

# **anatomy trains maine**

**anatomy trains maine** represents a pivotal concept in the field of bodywork, movement, and holistic health that has gained traction across Maine and beyond. This approach explores the interconnectedness of the human body through myofascial meridians, which are pathways that illustrate how muscles, fascia, and connective tissues work together to influence posture, movement, and overall well-being. In this comprehensive article, we will delve into the principles of Anatomy Trains, its practical applications in Maine, the benefits it offers to practitioners and clients alike, and resources available for those seeking to learn more. We will also explore the various modalities that complement this fascinating approach to understanding the body.

- Understanding Anatomy Trains
- The Fascial System Explained
- Benefits of Anatomy Trains in Maine
- Practical Applications and Techniques
- Resources and Training Opportunities
- Conclusion

## **Understanding Anatomy Trains**

Anatomy Trains is a concept developed by Tom Myers, who identifies specific lines of muscle and fascia that connect different parts of the body. This approach emphasizes that the body should not be viewed in isolated segments but as an entire system of interconnected elements. The fundamental premise is that these myofascial lines create a three-dimensional map of the body, influencing movement patterns and facilitating communication between different muscle groups.

The model is based on the idea that the body operates as a cohesive unit where movement in one area can affect other areas. This interconnectedness is particularly relevant when addressing issues related to movement dysfunction, chronic pain, and postural imbalances. In Maine, practitioners are increasingly incorporating Anatomy Trains into their work to enhance therapeutic outcomes for their clients.

## **The Myofascial Lines**

The Anatomy Trains model consists of several myofascial lines, each representing a unique pathway through which tension and movement are transmitted. The main lines include:

- **Superficial Front Line:** This line runs from the top of the foot, through the front of the body, to the skull and is crucial for activities involving forward bending and flexion.
- **Superficial Back Line:** This line extends from the soles of the feet, up the back of the body, to the top of the head, playing a major role in extension and posture.
- **Lateral Line:** Comprising two lines that run along the sides of the body, these are essential for lateral movements and stability.
- **Spiral Line:** This line wraps around the body, integrating rotational movements and providing balance during dynamic activities.
- **Comparator Line:** Connecting the upper and lower body, this line is vital for integrating movements that require coordination between limbs.

## The Fascial System Explained

The fascial system is a network of connective tissues that envelop muscles, organs, and bones, providing structural support and facilitating movement. Understanding the fascial system is crucial for comprehending how the Anatomy Trains model operates. Fascia is not merely a passive structure; it is dynamic and responsive to movement, stress, and injuries.

Fascia can adapt and change based on the patterns of movement and tension experienced in the body. This adaptability is significant for recovery and rehabilitation, as it highlights the importance of addressing fascial restrictions to restore optimal movement patterns. In Maine, professionals trained in Anatomy Trains often utilize techniques such as myofascial release to address these restrictions and promote healing.

## Fascia and Pain Management

The fascial system plays an integral role in pain management and rehabilitation. When fascia becomes restricted due to injury, overuse, or poor posture, it can lead to discomfort and mobility issues. Recognizing the relationship between fascial restrictions and pain is vital for effective treatment. Many practitioners in Maine use the Anatomy Trains approach to identify and treat these restrictions, leading to improved outcomes for clients.

## Benefits of Anatomy Trains in Maine

The application of Anatomy Trains in Maine offers numerous benefits for both practitioners and clients. Understanding the interconnected nature of the body allows for more effective assessment and treatment strategies, enhancing the overall therapeutic experience.

# Holistic Approach to Health

One of the most significant advantages of the Anatomy Trains model is its holistic approach to health. Practitioners who adopt this framework can assess their clients more comprehensively, considering how different body parts interact through myofascial lines. This holistic view helps in identifying the root causes of pain or dysfunction rather than merely addressing symptoms.

