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These continuities, termed myofascial meridians, wind longitudinally through the soft tissues. These ideas are unfolded in greater detail in the book *Anatomy Trains* (Elsevier, 2001), and at www.AnatomyTrains.net. *Anatomy Trains* provides a traceable basis for effective treatment at some distance from the site of dysfunction or pain.

An Introduction to the Anatomy Trains 8 Myofascial Meridians

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the *Anatomy Trains* lines, let us now explore *BodyReading* the shoulders and arms. The shoulders involve not one, but six myofascial meridians. Our highly mobile shoulders move and shift position in a wide variety of ways relative to the ribs and neck, contributing to strain and pain patterns that include everything from headaches

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Myofascial Meridians A revolution in Soft-Tissue Patterning. *Anatomy Trains*® maps the "anatomy of connection"™ "the whole-body fascial and myofascial linkages. *Anatomy Trains* links the individual muscles into functional complexes, each with a specific anatomy and "meaning"™.

Anatomy Trains - Dynamic Education for Body-Minded

This website has been especially designed for readers of the third edition of *Anatomy Trains: Myofascial*

Meridians for Manual and Movement Therapists by Thomas Myers - the worldwide bestseller which helps readers expand their vision and practice to global myofascial patterns.

Anatomy Trains - Dynamic Education for Body-Minded

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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).

Myofascial meridian theory applied in Chinese internal

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 ...

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By Tom Myers, soft tissue practitioner Some readers may be familiar with the Anatomy Trains Myofascial Meridians idea. Briefly, all our muscles have been analysed as if they were separate units within the body. This idea - that there is a separate unit like the biceps, the psoas, the latissimus - is so perva-

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