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Myofascial Meridians For
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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

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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

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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.

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

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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.

Written and edited by expert surgeons in collaboration with a world-renowned anatomist, this exquisitely illustrated reference consolidates surgical, anatomical and technical knowledge for the entire human body in a single volume. Part of the highly respected Gray's 'family,' this new resource brings to life the applied anatomical

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knowledge that is critically important in the operating room, with a high level of detail to ensure safe and effective surgical practice. Gray's Surgical Anatomy is unique in the field: effectively a textbook of regional anatomy, a dissection manual, and an atlas of operative procedures – making it an invaluable resource for surgeons and surgical trainees at all levels of experience, as well as students, radiologists, and anatomists. Brings you expert content written by surgeons for surgeons, with all anatomical detail quality assured by Lead Co-Editor and Gray's Anatomy Editor-in-Chief, Professor Susan Standring. Features superb colour photographs from the operating room,

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accompanied by detailed explanatory artwork and figures from the latest imaging modalities - plus summary tables, self-assessment questions, and case-based scenarios – making it an ideal reference and learning package for surgeons at all levels. Reflects contemporary practice with chapters logically organized by anatomical region, designed for relevance to surgeons across a wide range of subspecialties, practice types, and clinical settings – and aligned to the requirements of current trainee curricula. Maximizes day-to-day practical application with references to core surgical procedures throughout, as well as the ‘Tips and Anatomical Hazards’ from leading international surgeons.

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Demonstrates key anatomical features and relationships that are essential for safe surgical practice - using brand-new illustrations, supplemented by carefully selected contemporary artwork from the most recent edition of Gray's Anatomy and other leading publications. Integrates essential anatomy for robotic and minimal access approaches, including laparoscopic and endoscopic techniques. Features dedicated chapters describing anatomy of lumbar puncture, epidural anaesthesia, peripheral nerve blocks, echocardiographic anatomy of the heart, and endoscopic anatomy of the gastrointestinal tract – as well as a unique overview of human factors

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and minimizing error in the operating room, essential non-technical skills for improving patient outcomes and safety.

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.mymyofascialmeridians.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

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**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**

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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

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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

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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

BodyReading: Visual Assessment and the Anatomy Trains

The Manipulation of Shape

The Anatomist's Corner

The Mulligan Concept of Manual Therapy

The science and clinical applications in manual and movement therapy

Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial

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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

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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.

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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

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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

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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.

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These 8 posters illustrate the bones, muscles and joints described in the book The Anatomy Trains on the basis of "train" lines, tracks and stations. Each poster focuses on one "train" line and features full-colour illustrations, line drawings to clarify and tables summarising the tracks and stations for each line. 8 colour posters Clarifies and reinforces the teaching approach of the Anatomy Trains book Larger illustration size allows for them to be used as teaching aids in classroom or clinic Useful also for student revision Presentation in a tube for easy mailing, transport

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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.

Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals, 4th Edition. This hugely successful,

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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 new fourth 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,

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and origins of the fascial system. This new edition also features an enhanced eBook format included with purchase as well as new photos and images throughout both text versions. 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. A revolutionary approach to the study of human

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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 has been designed to help you reference a concept quickly or gain a more detailed understanding of any given area according to your need. Section on myofascial force transmission in gait dynamics is written by guest author James Earls.

Robust appendices discuss the

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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! Revised and expanded content throughout the text reflects the most up-to-date research and latest evidence for the scientific basis of common clinical finding. NEW! Enhanced eBook format included with purchase offers a new larger library of recent HD videos, including animations and webinars with the author. NEW! Section on anatomy trains in motion uses Pilates-evolved movement to explore strength and plasticity along each line by

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Art of Motion author Karin
Gurtner NEW! Appendix: The
Anatomy Trains in quadrupeds
(horses and dogs), mapped for
equine and pet therapies by
Rikke Schultz and Wibeke
Eklund, DVMs NEW! Appendix:
Updated fascial compendium on
elements, properties, neurology,
and origins of the fascial system
NEW! Photos and images of
fascial tissues, adhesions, and
layers gives you a better
understanding of text content.
Anatomy Trains E-Book
Structural Integration: the
Collection of Journal Articles
I Have the Right to Culture
Putting the Theory of Anatomy
Trains into Practice

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Myofascial Meridians for Manual and Movement Therapists (Third Edition)

Job's Body

In Anatomy Trains in Motion, the integral Anatomy Trains «map of connection» is translated into a tangible and productive application for movement training.

