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[Anatomy Trains: Myofascial Meridians for Manual and ...](#)

Fully updated throughout and now with accompanying website (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.

[Myofascial meridian theory applied in Chinese internal ...](#)

Myofascial meridian theory applied in Chinese internal martial arts by Andrea Falk. This article is a short summary, with emphasis on practical concepts for Chinese internal martial artists, of the ideas in Thomas W. Myers' book *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists* (Churchill Livingstone, 2001). All quotes and drawings come from the book. Since this article is

[An Introduction to the Anatomy Trains 8 Myofascial Meridians](#)

approach to structural and movement therapies, and goes on to describe one map of larger functioning continuities within the musculo-skeletal system. These continuities, termed myofascial meridians , wind

[The Evidence of Anatomy Trains Myofascial Meridians](#)

The *Anatomy Trains Myofascial Meridians* concept by Tom Myers is quite popular amongst manual and movement therapists. However there has been little scientific evidence to support this concept until recently. [Anatomy Trains E-Book: Myofascial Meridians for Manual and ...](#)

Fully updated throughout and now with accompanying website (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.

[Anatomy Trains: Myofascial Meridians for Manual and ...](#)

Anatomy Trains 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 for the first time.

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Absolute soft tissue therapists use body postural analysis, gait, and functional movement screening, to create a treatment protocol that addresses fascial restrictions along the myofascial meridians. Come on in and see our specialist for all your soft tissue and injury concerns.

Anatomy Trains, 2nd ed: Myofascial Meridians for Manual and Movement Therapists (Myers, Elsevier)

Myofascial Meridians for Manual and Movement Therapists (Publisher: Elsevier) By Thomas W. Myers, LMT, NCTMB, ARP, Certified Rolfer -This is a sample video clip from DVD on Latissimus dorsi.

Anatomy Trains - Official Site

Anatomy Trains is the mapping of whole body fascial and myofascial linkages developed by Thomas Myers. Providing continuing education and certification for movement and manual therapy professionals worldwide.

Kinesis Myofascial Integration (KMI) - About Anatomy Trains

Anatomy Trains leads to practical new holistic strategies to improve stability, coordination, and resolve long-standing compensations in postural and movement patterns whether you are a manual therapist, movement professional, or

using self-myofascial release (SMR).

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