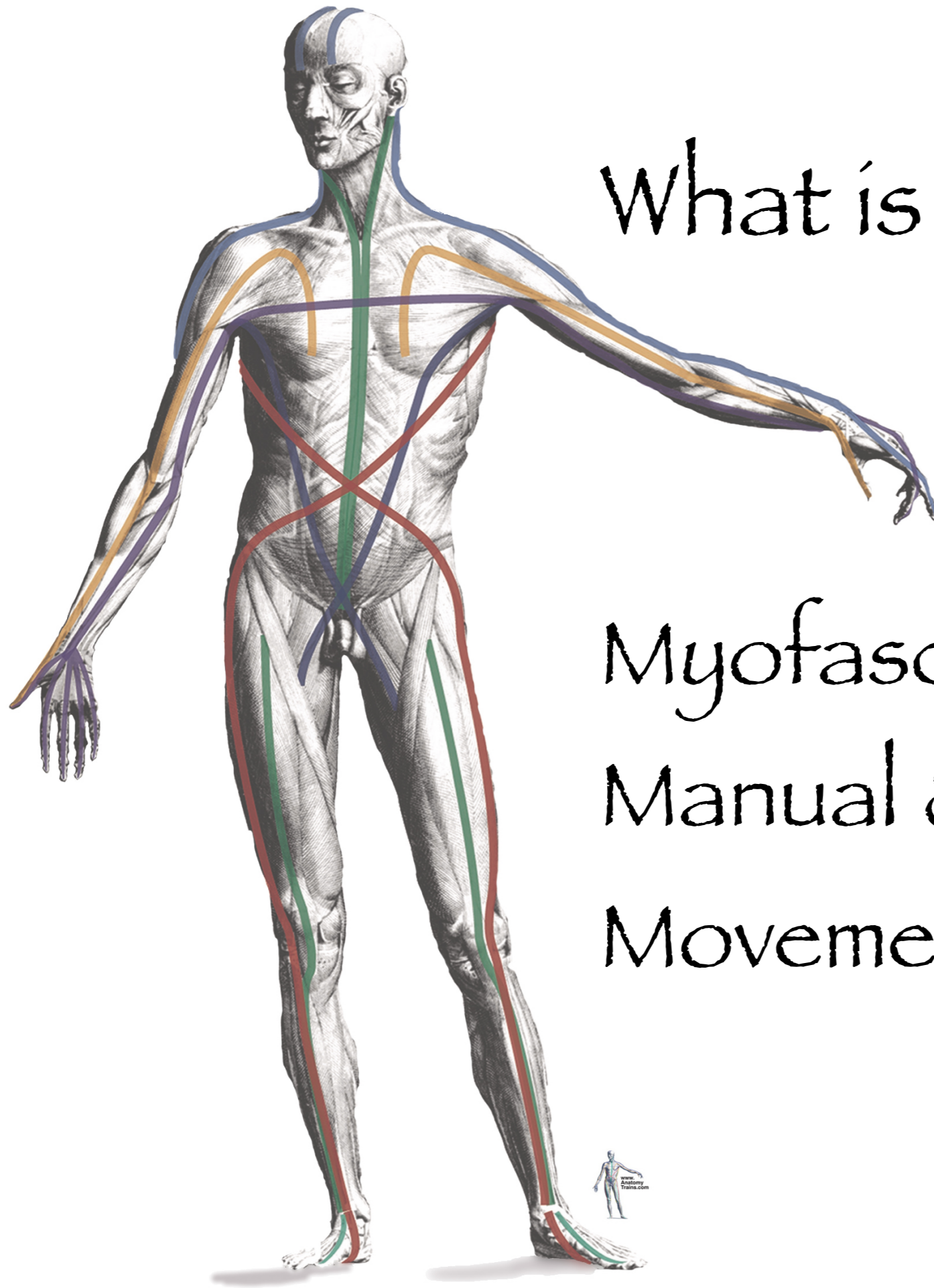


ANATOMY TRAINS®



The Anatomy Trains: Connecting the Dots

www.anatomytrains.com



What is Anatomy Trains?

