
Anatomy Trains Tom Myers

A Systematic Guide to Physical Diagnosis
 Embrain and Embody Myofascial Meridian Anatomy
 The New Anatomy of Rider Connection
 Exploring Form, Expanding Function
 Reinforced Concrete Bridges
 Stretch to Win-2nd Edition
 Architecture of Human Living Fascia
 Myofascial Efficiency and the Body in Movement
 Born to Walk
 Structural Balance for Rider and Horse
 Anatomy Trains E-Book
 Understanding the Human Foot
 Myofascial Meridians for Manual and Movement Therapists
 A Visual Guide to Techniques
 Fascial Release for Structural Balance, Revised Edition
 Myofascial Meridians for Manual and Movement Therapists
 The Endless Web
 From Muscles and Bones to Organs and Systems, Your Guide to How the Human Body Works
 Dynamic Aging
 The Psoas Book
 The Anatomist's Corner
 Fascial and Membrane Technique
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 Anatomy Trains 4th Ed. Posters - LARGE
 Anatomy Trains
 Anatomy 101
 I Have the Right to Culture
 Anatomy Trains E-Book
 Born to Walk, Second Edition
 The Most Effective Method for Maximizing Muscle Development
 The Roll Model
 Practical Exercises to Stay Flexible, Active and Pain Free in Just 20 Minutes a Week
 A Whole-System Approach
 A Movement and Yoga Therapists Guide to Asana
 Anatomy Trains in Motion
 Trigger Point Therapy for Myofascial Pain
 Myofascial Meridians for Manual and Movement Therapists
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 Body3
 BodyReading: Visual Assessment and the Anatomy Trains

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SWANSON DESTINEY

A Systematic Guide to Physical Diagnosis North Atlantic Books
 A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and

palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders. *Embrain and Embody Myofascial Meridian Anatomy* CreateSpace "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.

The New Anatomy of Rider Connection Core Awareness
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.--

Exploring Form, Expanding Function North Atlantic Books
An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

Reinforced Concrete Bridges Simon and Schuster
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.

Stretch to Win-2nd Edition Human Kinetics
LIVE BETTER IN YOUR BODY. Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

Architecture of Human Living Fascia Elsevier Health Sciences

The revised edition of the definitive book on the mechanics, mysteries, and methods of upright walking The ability to walk upright on two legs is one of the major traits distinguishing us as humans, and yet the reasons for its development remain a mystery among scientists. In *Born to Walk*, author James Earls explores the mystery of walking's evolution by describing the complex mechanisms enabling us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, he explains how we can regain a flowing efficiency within our gait--an efficiency which is part of our natural design. Based on Thomas Myers's Anatomy Trains model of human anatomy, as well as the latest science in paleoanthropology, sports medicine, and anatomy, Earls's work demonstrates how the whole body collaborates in walking, and distills the complex actions into a simple sequence of "essential events" that engage the myofascia and utilize its full potential. The second and revised edition of this book provides bodyworkers, physical therapists and movement teachers with new research on assessment, diagnosis, and treatment approaches. Earls offers a convenient model for understanding the complexity of movement while gaining a deeper insight into the physiology and mechanics of the walking process. This book is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage therapists, and bodyworkers hoping to understand gait and its mechanics. It will also appeal to anyone with an interest in evolution and movement.

Myofascial Efficiency and the Body in Movement North Atlantic Books

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.

Born to Walk Elsevier Health Sciences

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.

Structural Balance for Rider and Horse North Atlantic Books

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.