## Enhanced Movement Quality

By utilizing the principles of Anatomy Trains, practitioners can help clients improve their movement quality. Through targeted interventions that address fascial restrictions and promote functional movement patterns, clients can achieve greater mobility, flexibility, and strength. This is particularly beneficial for athletes and individuals engaged in physical activities in Maine's active environment.

## Practical Applications and Techniques

Incorporating Anatomy Trains into practice involves various techniques aimed at assessing and treating myofascial restrictions. These techniques can be adapted for different populations, including athletes, individuals with chronic pain, and those seeking preventive care.

### Assessment Techniques

Assessment is a critical component of the Anatomy Trains approach. Practitioners use various methods to evaluate the alignment and function of the myofascial lines, including:

- **Postural Analysis:** Observing the client's posture to identify imbalances and restrictions.
- **Functional Movement Screening:** Evaluating movement patterns to pinpoint areas of dysfunction.
- **Palpation Skills:** Using touch to assess tension and restrictions in the fascia.

### Treatment Techniques

Once assessment is complete, practitioners can employ several treatment techniques to address identified issues. Common techniques include:

- **Myofascial Release:** Gentle stretching and pressure applied to fascia to release tension.
- **Stretching and Movement Education:** Teaching clients how to move in ways that promote fascial health and prevent restrictions.
- **Somatic Experiencing:** Focusing on body awareness and movement to foster healing.

## Resources and Training Opportunities

Maine is home to various training programs and resources for those interested in learning more about Anatomy Trains. These programs cater to healthcare professionals, bodyworkers, and movement educators looking to enhance their practice. Courses often include workshops, certifications, and ongoing education opportunities.

## Educational Institutions and Workshops

Several institutions in Maine offer workshops and certification programs focused on Anatomy Trains. These programs provide in-depth knowledge of the fascial system, myofascial lines, and practical applications. Participants can expect hands-on learning experiences that enhance their skills and understanding of the material.

## Networking and Community

Joining local groups or online communities focused on Anatomy Trains can provide valuable networking opportunities. Practitioners can share experiences, resources, and support one another in their learning journeys. These communities foster collaboration and help keep professionals updated on the latest developments in the field.

## Conclusion

The principles of Anatomy Trains offer a profound understanding of the body's interconnectedness, making it a valuable approach for practitioners and clients in Maine. By focusing on the myofascial system and the relationships between various body parts, this framework promotes holistic health, improved movement quality, and effective pain management. As the field continues to grow, the opportunities for learning and practical application remain abundant, ensuring that the benefits of Anatomy Trains will positively impact the health and wellness landscape in Maine for years to come.

## **Q: What is the main concept behind Anatomy Trains?**

A: The main concept of Anatomy Trains is that the human body consists of interconnected myofascial lines, which influence movement and posture. This approach emphasizes the importance of treating the body as a holistic unit rather than isolated parts.

## **Q: How can Anatomy Trains help with chronic pain?**

A: Anatomy Trains can help with chronic pain by identifying and addressing fascial restrictions that contribute to discomfort. Practitioners utilize techniques such as myofascial release to alleviate tension and restore optimal movement patterns.

## **Q: What are the benefits of using the Anatomy Trains approach in physical therapy?**

A: The benefits include a comprehensive assessment of the body's movement patterns, improved treatment outcomes, enhanced movement quality, and a holistic perspective on health that considers the interconnection of body systems.

## **Q: Are there specific training programs available in Maine for Anatomy Trains?**

A: Yes, Maine offers various workshops and certification programs focused on Anatomy Trains. These educational opportunities cater to healthcare professionals, bodyworkers, and movement educators.

## **Q: Can athletes benefit from the Anatomy Trains approach?**

A: Absolutely. Athletes can benefit from the Anatomy Trains approach by improving their movement efficiency, preventing injuries, and enhancing overall performance through targeted interventions that address fascial health.

## **Q: What techniques are commonly used in Anatomy Trains practice?**

A: Common techniques include myofascial release, stretching, movement education, and somatic experiencing, all aimed at addressing fascial restrictions and promoting optimal movement patterns.