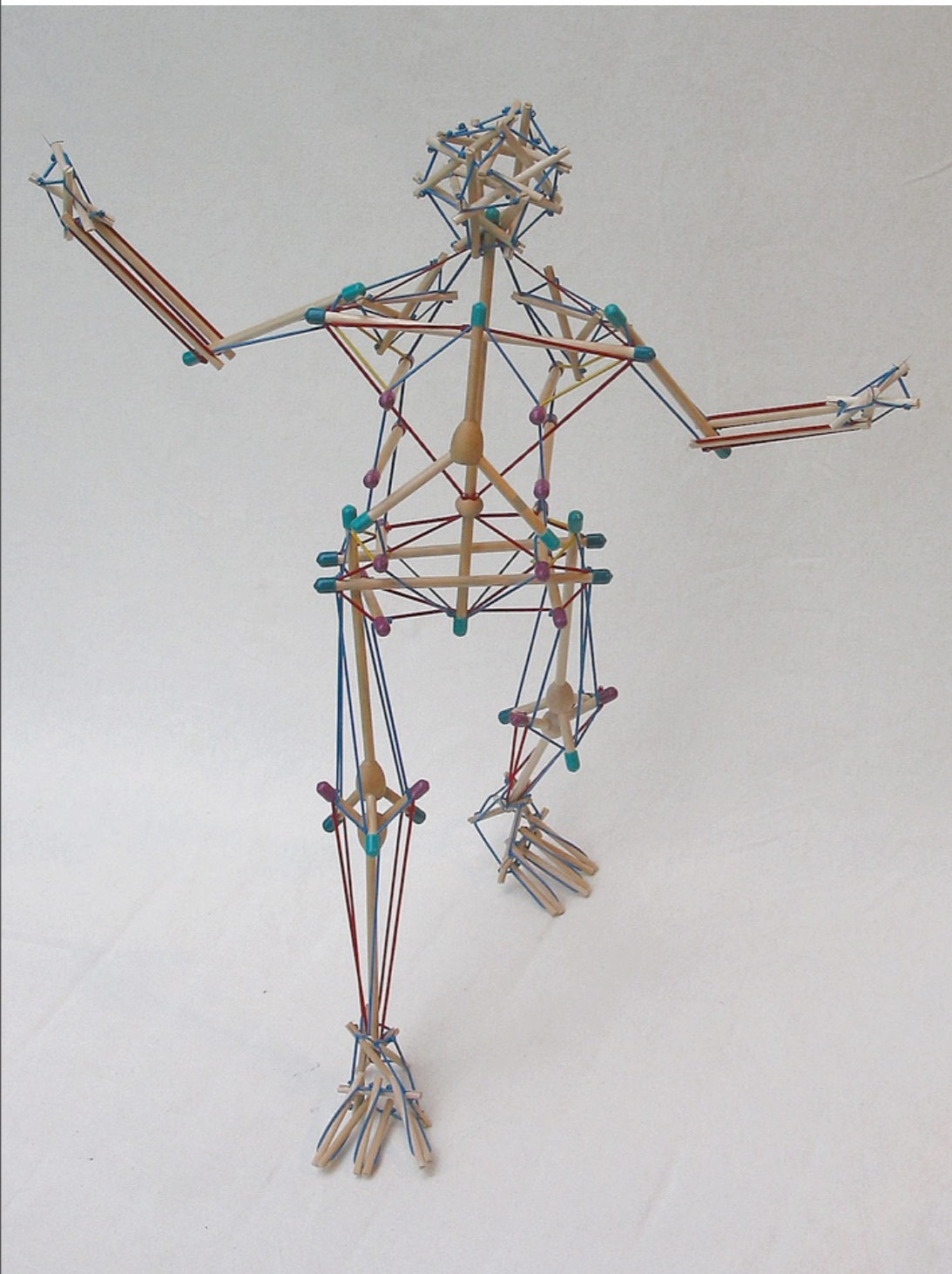
Myofascial Meridians for
Manual &
Movement Therapies

