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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.

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Anatomy trains (or myofascial meridians) are lines of connective tissue which in part resemble the pathways of the meridians of Traditional Chinese Medicine (TCM). The proponent and discoverer of these anatomy trains is Tom Meyers who first theorized them based on his own therapeutic experience.

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.

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To qualify as a myofascial meridian or Anatomy Train, a chain had to have: a minimum of three muscles in the chain and they had to line up in the body's fabric, like the hamstrings and the gastrocs, and they had to stay at the same level - no jumping from superficial to deep. There are 12 of these myofascial meridians I have mapped so far.

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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'.

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The 12 'myofascial meridians' in the Anatomy Trains system join the individual muscles you learned into functional complexes within the fascial fabric - each with a defined anatomy and 'meaning' in human posture and movement.

Whole-Body Fascial and Myofascial ... - About Anatomy Trains

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Anatomy Trains: Myofascial Meridians DVD

Anatomy Trains Revealed: Dissecting the Myofascial Meridians DVD using classroom video and photos. A 3-DVD set on discovery in the field of manual and movement therapies.

Anatomy Trains Revealed: Dissecting the Myofascial Meridians

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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Anatomy Trains (Myofascial Meridians)

Myers developed the myofascial meridians as a way of explaining the role of the fascial system in relation to human structure and function. Myers book Anatomy Trains (2008) has become a leading resource in the study of the fascial network but should be considered in context as only 'one' way of considering the way the fascial network can work.

An Intro To Myofascial Meridians: In Structure & Function

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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