## **Q: How does the fascial system impact overall health?**

A: The fascial system impacts overall health by providing structural support, facilitating movement, and enabling communication between different body parts. Restrictions in fascia can lead to pain

and dysfunction, making its health crucial for well-being.

## **Q: What role does postural analysis play in Anatomy Trains?**

A: Postural analysis is essential in Anatomy Trains as it helps practitioners identify imbalances and restrictions within the body, guiding effective treatment and improving overall movement quality.

## **Q: Is Anatomy Trains relevant for non-professionals?**

A: Yes, the principles of Anatomy Trains can be beneficial for non-professionals as well, providing insights into body awareness and movement that can enhance personal health and wellness practices.

## **Q: How can one get involved in the Anatomy Trains community in Maine?**

A: Getting involved in the Anatomy Trains community in Maine can be achieved by attending workshops, joining local groups focused on bodywork and movement, and participating in online forums to connect with other practitioners and enthusiasts.

## **[Anatomy Trains Maine](#)**

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**anatomy trains maine: Anatomy Trains** Thomas W. Myers, 2009-01-01 An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

**anatomy trains maine: Anatomy Trains E-Book** Thomas W. Myers, 2020-03-19 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.

**anatomy trains maine: Fascia in the Osteopathic Field** Torsten Liem, Paolo Tozzi, Anthony Chila, 2017-03-01 The book aims: To enable osteopaths - and other manual practitioners/bodyworkers - to understand the importance of fascia and its relevance to their work..... By providing a comprehensive textbook covering history, nature and properties [function] of fascia... And covering all aspects of osteopathic management of disorders that relate to/are mediated by the fascia..... Using contributions from leading authorities bearing in mind so far as possible the needs and interests of osteopaths.

**anatomy trains maine: Fascia, Function, and Medical Applications** David Lesondak, Angeli Maun Akey, 2025-01-10 Fascia is the biodynamic tissue that connects every muscle, bone, organ, and nerve in the body; it is an emerging field in healthcare and allied health modalities. Following its predecessor, the second edition is essential reading for medical and allied health practitioners who want to bring scientific insights of the importance of fascia to human health into their clinical practices. It contains contributions from a team of top researchers and expert practitioners, including physicians, clinicians, therapists, dissectors, and surgeons. Illustrated in full color throughout, this book presents a vital update to the first edition to include the most up-to-date science and practical applications, written by the experts themselves. It provides insight and explanations for problems, including chronic low back pain, frozen shoulder, post-partum issues, chronic inflammation, and other symptoms that may not respond to more conventional treatments. It gives healthcare practitioners information they need to make better decisions to improve the health of patients, often without pharmaceuticals or surgeries.

**anatomy trains maine: Freeing Emotions and Energy Through Myofascial Release** Noah Karrasch, 2012-01-01 Written for bodywork and manual therapy practitioners from a wide variety of disciplines, as well as other healers who want to expand their skills, this generously illustrated book explains how and where emotions and static energy are held in the body, and how they can be released and rebalanced in therapies that challenge bodymindcore awareness

**anatomy trains maine: Body Mandala** Mary Bond, 2023-10-31 An experiential guide to using your body as the focus of contemplative practice • Presents more than 50 physical self-explorations that invite you to transform your sensory experience, expand your awareness, and practice embodied presence • Integrates movement theory, neuroscience, fascia research, and personal story to examine the structural foundation of the human body in motion and in stillness • Includes streaming audio and video links for each practice Integrating movement theory, philosophy,

neuroscience, fascia research, polyvagal theory, and personal story, Mary Bond teaches you to unlock your body's inner guidance—its somatic wisdom. She reveals how the human body organizes and expresses movement through perception, looking in depth at the role of the fascial system as the preeminent organ of the mind-body connection. She also explains the process of internal perception, or “interoception,” the body-mind's ability to identify, access, understand, and respond appropriately to its internal signals. Offering an experiential understanding of the structural foundation of the human body in motion and in stillness, Bond presents more than 50 self-explorations that allow you to transform your sensory experience, expand your awareness, and make embodiment—your own complex body—the focus of contemplative practice. The author also includes links to audio and video instructions for each practice. Inviting you to awaken to the grace and wisdom of your body as a personal mandala that is always available for meditative focus, the author shows how conscious embodiment can help us not only improve our posture but also become more perceptive and more humane beings.