A brief history of Anatomy Trains

Fascia + Tensegrity = the Anatomy of Connection

A brief history of Anatomy Trains

Fascia + Tensegrity = the Anatomy of Connection



A brief history of Anatomy Trains

Fascia + Tensegrity = the Anatomy of Connection

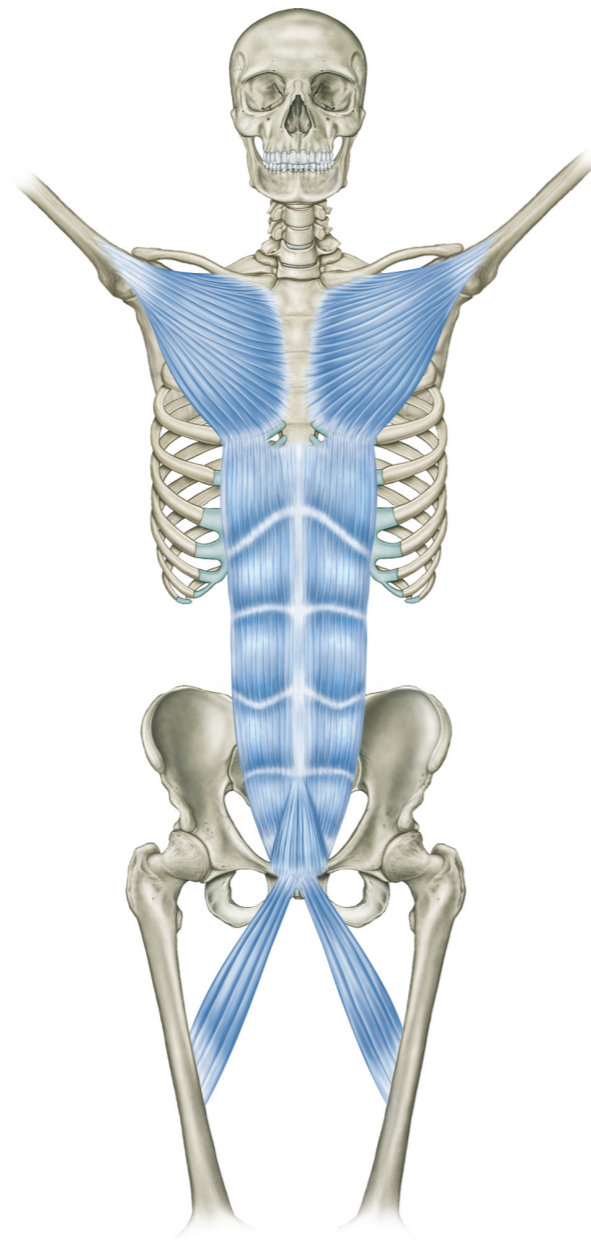
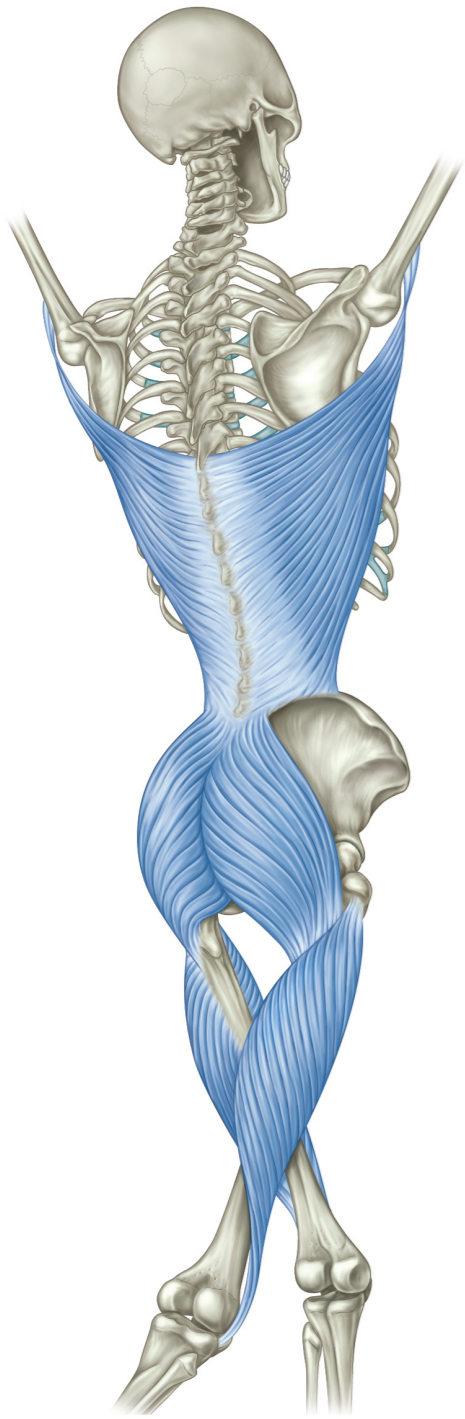
A brief history of Anatomy Trains