Whether you're seeking an initial introduction to the detail of the anatomy of the myofascial meridians or you're ready for movement-relevant understanding of the interrelatedness of the lines, you'll find this to be a helpful guide. If you are a movement professional or therapist attending

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Anatomy Trains in Motion
anywhere in the world, then
this study guide is,
alongside the course manual,
a practical learning tool.
With detailed maps of each
of the Anatomy Trains lines,
training aims and
considerations specific to
each line, recommended
movement sequences to
enhance fascial movement
qualities, and supportive
ways to embody your
learning, the study guide
for myofascial meridian
anatomy will take you along
a detailed yet integrated
and embodied path toward
movement ease.
This series of 8 posters -
completely redesigned to

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align with the fourth edition of Thomas Myers' classic Anatomy Trains - are an essential visual reference to all 12 myofascial meridians laid out in Tom's book. They include artwork from the prominent British anatomical artists Philip Wilson and Deborah Maizels, whose previous work was with the latest edition of Gray's Anatomy. Measuring 11 by 17 inches, these coated posters are a valuable addition to the walls of manual and movement therapists' studios, for refreshing your memory about connected anatomy or to show clients why work in one area will be

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effective in another. Poster set includes 1 handsome cover image taken from the 4th edition of Anatomy Trains and 7 posters representing all 12 myofascial meridians. Shipped in a crush-proof mailing tube.

From the author and illustrator duo who created the award-winning I Have the Right to Be a Child and I Have the Right to Save My Planet comes this beautifully illustrated third book in the series. I Have the Right to Culture explores a child's right to be curious and to experience all of humanity's shared knowledge, including music,

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art, dance and much more. When a child is born, they learn the language of their parents, they sing the songs of their grandparents and they eat the delicious food that their family prepares. They also start to wonder about the lives of other children who live far away. What languages do they speak? What songs do they sing? And what games do they play? Every child has the right to learn about the world they live in, including its history and its inventions. Every child has the right to learn about artists, about writers, about potters and photographers and

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architects, about musicians and dancers and poets. All of humanity's treasures are for sharing, and every child has the right to know about what has come before them! Children have the right to partake in culture as proclaimed in the United Nations Convention on the Rights of the Child. Told from the perspective of a child, this colorful and vibrant book explores what it means to be a child who has the right to find beauty in their world. Key Text Features further reading Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RI.K.1

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With prompting and support,
ask and answer questions
about key details in a text.
CCSS.ELA-LITERACY.RI.K.6

Name the author and
illustrator of a text and
define the role of each in
presenting the ideas or
information in a text.
CCSS.ELA-LITERACY.RI.K.7

With prompting and support,
describe the relationship
between illustrations and
the text in which they
appear (e.g., what person,
place, thing, or idea in the
text an illustration
depicts). CCSS.ELA-

LITERACY.RI.1.8 Identify the
reasons an author gives to
support points in a text.
Anatomy TrainsMyofascial

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Therapists Elsevier
Health Sciences

Great Technique Without
Injury

Architecture of Human Living
Fascia

Anatomy Trains : Myofascial
Meridians for Manual and
Movement Therapists

Stability, Sport, and
Performance Movement

Reinforced Concrete Bridges
A Step-by-Step Guide to

Erase Pain, Improve
Mobility, and Live Better in
Your Body

*The book covers most current
research and theory to
underpin practice. It
provides relevant clinical
applications for sport and*

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movement, and gives the manual therapist information on how different activities influence the body and the kind of injuries that might occur. The book upgrades the knowledge of the sport professional, yoga teacher and Pilates trainer with the necessary background to understand the injuries that might present and how to assess and refer.

Fascia, Function, and Medical Applications 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. *Fascia -*

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the biodynamic tissue that connects every muscle, bone, organ, and nerve in the body - is fast becoming the latest trend in healthcare and allied health modalities. This book is edited by David Lesondak, University of Pittsburgh Medical Center, author of the international bestseller Fascia: What it is and why it matters, and Angeli Maun Akey, MD, international physician educator and board certified in both internal and integrative medicine. It contains contributions from a team of top researchers and expert practitioners including physicians, clinicians, therapists,

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dissectors, and surgeons.