**anatomy trains maine: Fascial Dysfunction** Leon Chaitow, 2018-11-01 Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility. These are the symptoms which confront all practitioners of manual therapy in their everyday practice. In this second edition of his very successful book, Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy. *Fascial Dysfunction - Manual Therapy Approaches, Second Edition* aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients' problems. New features of the Second edition include: Descriptions of new research evidence and its implications for practice: The dependence of collagen health on a mixture of balanced internal and external tension The importance of adequate hydration The possible role of the telocyte The importance of 'dosage' of therapies in management of fascial dysfunction New chapters on: Gua Sha and cupping Global postural re-education Scar remodelling The book is in two sections. Section I, written by Chaitow with a contribution by Tom Myers, presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong - the causes and effects of fascial dysfunction and disease, and how to assess the problem and remove obstacles to the success of treatment. Section II contains chapters by experts in different types of manual therapy including three by Chaitow. Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach. These approaches include: Bowen Therapy Connective Tissue Manipulation and Skin Rolling Fascia oriented training applications in sports and movement therapy The Fascial Manipulation® method applied to low back pain Fascial Unwinding Balanced Ligamentous Tension Technique Gua sha (press-stroking) and Ba guan (cupping): traditional East Asian instrument-assisted manual therapies Muscle Energy Techniques (MET) Myofascial Induction Therapy (MIT®) Neuromuscular Technique and associated Soft Tissue Manipulation Modalities Positional Release Techniques - (including counterstrain) Global Postural Re-education: Souchard Method Rolfing® Structural Integration Management of Scars and Adhesions Manual Matrix Remodeling in myofascial injuries: scar modeling technique Massage Therapy and Fascia Trigger Point release methods including dry needling

**anatomy trains maine: Aston® Postural Assessment** Judith Aston, 2020-02-18 This is a brand new edition of a successful book which was one of the first to encourage movement therapists and bodyworkers to look at the postural causes of movement problems, rather than focusing treatment just on the physical symptoms. The book explains how to measure and assess posture and provides tools for doing so. The author introduces her unique perspective on body mechanics - Aston-Mechanics® - a departure from the standard model of body posture, and provides many opportunities to practice observation and analytical skills based on this paradigm. Key features The author is widely recognized as a pioneer in the art and science of kinetics for her discovery of the Aston® Paradigm and consequent development of the many forms of movement, bodywork, fitness



and ergonomics of Aston® Kinetics. She created and developed Aston® Kinetics as an educational system of movement and bodywork. Rather than enforcing physical symmetry, Aston® Kinetics seeks to recognize the asymmetries that are natural to a person's body and to achieve the best movement possible. Her acute ability to 'see' the body in stillness and motion and to train others to see, move and exercise, established her discipline of bodywork and movement training that is known as Aston® Kinetics. The book is highly illustrated with over 300 photographs and 150 line drawings. All the illustrations are new for this edition.

**anatomy trains maine: Advanced Myofascial Techniques: Volume 2** Til Luchau, 2016-03-01 Advanced Myofascial Techniques, Volume 2 is the second of two beautiful, information-packed guides to highly effective manual therapy techniques. Focusing on conditions of the neck, head, spine and ribs Volume 2 provides a variety of tools for addressing some of the most commonly encountered complaints. With clear step-by-step instructions and spectacular illustrations, each volume is a valuable collection of hands-on approaches for restoring function, refining proprioception, and decreasing pain.