Fascia + Tensegrity = the Anatomy of Connection



Anatomy Trains

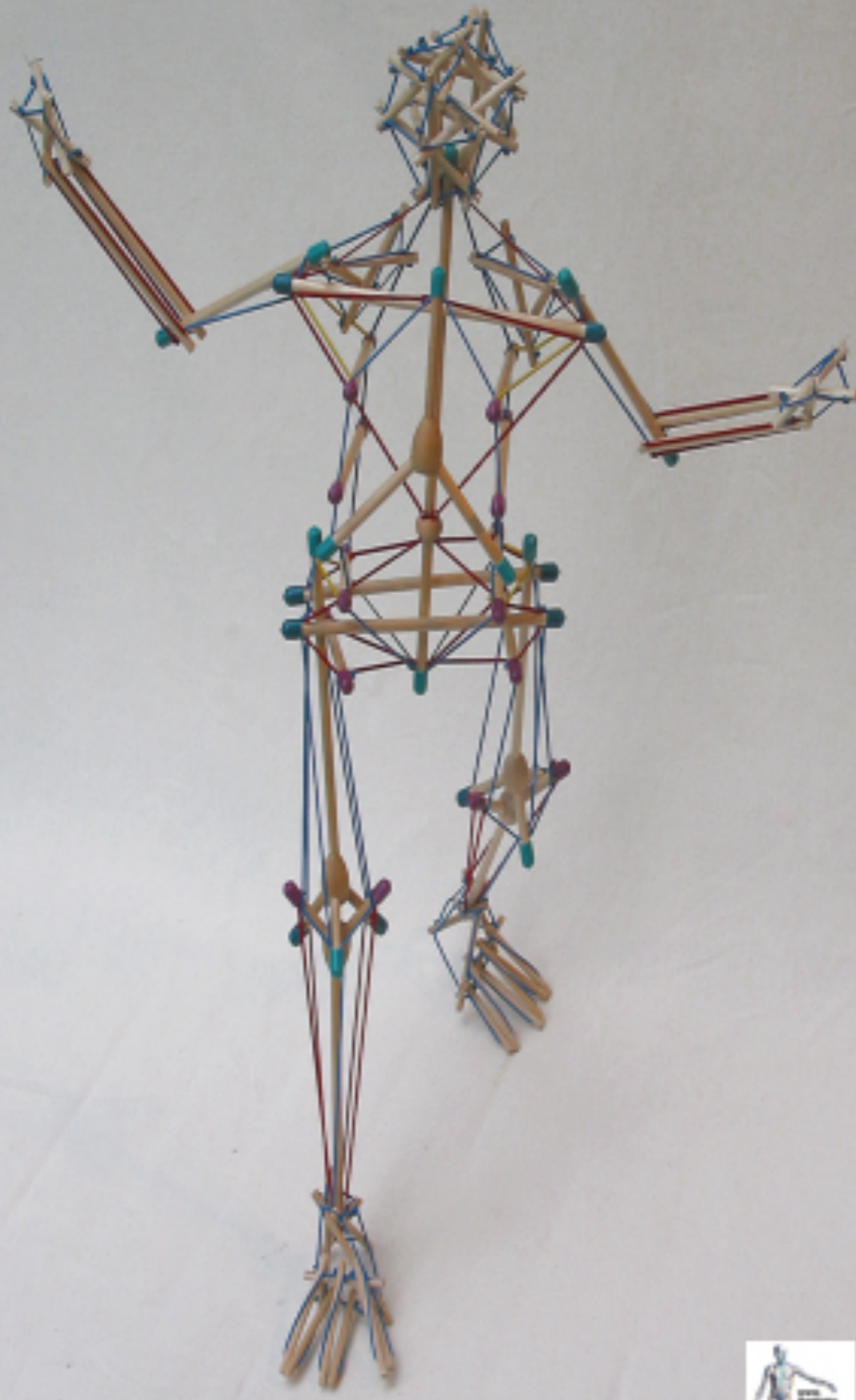
present an
intermediate step
between the isolated
muscle and the
synergetic action of the
whole neuromyofascial
web.



