The Anatomy Trains: Connecting the Dots

www.anatomytrains.com
What is Anatomy Trains?

Myofascial Meridians for Manual & Movement Therapies
A brief history of Anatomy Trains

Fascia + Tensegrity = the Anatomy of Connection
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Anatomy Trains present an intermediate step between the isolated muscle and the synergetic action of the whole neuromyofascial web.
The Anatomy Trains is:

- An excellent way to see and explain postural compensations.
- An exploration and explanation effects at a distance through structure.
- A map of the longitudinal myofascial connections.
Anatomy Trains theory is NOT:

- A comprehensive theory of manipulative therapy.
- A comprehensive theory of muscle action, or movement.
- The only way to parse body structure.
Rules & Guidelines for the Anatomy Trains game

- Follow the ‘grain’ of the muscles and fascia in a consistent direction and depth.
- Note the myofascial ‘tracks’ and bony ‘stations’ (where the fascia is tacked down to the bone).
- Expresses and locals: Look for underlying single-joint muscles when you see multi-joint muscles.
Fascial continuity is the reality. Isolated structure is a convenient illusion.
Pulleys qualify as a line of pull
What happens if we turn the scalpel sideways?

(We get tracks and stations!)
What happens if we turn the scalpel sideways?

And think in terms of

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The Superficial Back Arm Line

Trapezius

Deltoid

Lateral Intermuscular Septum

Extensor group
Superficial Front Line (Lower)

Fascia profundis over tibia

Quadriceps

Tibialis anterior and Toe Extensors

Patella
What’s left when the lower SFL is removed:
Expresses and locals #1: the 4th hamstring
Expresses and locals #2: the psoas complex

- Psoas minor
- Psoas major
- Pectineus
Expresses and locals #3: the biceps brachii
Roundhouse #1:
The ASIS
Roundhouse #2: The Scapula
• Thanks for listening!
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