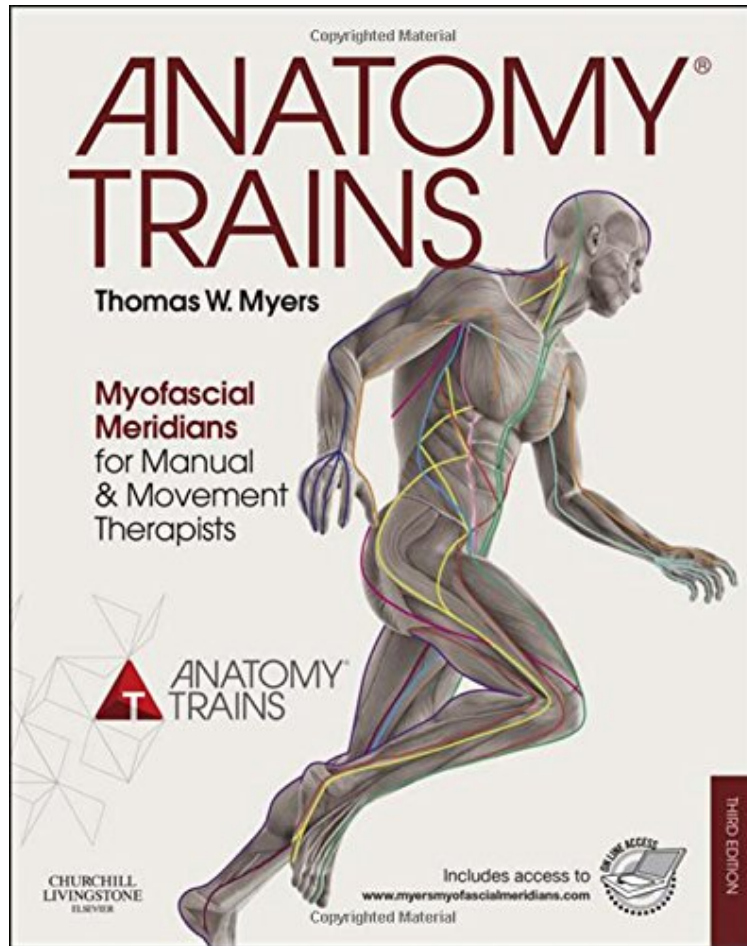


# Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e

Thomas W. Myers

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**Thomas W. Myers : Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e** before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 3e:

315 of 318 people found the following review helpful. Anatomy Trains bandwagon: An elegant theory unfortunately widely embraced as factBy Timothy R.Tom Myers in his two books presents an appealing if not compelling theory on fascial anatomy and its potential effects on movement and posture across broad planes. The theory itself is not new, with other Rolfers and osteopaths referring to the vast "network" of fascia throughout the body being the integrator of posture and movement. At least one other well known fascial bodywork author has equated the fascial network to a sort of sweater made of fascial yarn in which snags can form and propagate tension across long distances in the body.The book is wonderfully done, and the theory is well presented with ample and useful anatomical illustrations of

