming the integrator of position and movement. Without fascial work these problems could be reversed through skill and power acquisition.While the Anatomy Trains concept is a great theory that, if true, will be a amazing guide to strategy in manual therapies, right now there are other competing theories that produce as very much sense and could have an improved scientific underpinning. Choose the prior edition if what you want is a book. Worth every penny! Like the book! I was also taught that I could "effect" the TFL and the tough fibrous fascial accessories around the hip joint (think lateral line right here) with manual intervention. The prior edition was an improved book.



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