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Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists

By Thomas W. Myers

Churchill Livingstone. Paperback. Book Condition: New. Paperback. 332 pages. Dimensions: 10.8in. x 8.6in. x 0.8in. The new edition of this hugely successful book continues to present a unique understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide. Fully updated throughout and now with accompanying website ([www. myersmyofascialmeridians. com](http://www.myersmyofascialmeridians.com)), Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists will be ideal for all those professionals who have an interest in human movement: massage therapists, structural integration practitioners, craniosacral therapists, yoga teachers, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists. Provides a revolutionary approach to the study of human anatomy which has been shown to improve the outcomes of physical therapies traditionally used to manage pain and other musculoskeletal disorders Describes a theory which is applicable to all common types of movement, posture analysis and physical treatment modalities Layout designed to allow the reader to gather the concept quickly or gain a more detailed understanding of any given area according to need Design icons direct readers to their own specialist areas of interest, e. g. manual therapy, movement therapy, visual assessment, kinaesthetic...



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