each anatomy train. There is a lot to learn from here, and as always, Tom Myers' writing is thought provoking, intelligent and easy to read. This is not one of those books that tantalizes you with tidbits and then says "but to really learn it you need to take my classes." Myer's doesn't hold back in his books. I would recommend this book to anyone interested in anatomy from a movement or manual medicine perspective. That being said I do have some reservations about the Anatomy Trains concept and the phenomenon of whole scale acceptance that surrounds the theory. If you want a great book that explains the Anatomy Trains concept clearly and deeply enough to take to the clinic or massage table, then definitely buy this book. Read no further, it is worth it. IF, on the other hand, you are reading reviews wondering what the Anatomy Trains phenomenon is all about, then read on. What is troubling is not the theory presented in this book, but the almost ubiquitous acceptance in massage and chiropractic circles as proven fact. One repeatedly reads reviews calling this book "essential" and referring to other theories on fascia as "outdated" or "misguided." I believe this speaks to the elegant and intuitive nature of the Anatomy Trains concept and the way it is presented, rather than speaking to its veracity. In fact, the most basic elements that would make this a relevant clinical tool seem to be completely missing from the scientific literature. I say this not as a skeptic of manual medicine. I myself trained with Tom Myers 20 years ago, trained and practice as a practitioner of structural integration (Rolfing) and use manual medicine in my veterinary practice. I've had anatomy instructors in Rolfing training, in pre-medicine in college, and in both chiropractic and veterinary college, and I can say Tom Myers is as good as they come in making anatomy relevant to clinical treatment. I think he is a visionary in stepping back to look at functional anatomy from a whole body perspective. While there has been a great deal of basic scientific work done on the microscopic structure and chemistry of fascia, the work has yet to be done to verify what Rolfers have always proposed: 1) that restriction in a small area of fascia can be propagated across long distances and across firm attachment points to cause global movement dysfunction and 2) that deep manual intervention is actually able to stretch or "free" fascial restrictions deep in the tissues. Over the years I have seen some prominent Rolfing authors back away from these theories after participating in actual anatomical dissections. I myself was taught that I could stretch the quadratus lumborum fascia with my elbow, yet even a cursory look in dissection at the depth and overlying muscle would lead one to doubt the possibility of achieving that outcome. I was also taught that I could "effect" the TFL and the very tough fibrous fascial attachments around the hip joint (think lateral line here) with manual intervention. Having actually held these tissues between my fingers, I have to doubt the possibility. In fact, given the strength and organization of those tissues and the forces they must withstand, any gross change in them whether manual or surgical would amount to tissue damage and joint capsule injury and would require substantial healing. While the Anatomy Trains concept is an excellent theory that, if true, would be a wonderful guide to strategy in manual therapies, there are other competing theories that make as much sense and may have a better scientific underpinning. One such theory is that deep fascial intervention, as a secondary byproduct, causes mast cell degranulation in superficial tissues and that the released histamine granules cause extravasation of intravascular fluid into the tissues which "hydrates" those tissues, bringing about better sliding between fascial planes. My Rolfing teachers often commented on this feeling of "tissue hydration" underneath their fingers as they worked. A German medical approach to fascial manipulation is based on this phenomenon. The redness you see on the skin after fascial treatment and acupuncture is partially due to this phenomenon of mast cell degranulation. Moshe Feldenkrais, one of Tom's teachers, repeatedly showed that supposed "physical restrictions" in the body were actually habitual parasitic muscle tensions that could be eliminated simply through a few minutes of low amplitude client-directed movements to bring awareness to those parasitic actions. Joanne Elphinston in her excellent text *Stability, Sports and Performance Movement* takes us critically through many of the stereotypical aberrant movement patterns we in the fascial world have always credited to fascial "restriction." She shows how these are often related to and corrected by addressing weakness in stabilization strength and stabilization strategies. She also shows how weakness in stabilization in one area of the body can demand compensatory and inefficient movement patterns elsewhere in the body. Like fascia, movement strategies are also global whole body phenomenon, and weakness in one area can result in visible movement compensation across joints distant from the weakness. Not only are these compensation strategies clearly visible, but being inefficient, often lead to pathology and injury, again distant from the underlying problem. Without fascial work these problems can be reversed through skill and strength acquisition. Lastly, where physical restriction and tension are actually palpable and measurable, current scientific research seems to implicate vascular, neural and local chemical mediators all playing an intertwined role in initiating, sustaining and propagating such restrictions. Fascial adhesion may be an end point, but to what extent and how far reaching from the initial insult its effects can travel are still unknown. The manual medicine and massage world has always struggled to get itself accepted in the mainstream world of medical treatment modalities. We have often stood by the roadside watching the parade of medicine and patted ourselves on the back for being visionaries and 20 years ahead of our time. We compliment ourselves for having already accepted what "they" have yet to discover. However this is no excuse for not recognizing the difference between fact and theory. This is why I see it so troubling that the Anatomy Trains concept has become so pervasively accepted as fact, yet the most basic premises, 1) that gross fascial strain can be transmitted physically across chains of firm anchor points and 2) that deep manual intervention can stretch or "release" fascia in vivo, remain completely unproven theories. I hope Tom

Myers continues to use his unique gifts to develop this and other theories that really feed the imagination. However I wish that the massage therapy and chiropractic worlds would embrace critical thinking rather than merely embracing every 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 come to us. We owe it to them to separate fact from theory, and to not sell them the latter as the former. As it is, the Anatomy Trains concept is an exciting theory, but it is as yet only a theory, not an essential revolutionary truth in manual medicine, as many claim. 35 of 35 people found the following review helpful. Buy the previous edition. By Jody The previous edition was a better book. This one has cuts to squeeze in more text and relies on you looking at the good illustrations at their website instead of in the book. Buy the previous edition if what you want is a book. 3 of 3 people found the following review helpful. and this book is brilliant. Everything I have read so far is pertinent ... By euphonicus I'm a massage therapist, and this book is brilliant. Everything I have read so far is pertinent to my trade and I have already begun to apply what I have learned from the author in my practice. Clearly this book is the result of the author's lifelong work. This work reads like a textbook; it is slow reading due to its thorough approach. Although I am working through it without the DVD, I imagine the video would help some understand the concepts better, especially those more removed from their AP/Kinesiology/Pathology lessons. The photographs and drawings are amazing, too.