Anatomy Trains E-Book North Atlantic Books

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and

positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. *Deep Tissue Massage* presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

Understanding the Human Foot Human Kinetics

Get a multi-dimensional understanding of musculoskeletal anatomy with *Anatomy Trains: Myofascial Meridians for Manual Therapists & Movement Professionals*, 4th Edition. This hugely successful, one-of-a-kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches — demonstrating how painful problems in one area of the body can be linked to a "silent area" away from the problem, and ultimately giving rise to new treatment strategies. This edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using Pilates-evolved movement, anatomy trains in horses and dogs, and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. It also offers a new, larger library of videos, including animations and webinars with the author. In all, this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists, massage therapists, craniosacral therapists, yoga instructors, osteopathologists, manual therapists, athletic and personal trainers, dance instructors, chiropractors, acupuncturists, and any professional working in the field of movement. Revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders. Relevant theory descriptions are applied to all common types of movement, posture analysis, and physical treatment modalities. Intuitive content organization allows students to reference the concept quickly or gain a more detailed understanding of any given area according to need. Section on myofascial force transmission in gait dynamics is written by guest author James Earls. Robust appendices discuss the relevance of the *Anatomy Trains* concept to the work of Dr Louis Schultz (Meridians of Latitude), Ida Rolf (Structural Integration), and correspondences with acupuncture meridians. New photos and images of fascial tissues, adhesions, and layers provide a better understanding of text content. Revised and expanded content reflects the most up-to-date research and latest evidence for the scientific basis of common clinical findings. New, larger library of videos includes animations and webinars with the author. New *Anatomy Trains in Motion* section by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along myofascial meridians. New addition: *Anatomy Trains in Quadrupeds* (horses and dogs) is mapped for equine and pet therapies by Rikke Schultz, DVM, Tove Due, DVM, and Vibeke Elbrønd, DVM, PhD. New appendix: Updated fascial compendium on elements, properties, neurology, and origins of the fascial system. NEW! enhanced eBook version

is included with print purchase, which allows students to access all of the text, figures, and references from the book on a variety of devices.

Myofascial Meridians for Manual and Movement Therapists
Elsevier Health Sciences

"Fascial release for structural balance is a fully illustrated introductory guide to structural anatomy and fascial release therapy"--Provided by publisher.

A Visual Guide to Techniques Simon and Schuster
"This book presents a unique 'whole systems' view of myofascial/locomotor anatomy in which the bodywide connections among the muscles within the fascial net are described in detail for the first time. Using the metaphor of railway or train lines, Myers explains how patterns of strain communicate through the myofascial 'webbing', contributing to postural compensation and movement stability." - back cover.
Fascial Release for Structural Balance, Revised Edition Elsevier Health Sciences

The result of more than two decades of research and practice, *The Endless Web* presents in clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. *The Endless Web* is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

Myofascial Meridians for Manual and Movement Therapists 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), *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) 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) 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.

The Endless Web Victory Belt Publishing

This thoroughly revised edition of the authoritative reference *Fascial Release for Structural Balance* brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in clients' shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."

From Muscles and Bones to Organs and Systems, Your Guide to How the Human Body Works Greenwood Books Ltd

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.

Dynamic Aging Elsevier Health Sciences

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.
The Psoas Book CRC Press

A bestselling title for over 25 years, the updated seventh edition of Talley and O'Connor's *Clinical Examination* is an essential read for all student clinicians. Fully updated with the latest clinical data, including specially commissioned research, Clinical

Examination addresses the core principles and clinical skills that underpin diagnosis for safe, effective medical practice. Clinical Examination: A systematic guide to physical diagnosis, 7th edition breaks down each body system into a logical framework focusing on the history, clinical examination and correlation between physical signs and disease for each system. Helping students to navigate from first impressions through to the end of consultation, the text provides a patient-centred, evidence-based approach, making it the definitive resource for anyone embarking upon a medical career. Building on the strengths of previous editions, Clinical Examination 7th edition, also includes via Student Consult: OSCE based scenario videos to assist with examination preparation ECG case studies Imaging library (X-Rays, MRIs and CT Scans) Please note Student Consult access is only available with purchase of a print copy. Also available for separate purchase to enrich your learning experience: An interactive enhanced eBook containing all content from this edition plus 4 additional chapters covering history and examination of Gynaecology, Obstetrics, Neonatology and Paediatrics, OSCE videos, ECG case studies, an imaging library

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