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Fully illustrated in color, this book presents the latest scientific knowledge of fascia and explains insights into problems like chronic pain and myriad musculoskeletal symptoms that may not respond to conventional treatments. It gives practitioners the information they need to make better decisions to improve the health of patients often without pharmaceuticals or surgeries. FEATURES • Provides comprehensive overview of how fascia, as a tissue and a system, affects various body functions and systems, from

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musculoskeletal disorders to nervous system, circulatory, and auto-immune function. •

A section devoted to medical applications highlights a comprehensive and critical overview of various fascial therapies. • Gives practitioners the knowledge they need to refer or add as an adjunct therapy to their department or rehabilitation team. This is a cutting-edge, practical guide that will appeal to researchers, physicians, and clinicians alike.

"This richly illustrated book, with accompanying DVD and website, presents Dr Guimberteau's groundbreaking work, and explains its

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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

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body and show how adjacent
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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

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cytoskeleton, and the links between the cytoskeleton and the Extracellular Matrix as described by James Oschman."--Publisher's website.

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

Fascial Release for Structural Balance, Revised Edition

Fascial Release for Structural Balance Textbook of Techniques

Fascia: The Tensional Network of the Human Body -

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*Muscles and Meridians E-Book
Myofascial Yoga*

Body? is Tom's regional anatomy- used as a text in our ATSI structural integration training- each chapter covers a region of the body in terms of the bones, joints, muscles and fascial structure embedded in Tom's unique view of evolution and development.

This book is intended to help the reader be part of the rich movement dialogue in the rapidly changing field of myofascial science. Traditional anatomy has focused on the individual parts of the body usually through muscle

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specific actions, while Anatomy Trains® looks at the connections via myofascial lines. Tom Myers outlined his concept of the myofascial meridians in his landmark book, Anatomy Trains, which has brought attention to the relevance of understanding distribution and strain via connected areas of anatomy. This new guide, written by Anatomy Trains® faculty and workshop teacher, Lauri Nemetz, makes this concept accessible to all movement professionals and gives new insight for applications in movement disciplines such as yoga, Pilates and personal training as well as applications in

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somatic and movement therapies. The author also explores our wider relationship with the ageing process and environmental space. Throughout the book there are 'movement labs' which give the reader applications and experimental movement. There are also highlighted break out boxes. which give a window into the ideas and work of other leaders in the field of myofascial movement, in their own words. "The Dynamic Body textbook seeks to reflect current understanding and knowledge from innovators and leaders in biomechanics, fascial anatomy,

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functional movement, and manipulative therapy. Their work has invoked a renewed passion for an integrated clinical model that reinforces the inherent partnership of human structure and function. Working closely with individuals of this caliber over the years has been my reward." -- Erik Dalton website. This book is the product of an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas

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Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective. Prepared by over 100 specialists and researchers from throughout the

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world, Fascia: The Tensional Network of the Human Body will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers - as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field. Reflects the efforts of almost 100 scientists and

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clinicians from throughout the world Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques Explores the role of fascia as a bodywide communication system Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences Explores the importance of fascia as a sensory organ - for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back

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pain Describes new imaging methods which confirm the connectivity of organs and tissues Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body's connective tissue matrix (fascia) as well as for scientists involved in basic science research Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals Offers new insights on the fascial related foundations of Traditional Chinese Medicine

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*Meridians and the fascial effects
of acupuncture*

The Practice of Informed Touch

Gray's Surgical Anatomy E-Book

Dynamic Body

*Myofascial Efficiency and the
Body in Movement*

Born to Walk

*Understanding the Myofascial
Meridians in Action*

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

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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

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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

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"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. The goal of Myofascial Yoga: A Movement and Yoga Therapists Guide to Asana is to show how teaching asana should include fascia,

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connective tissue, as an integrative and necessary step to bring yoga asana fully into movement therapies in the West. This approach integrates Eastern and Western techniques and is truly a unique opportunity to explore ourselves from a somatic level of awareness while moving through and changing patterns that keep us from living more freely in joy and health. Tom Myers, Author writes "In the book you hold, Kirstie Segarra has laid out clearly, concisely, and usefully how the asanas relate to the Anatomy Trains, and how to take up and teach (whether