The latest edition of this highly successful volume presents 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 with the latest scientific research, the book 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. Using the metaphor of railway or train lines, the book explains how patterns of strain communicate through the myofascial webbing, contributing to movement stability and postural compensation. Written in the clear and accessible style that characterised the success of previous editions, the book guides the reader in the effective application of the Anatomy Trains theory via the use of abundant diagrams, photographs and educational film sequences on an associated 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. "Anatomy Trains" is certainly not devoid of personality. It is this personality combined with a non-scientific writing style, yet supported clearly with scientific references, that makes or breaks the book as a reader. If approached with an open mind then there is a clear working theory that flows throughout the text and even now in its 3rd edition, the book appears novel and rogue. [...] There is a clinical relevance to this book that could change the thinking of most physiotherapists and encourage a more "whole body" approach to therapy." Sam Blanchard, Head of Academy Physiotherapy, Brighton Hove Albion Football club. 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

As we seek solutions to the frequently complex biomechanical puzzles posed by those who consult us, Tom Myers' insight into the fascial networks of the body can often point to practical therapeutic options. The Anatomy Trains metaphor is a revelation; a way of seeing the body's interconnectedness more clearly, offering new physiological and anatomical perspectives, and therefore different clinical choices. Quite simply the content of this book is revolutionary. Leon Chaitow ND DO, Honorary Fellow, University of Westminster, Editor-in-Chief, Journal of

Bodywork Movement Therapies Any body of work that demonstrates the interconnectedness of the body and fosters appreciation of the whole over the sum of available parts is a must in today's health and fitness market. Anatomy Trains champions a wider scope of the body and its movement systems. Gray Cook MSPT, OSPT, CSCS, Developer of the Functional Movement Screen Tom Myers' masterful second edition of Anatomy Trains incorporates the most recent scientific concepts into a framework for understanding and practicing deep tissue work. Readers will gain insight into both basic and clinical research issues, how the science could influence clinical practice, and vice versa. Completely redone illustrations show anatomy from the cellular to the whole body level, describing both structure and function. Clinicians, researchers and educators alike will find this an invaluable text, which leads to new insights on each reading. Thomas Findley MD PhD, Professor of Physical Medicine and Rehabilitation, University of Medicine and Dentistry of New Jersey, Editor-in Chief, International Journal of Therapeutic Massage and Bodywork: Research, Education and Practice Using Tom Myers' Anatomy Trains concepts and techniques in my chiropractic practice has improved my ability to see the source of my patient's problem and more efficiently target the soft tissue structures involved. As a result, injuries resolve more quickly, chronic problems respond well, and my adjustments are more effective because they are supported by the soft tissue. I highly recommend Anatomy Trains as a valuable asset for chiropractors and other practitioners using manipulation in their practices. Dr Andrea Coates Vinson, D.C. Anatomy Trains has become required reading for the advanced Structural Integration and Myofascial Therapy programs of the CORE Institute. Myers has discovered the critical interconnections of the myofascial web and communicates his vision in a language that honors both the art and science of somatic therapies. George P. Kousaleos, LMT, Founder President, CORE Institute For everyone interested in integrative medicine and functional anatomy, this artistic book is recommended. It even makes studying functional anatomy enjoyable. Dr Andry Vleeming, Professor of Clinical Anatomy, co-editor of Movement, Stability and Lumbopelvic Pain The beauty of Tom Myers' work is that it is useful for a wide range of bodyworkers, from movement or energy therapists to manipulative manual specialists, and does more than simply demonstrating rote techniques, Anatomy Trains provides a deep understanding of strain patterns in the body to enable creative and effective solutions for the issues we encounter in a bodywork practice. Art Riggs, Certified Advanced Rolfer Our field is fortunate to have the talent and skill of Tom Myers and his ability to articulate his findings. His study, discoveries and syntheses are clearly defined and easily applicable for anyone who works with the body. His documentation of the body's structure and function containing spiral pathways inspire people to rethink the idea of 'straight line' movement. Judith Aston, M.F.A. Somatic Pioneer teaching bodywork, movement, and fitness for over 40 years. Anatomy Trains will help physicians, therapists and bodyworkers of all backgrounds break away from the prevalent traditional, mechanistic view of how the body works and is to be treated and will then push you headfirst into a logical, systems oriented view that has helped expand my diagnostic and treatment paradigms as well as my personal practice enormously. Chris Frederick, Physical Therapist, Certified Flexibility Specialist, Professional Structural Integrator, Director Stretch to Win Institute. Training optimal movement patterns requires an understanding of how the body regions connect and work in synergy. Anatomy Trains is an essential guide for understanding key myofascial lines which, when in tensegrity, facilitate optimal movement and postural patterns. Keep the train rolling, Tom. All aboard everyone! Diane Lee BSR MCPA FCAMT, physiotherapist and author of The Pelvic Girdle Perfection improved? Guess so The Anatomy Trains ZenMaster once again demonstrates how excellence evolves with greater mastery as we journey the road less traveled. An anatomical playwright, Tom's newest offering captures our curiosity with incomparable biomechanical prose and delights our visual senses via breathtaking graphic designs. Kudos, Captain Myers Erik Dalton, Ph.D. Author of Myoskeletal Alignment Techniques Anatomy Trains revolutionizes the teaching and learning of Pilates. Elizabeth Larkam, Director, Pilates Beyond, San Francisco In Russia, this book turns a new page in rehabilitation, osteopathy, orthopaedics, sport medicine and sports. It opens a new horizon in understanding the basics of movement patterns and posture and gives a unique chance to gain awareness of formation of scoliosis and movement stereotypes. Anatomy Trains will allow you to make quality changes in your medical and sports practices to achieve amazing results very rapidly. I am recommending this book to friends and colleagues and keep using the concepts of Anatomy Trains in my everyday practice with great success. Dmitriy Merkulov, D.O. There is no doubt that this beautiful and inspiring book will contribute many important insights to the scientific understanding of musculoskeletal function. Helene M. Langevin MD, Research Associate Professor, Departments of Neurology, Orthopaedics and Rehabilitation, University of Vermont Tom's Anatomy Trains book and in depth practical studies represent/reveal an invaluable and vivid insight/understanding into how the body has pre-organized its movement functions via the flexible fabric (cut on the bias) from within. The story and strategies of the body's movement and the related posture is visually introduced with a wealth of "functional" information. This body of work profoundly contributes to the foundation of my teachings. It is the manual/handbook for any serious teacher or student of movement. Marie-Jose Blom Lawrence, Master Teacher of Pilates, Director Long Beach Dance Conditioning, Creator of Smart Spine Back Support System Anatomy Trains is a resource that gives inspiration for anyone who works with the human organism, for practitioners of various manual fields, for movement teachers and for educators in a larger sense. This book is written in a way, that it leads directly into practical application. Peter Schwind, Ph.D. Author of Fascial and Membrane Technique An excellent teaching/study aid for all bodyworkers. An