**anatomy trains maine: Fascia: The Tensional Network of the Human Body - E-Book** Robert Schleip, Carla Stecco, Mark Driscoll, Peter Huijing, 2021-12-08 The role of the fascia in musculoskeletal conditions and as a body-wide communication system is now well established. Fascia: The Tensional Network of the Human Body constitutes the most comprehensive foundational textbook available that also provides the latest research theory and science around fascia and their function. This book is unique in offering consensus from scientists and clinicians from across the world and brings together the work of the group behind the international Fascia Research Congress. It is ideal for advanced sports physiotherapists /physical therapists, musculoskeletal/orthopaedic medicine practitioners, as well as all professionals with an interest in fascia and human movement. The comprehensive contents lay the foundations of understanding about fascia, covering current scientific understanding of physiology and anatomy, fascial-related disorders and associated therapies, and recently developed research techniques. - Full colour illustrations clearly show fascia in context - New content based on latest research evidence - Critical evaluation of fascia-oriented therapies by internationally trusted experts - Chapter outlines, key points and summary features to aid navigation - Accompanying e-book version include instructional videos created by clinicians

**anatomy trains maine: Architecture of Human Living Fascia** Jean Claude Guimberteau, Colin Armstrong, 2024-02-21 This unique book illustrates the structure of the fascia in the living human being. Dr Guimberteau's photographs provide a detailed account of fascial architecture. He is the first person to publish video movies showing the structure of the fascia and how the fascia responds to it. The accompanying text explains what the photographs mean, clarifies the importance of the fascia, and sets out the implications of these findings for everyday therapeutic practice. This beautifully illustrated book provides an introduction to Dr Guimberteau's groundbreaking work. Based on what can be seen he has developed his own concept of the multifibrillar structural organisation of the body, wherein the microvacuole is the basic functional unit. His films confirm the continuity of fibres throughout the body thereby seeming to confirm the tensegrity theory, which provides the basis of many manual therapy and bodywork teachings. His work ties in with that of Donald Ingber on tensegrity within the cytoskeleton, and adds to the evidence linking the cytoskeleton to the extracellular matrix as described by James Oschman. The book provides, for the first time, an explanatory introduction and explanation of these theories. This material will be highly valued by osteopaths, massage therapists, chiropractors and others as it provides part of the scientific underpinning of their techniques, as well as an explanation of what is happening when they use those techniques to treat their clients. So Guimberteau's material confirms what manual therapists already believed but didn't fully understand. He has provided an explanation of how fascial layers slide over each other and how adjacent structures can move independently in different directions and at different speeds while maintaining the stability of the surrounding tissues.

**anatomy trains maine: Vías anatómicas. Meridianos miofasciales para terapeutas manuales y profesionales del movimiento** Thomas W. Myers, 2021-05-14 - Las nuevas fotografías

e ilustraciones de los tejidos, las adhesiones y las capas fasciales permiten comprender mejor el contenido del texto. - El contenido revisado y ampliado recoge las investigaciones más actuales y la evidencia más reciente para establecer unas bases científicas de los hallazgos clínicos frecuentes. - La versión electrónica incluye una videoteca nueva y ampliada, con animaciones y seminarios web del autor (contenidos en inglés). - La nueva sección sobre vías anatómicas en movimiento, de la autora invitada Karin Gurtner, utiliza el movimiento basado en pilates para explorar la fuerza y la elasticidad a lo largo de los meridianos miofasciales. - El apéndice «Vías anatómicas en cuadrúpedos» (caballos y perros) presenta una descripción de estas vías para las terapias en equinos y mascotas, elaborada por Rikke Schultz, DVM; Tove Due, DVM, y Vibeke Elbrønd, DVM, PhD. - Un nuevo apéndice. Incluye un compendio actualizado sobre los elementos, las propiedades, la neurología y los orígenes del sistema fascial.

