Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 2e

Thomas W. Myers
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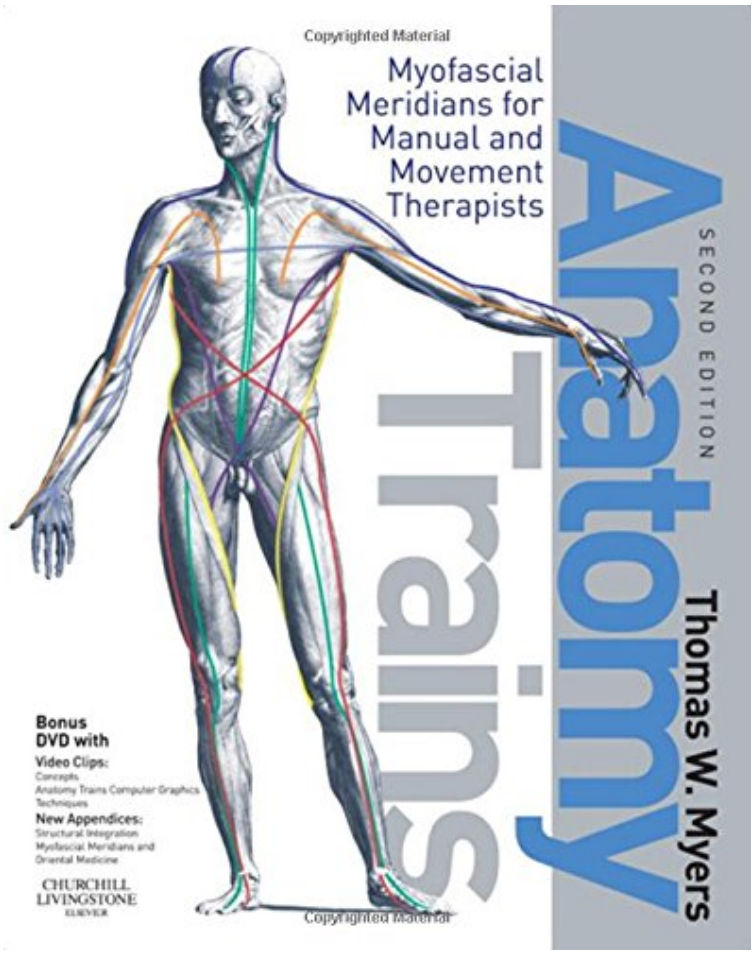

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Thomas W. Myers : Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 2e before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists, 2e:

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

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

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

Understanding the role of fascia in healthy movement and postural distortion is of vital importance to bodyworkers and movement therapists. Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists 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. Written in a style that makes it easy to understand and apply, Anatomy Trains provides an accessible and comprehensive explanation of the anatomy and function of the myofascial system in the body. The DVD ROM in the back of the book contains video of techniques, Anatomy Trains-based dissections and computer animations of the myofascial meridian lines.includes full-colour illustrations of 11 myofascial meridians and the rules for discovering other meridians uses numerous full colour charts and drawings to detail the muscular and fascial structures involved in the meridians presents information on assessment of structural and movement patterns and gives related application to manual therapy and movement education provides a selection of techniques from the library of structural integration includes an introduction to the fascial system as a whole, with points-of-view and the latest research findings on the fascial systems responses offers a fun approach to learning essential structural anatomy, comparing the connective tissue system to a railway network video material on the accompanying DVD ROM to visually present the anatomy as described in the book.Full colour throughout New design and layout 140 New full colour figures including dissection photographs and client photos DVD ROM in back of book A new appendices on Structural integration' and 'Myofascial meridians and oriental medicine' New posters to be published simultaneously.

"Anatomy Trains champions a wider scope of the body and it's movement systems." -- Gray Cook MSPT, OSPT, CSCS, Developer of the Functional Movement Screen "The Anatomy Trains metaphor is a revelation; a way of seeing the body's interconnectedness more clearly, offering new physiological and anatomical perspectives, and therefore different clinical choices. Quite simply the content of this book is revolutionary." -- Leon Chaitow ND DO, Honorary Fellow, University of Westminster, Editor-in-Chief, Journal of Bodywork Movement Therapies Clinicians, researchers and educators alike will find this an invaluable text, which leads to new insights on each reading. -- Thomas Findley MD PhD, Professor of Physical Medicine and Rehabilitation, University of Medicine and Dentistry of New Jersey; Editor-in Chief, International Journal of Therapeutic Massage and Bodywork: Research, Education and Practice "This book is an eclectic overview of many strands of information garnered from at least a dozen disparate sources. Its format is young, light, and easy on the eye, and is a book of the 21st Century - it may well be a template for future texts." The Osteopath, October/November 2009About the AuthorThomas Myers studied directly with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and a variety of movement and manual therapy leaders. His work is influenced by cranial, visceral, and intrinsic movement studies he made with European schools of osteopathy. An inveterate traveller, Tom has practiced integrative manual therapy for over 30 years in a variety of clinical and cultural settings, including 10 years in London, and practices in Hamburg, Rome, Nairobi, and Sydney, as well as a dozen locales in the US. He is a founding member of the International Association of Structural Integrators (IASI). Author of Anatomy Trains and a set of supporting videos, and co-author of Fascial Release for Structural Balance (Lotus, 2010), Tom has also penned over 60 articles for trade magazines and journals on anatomy, soft tissue manipulation, and the social scourge of somatic alienation and loss of reliance on kinaesthetic intelligence. A certified Touch-in-Parenting instructor, Tom retains a strong interest in perinatal issues. Living on the coast of Maine, Tom and his faculty conduct professional certification and continuing education courses worldwide.