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teaching yourself or others) the anatomy of asana in a way that makes sense to the body and to the person. Enjoy the ride." "Intuition and scientific knowledge are not opposed, they are simply two different ways of knowing. This book allows you to blend both ways of knowing in mutual service to each other to develop your inner and your outer knowledge of yoga in your own living body." The illustrations are in honor of Tom Myers first edition of the Anatomy Trains and done in a more artistic format. Any anatomy connoisseur would relate to this choice of medium. The

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book does include the digital forms of the myofascial meridians for more concise detail. I recommend you look at the preview before purchasing. This book was initially designed to be used a textbook for the UNM-Taos Yoga Teacher Training Program as a guide to some of the pitfalls of teaching yoga asana. This book is not intended to teach someone how to teach asana through cueing. It is best to use this as a support to teaching or practicing yoga and as an introduction to learning the myofascial meridians.

Muscles and Meridians is a

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unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders. Describes a new model of human movement - the Contractile Field model Offers a rare and serious attempt to look at whole person movement patterns - akin to 'Anatomy Trains' but with a stronger link to vertebrate evolution and development Suggests that much of our endemic back and leg pain is due to a loss of

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ease in postures that are
'archetypal' to mankind

Offers a profound new
understanding of the world's
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Chinese meridian map
Possibly the most famous and
widely used resource in
therapeutic bodywork
(required for national
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certification), this
beautifully written,
detailed, and reader-
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why the body responds to
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of recent research in
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Exploring Form, Expanding
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Teachers Association (MCTA) The MCTA is the accredited body of Mulligan Concept teachers. A comprehensive and easy-to-follow resource for the manual therapist seeking to improve patients' movement using pain-free hands-on techniques. The Mulligan Concept of manual therapy was developed by Brian Mulligan in 1983 and is now used by health practitioners globally to assist individuals in improving movement restrictions, pain with movement and functional restrictions. Designed as a companion to Mulligan Concept training courses, the text is divided by body regions, with techniques highlighting key information to assist

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with clinical reasoning and assessment, patient and practitioner positioning, guidelines for application and further adjustments. Covers 250 Mulligan techniques including 13 new techniques Addresses Mobilisation With Movement and pain release phenomenon Presents techniques in two formats: easy-to-follow bulleted list with annotated photographs and detailed step-by-step instructions New and improved photographs better illustrate technique execution Dictionary of annotations for techniques described Home exercises and taping techniques also included An eBook included in all print purchases All techniques

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comprehensively revised to align
with current evidence-based practice

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Illustrates sporting techniques
rooted in movement efficiency,
functional stability, symmetry, and
balance; shows readers how to
evaluate movement accurately; and
provides a detailed method for
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preventing injury.

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,

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and provides an understanding and appreciation of anatomy and physiology in the light of the latest research findings. The reader learns that biotensegrity is an evolving science which gives researchers, teachers, and practitioners across a wide range of specialisms, including bodyworkers and movement teachers, a deeper understanding of the structure and function of the human body. They are then able to develop clinical practice and

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skills in light of this understanding, leading to more effective therapeutic approaches, with the aim of improved client outcomes. The second edition provides expanded coverage of the developmental and therapeutic aspects of biotensegrity. Coverage now includes: A more thorough look at life's internal processes Closed kinematic chains as the new biomechanics Embryological development as an evolutionary process The human body as a constantly evolving system

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based on a set of unchanging principles
Emergence, heterarchies, soft-matter and small-world networks
A deeper look at what constitutes the therapeutic process
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,

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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

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central to lasting
therapeutic intervention
and how it can be
integrated into any
bodywork practice.

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in *Massage and Bodywork*
from 2000 to 2005. This
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full color illustrations
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topics as History of
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Anatomy Unbound, The Psoas
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Trigger Point Therapy for

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Myofascial Pain

Fascial Anatomy and

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Meridians Structure &

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include artwork from the prominent British anatomical artists Philip Wilson and Deborah Maizels, whose previous work was with the latest edition of Gray's Anatomy. Measuring 15.5 by 24 inches, these coated posters are a valuable addition to the walls of manual and movement therapists' studios, for refreshing your memory about connected anatomy or to show clients why work in one area will be effective in another. Poster set includes 1 handsome cover image taken from the 4th edition

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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.

This thoroughly revised edition of the authoritative

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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

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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

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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

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