**anatomy trains maine: Fascia in Motion** Elizabeth Larkam, 2017-10-01 This beautifully illustrated volume provides a comprehensive guide to fascia-focused movement in original and contemporary Pilates mat, reformer, and studio applications. Each of the book's 14 chapters illustrates how each principle of fascia-focused movement is expressed in Pilates exercise. In addition to a comprehensive exercise compendium, Fascia in Motion includes chapters on specialized applications of fascia-focused movement in Pilates including: Pilates fascia-focused movement for aging well Pilates fascia-focused movement for computer posture Pilates fascia-focused movement for osteoporosis Pilates fascia-focused movement for hip and knee replacement The text is supplemented with links to video of Elizabeth Larkam demonstrating each of the exercises personally. A truly stunning achievement and the synthesis of a lifetime's dedication to the art and science of Pilates.

**anatomy trains maine: Anatomy & Physiology Laboratory Manual and E-Labs E-Book** Kevin T. Patton, Frank B. Bell, 2022-04-15 Gain the hands-on practice needed to understand anatomical structure and function! Anatomy & Physiology Laboratory Manual and eLabs, 11th Edition provides a clear, step-by-step guide to dissection, anatomy identification, and laboratory procedures. The illustrated, print manual contains 55 A&P exercises to be completed in the lab, with guidance including instructions, safety tips, and tear-out worksheets. Online, eight eLab modules enhance your skills with simulated lab experiences in an interactive 3-D environment. From noted educators Kevin Patton and Frank Bell, this laboratory manual provides you with a better understanding of the human body and how it works. - Labeling exercises and coloring exercises make it easier to identify and remember critical structures examined in the lab and in lectures. - Step-by-step check-box dissection instructions with accompanying illustrations and photos cover anatomical models and fresh or preserved specimens — and provide helpful guidance during dissection labs. - Tear-out Lab Reports contain checklists, drawing exercises, and questions that help demonstrate your understanding of the labs you have participated in, and also allow instructors to check your progress. - 250 illustrations include photos of cat, pig, and mink dissections, photos of various bones, microscopic and common histology slides, and depictions of proper procedures. - Complete lists of materials for each exercise provide handy checklists for planning and setting up laboratory activities, allowing for easy and efficient preparation. - Modern anatomical imaging techniques, such as computed tomography (CT), magnetic resonance imaging (MRI), and ultrasonography, are introduced to demonstrate how new technologies are changing and shaping health care. - Review questions throughout the manual provide tools to reinforce and apply your knowledge of anatomy and function concepts. - Eight eLabs improve the laboratory experience in an interactive digital environment. - Convenient spiral binding allows for hands-free viewing in the lab setting. - Hint boxes provide special tips on handling specimens, using equipment, and managing lab activities. - Learning objectives at the beginning of each exercise offer a clear framework for learning. - NEW! More photos of various types of bones help you learn skeletal anatomy. - NEW! More microscope slide images, including zooming in at high-power magnification, help you learn microscopic anatomy. - NEW! Updated lab tests align with what is currently in use in today's lab environment. - NEW! Thorough revision of all chapters covers the latest anatomy and physiology lab exercises.

**anatomy trains maine:** *Fascial Release for Structural Balance, Revised Edition* Thomas Myers, James Earls, 2017-06-27 Unlock the power of fascial release—the ultimate guide to structural balance and pain relief. From the creator and bestselling author of *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. 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.

