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functions existence of myofascial meridians could be responsible for disorders and pain radiating to remote anatomic structures myers¹⁶ defined 11 myofascial meridians connecting distant parts of the body by means of muscles and fascial tissues fig 1

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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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date aug 2014 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

review scientific support of myofascial connections

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the results yielded strong evidence for myofascial transitions in 3 of the 6 examined myofascial meridians superficial back line back functional line and front functional line in the superficial back line 3 myofascial transitions plantar fascia gastrocnemius gastrocnemius hamstrings hamstrings lumbar fascia erector spine were verified

the evidence of anatomy trains myofascial meridians

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the review suggests strong evidence for the existence of three myofascial meridians the superficial back line all three transitions verified based on 14 studies the back functional line all three transitions verified eight studies and the front functional line both transitions verified six studies

myofascial meridians and their significance simplified

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what are myofascial meridians myofascial meridians are anatomical descriptors that have been broadly defined as continuous bands of fascial tissue spanning across and throughout the body 1 the term meridians specifically is one of several terminologies used by prominent modern day fascia researchers

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these continuities termed myofascial meridians wind longitudinally through the myofascial tissues around the bones and joints

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the myofascial meridians are intended as practical aid to working clinicians an anatomy train is an equivalent term for a myofascial meridian the word myofascia connotes the bundled together

inseparable nature of muscle tissue myo and its accompanying web of connective tissue fascia

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this section contains standard postural assessment photos from five clients with commentary on each
concerning the myofascial meridians involved in their postural compensations and other salient issues
for more on bodyreading see chapter 11

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december 20 2023 by tom myers out on the road again this autumn i have been asked by many people
about the relationship between the acupuncture meridians and the myofascial meridians of anatomy
trains

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