unusually interesting guide to living anatomy - an excellent way to visualize the anatomy of movement. Highly recommended! Rosemary Feitis DO. Author of *The Endless Web* As a movement professional it is essential to study the brilliance of anatomist Tom Myers in *Anatomy Trains*. When you actually see the connectedness and order of the body you begin to understand how one action can move through and effect so many others areas. Bravo! Yamuna Zake, founder of BodyRolling Thomas Myers is one of the pre-eminent practitioners and teachers of connective tissue matters. Originally trained as a Rolfer, Tom has taken his research to a completely new level, presenting current material about connective tissue that continues to pour out of clinical studies at an ever-increasing pace. *Anatomy Trains* is the magnum compendium of his experience, thinking and teaching. Here you will find a wealth of information about the nature of fascia, its treatment, and its relationships to many other somatic systems. This book is a must-own, must-read for any serious practitioner of bodywork. *Anatomy Trains* will deepen your knowledge and practical applications regardless of what your training background has been. Deane Juhan, is a long time teacher of Trager and the author of *Job's Body: A Handbook for Bodywork* and *Touched by the Goddess: The Physical, Psychological and Spiritual Powers of Bodywork* ""*Anatomy Trains*" is certainly not devoid of personality. It is this personality combined with a non-scientific writing style, yet supported clearly with scientific references, that makes or breaks the book as a reader. If approached with an open mind then there is a clear working theory that flows throughout the text and even now in its 3rd edition, the book appears novel and rogue. [...] There is a clinical relevance to this book that could change the thinking of most physiotherapists and encourage a more "whole body" approach to therapy." Sam Blanchard, Head of Academy Physiotherapy, Brighton Hove Albion Football club. About the Author Thomas Myers studied directly with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and a variety of movement and manual therapy leaders. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy. An inveterate traveller, Tom has practiced integrative manual therapy for over 30 years in a variety of clinical and cultural settings, including 10 years in London, and practices in Hamburg, Rome, Nairobi, and Sydney, as well as a dozen locales in the US. He is a founding member of the International Association of Structural Integrators (IASI). Author of *Anatomy Trains* and a set of supporting videos, and co-author of *Fascial Release for Structural Balance* (Lotus, 2010), Tom has also penned over 60 articles for trade magazines and journals on anatomy, soft tissue manipulation, and the social scourge of somatic alienation and loss of reliance on kinaesthetic intelligence. A certified Touch-in-Parenting instructor, Tom retains a strong interest in perinatal issues. Living on the coast of Maine, Tom and his faculty conduct professional certification and continuing education courses worldwide.