**anatomy trains maine:** Kinesiology - E-Book Joseph E. Muscolino, 2016-08-21 Learn how to apply kinesiology concepts and treat dysfunction with Muscolino's *Kinesiology: The Skeletal System and Muscle Function*, 3rd Edition! With more than 1,200 full-color illustrations, this highly visual text offers a vividly illustrated look at the skeletal system and how muscles function as movers, antagonists, and stabilizers in the body. Part One covers the fundamentals of structure and motion, including essential terminology that is used in kinesiology. Part Two covers the skeletal system including the makeup of skeletal and fascial tissues. Part Three contains a detailed study of the joints of the body. And lastly, Part Four examines how muscles function. This new edition also boasts an all-new chapter on biomechanics, more than 100 online video clips, and an interactive muscle program. If you want a thorough understanding of muscle function and how to apply that knowledge on the job, then there's no better guide than Muscolino! - Coverage of strengthening exercises and stretching emphasizes the purposes and benefits of stretching and how to perform various stretching techniques. - The most up-to-date information on posture and the gait cycle features high-quality art. - Comprehensive chapter on muscle action and attachments includes illustrations of all of the muscles of the human body organized by function. - Clinical applications throughout the book are directly related to kinesiology concepts and challenge you to apply what you've learned to clinical practice. - Complete atlas of bones, bony landmarks, and joints includes more than 100 full-color photographs of every bone in the human body, giving you comprehensive coverage of bones not found in other kinesiology books. - Clear, simple explanations of kinesiology concepts cover muscle contraction(s), coordination of muscles with movement, core stabilization, posture, exercise, reflexes, and how the nervous system controls and directs the muscular system. - Approximately 1,200 four-color illustrations help you visualize important concepts. - A wide variety of user resources include a comprehensive glossary of terms from the book, radiographs, answers to the review questions at the end of each chapter in the book, an interactive muscle program, and videos featuring joint actions and palpation techniques. - NEW! A new chapter on biomechanics helps you understand how the body moves under normal circumstances and what may impair its movement in pathology. - NEW! Improved illustrations in *The Skeletal Muscles of the Human Body* offer a vivid muscle atlas within the text. - NEW! Expanded resources on Evolve companion site include a new collection of video clips and an interactive muscle program which help you identify the necessary skills for professional success.

**anatomy trains maine: Faszien – Therapie und Training** Stefan Dennenmoser, 2016-08-29 Alles über die aktuelle Faszienforschung, Grundlagen der Faszien und über den Mechanismus bei Verschleiß und Verletzungen. Basierend auf den neuen Erkenntnissen der Forschung werden die Konsequenzen für Therapie und Praxis aufgezeigt. Eindrucksvoll in Wort und Bild zeigt Ihnen der Autor anhand häufiger klinischer Beschwerdebilder Techniken für die Befunderhebung sowie die verschiedenen Behandlungsmöglichkeiten und erläutert Symptomzusammenhänge. Eine Vielzahl von Fotosequenzen demonstriert Handgriffe für die Therapie. Darüber hinaus erhalten Sie konkrete, leicht nachvollziehbare praktische Übungen zum Weitergeben an Ihre Patienten.

**anatomy trains maine: Hope Beneath Our Feet** Martin Keogh, 2011-06-21 An inspiring anthology for anyone seeking guidance, hope, and strength in the midst of our current environmental crisis—featuring writings from Barbara Kingsolver and Barry Lopez The environmental “tipping point” we approach is more palpable each day, and people are seeing it in ways they can no longer ignore—we need only turn on the news to hear the litany of what is wrong around us. Serious reflection, inspiration, and direction on how to approach the future are now critical. Hope Beneath Our Feet creates a space for change with stories, meditations, and essays that address the question, “If our world is facing an imminent environmental catastrophe, how do I live my life right now?” This collection provides tools, both practical and spiritual, to those who care about our world and to those who are just now realizing they need to care. Featuring prominent environmentalists, artists, CEOs, grassroots activists, religious figures, scientists, policy makers, and indigenous leaders, Hope Beneath Our Feet shows readers how to find constructive ways to channel their energies and fight despair with engagement and participation. Presenting diverse strategies for change as well as grounds for hope, the contributors to this anthology celebrate the ways in which we can all engage in beneficial action for ourselves, our communities, and the world. Contributors include: Diane Ackerman Paul Hawken Derrick Jensen Barbara Kingsolver Francis Moore Lappé Barry Lopez Bill McKibben Michael Pollan Alice Walker Howard Zinn

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