The Anatomy Trains

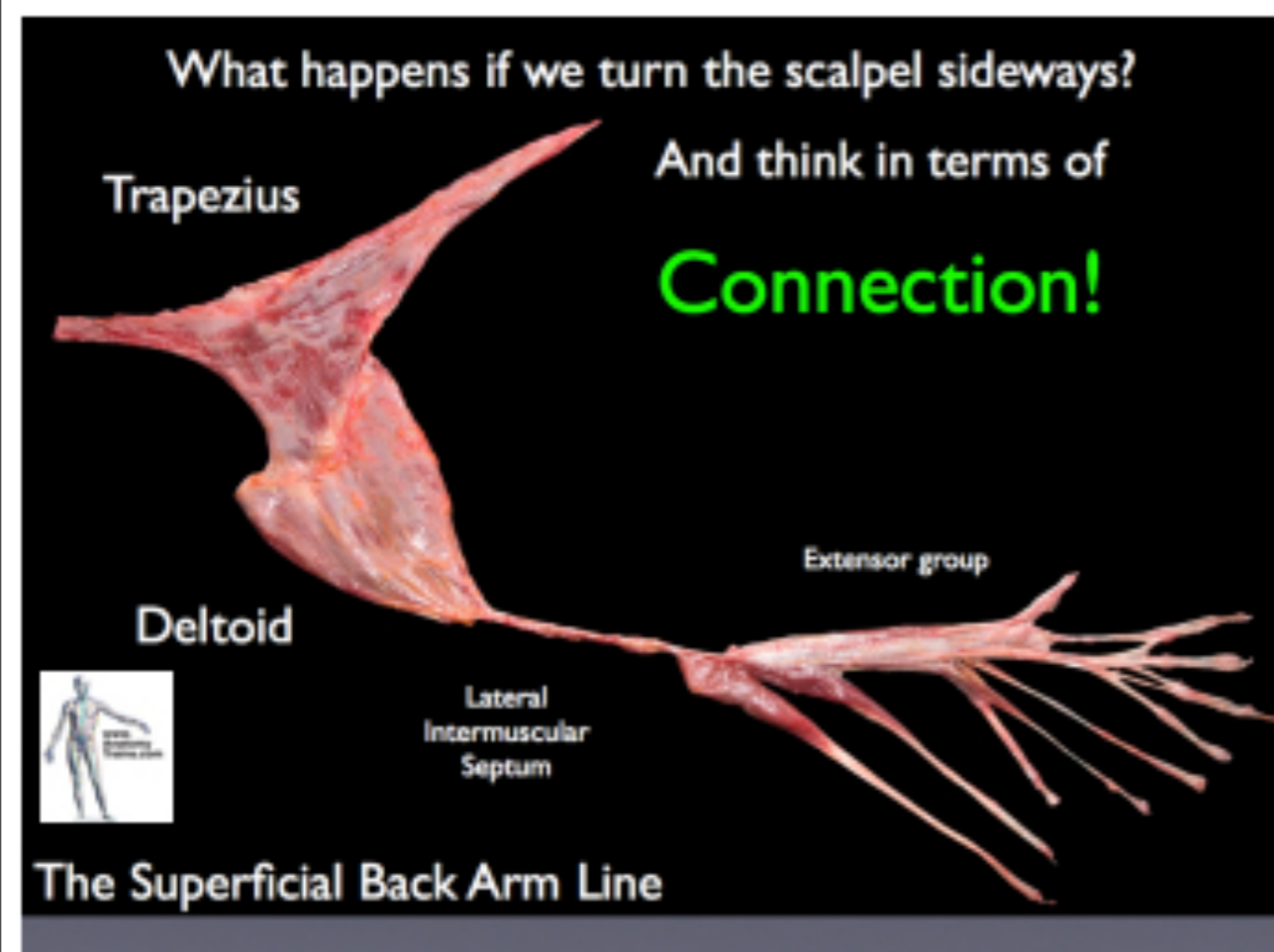
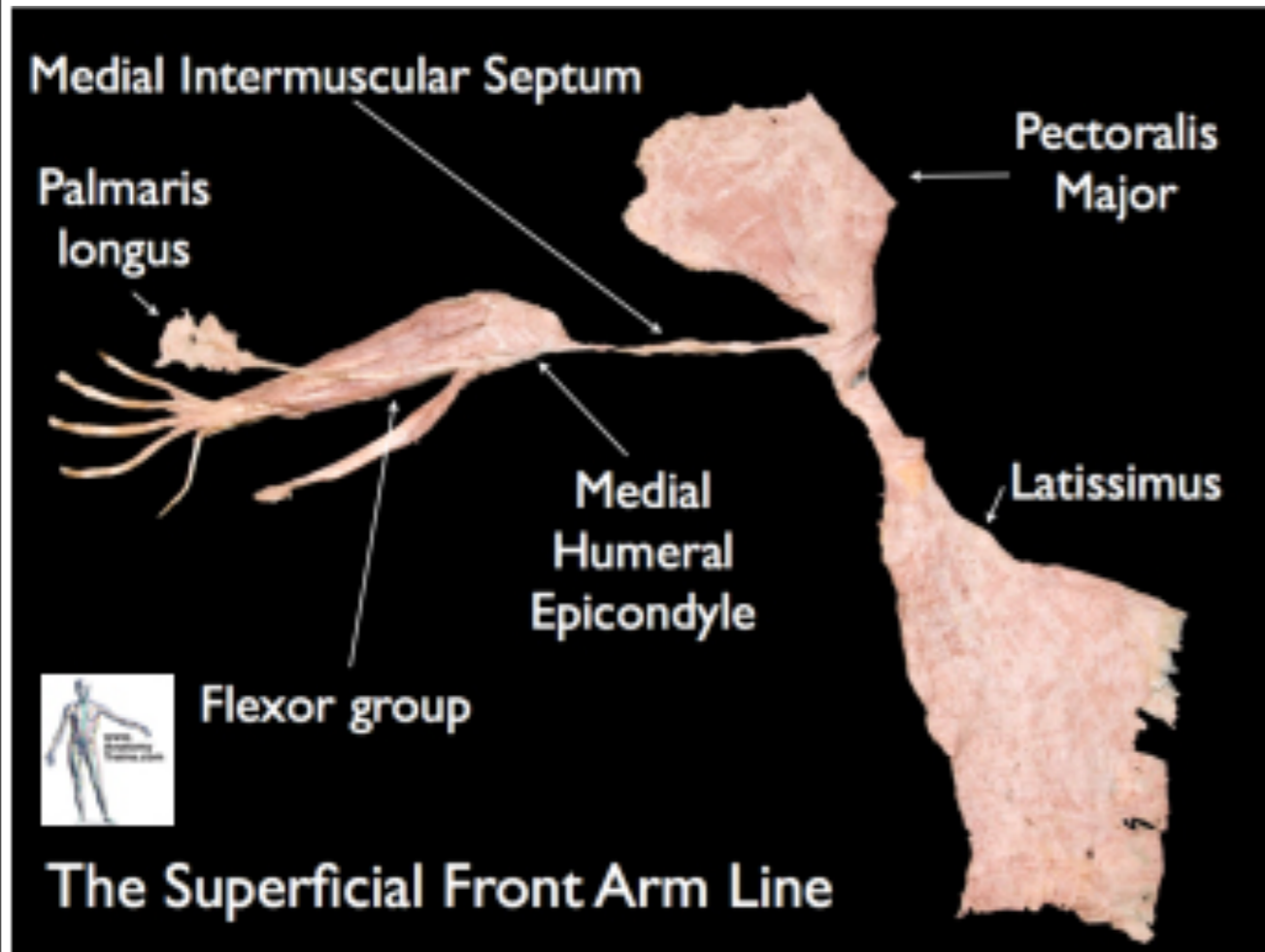
is:

- 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.

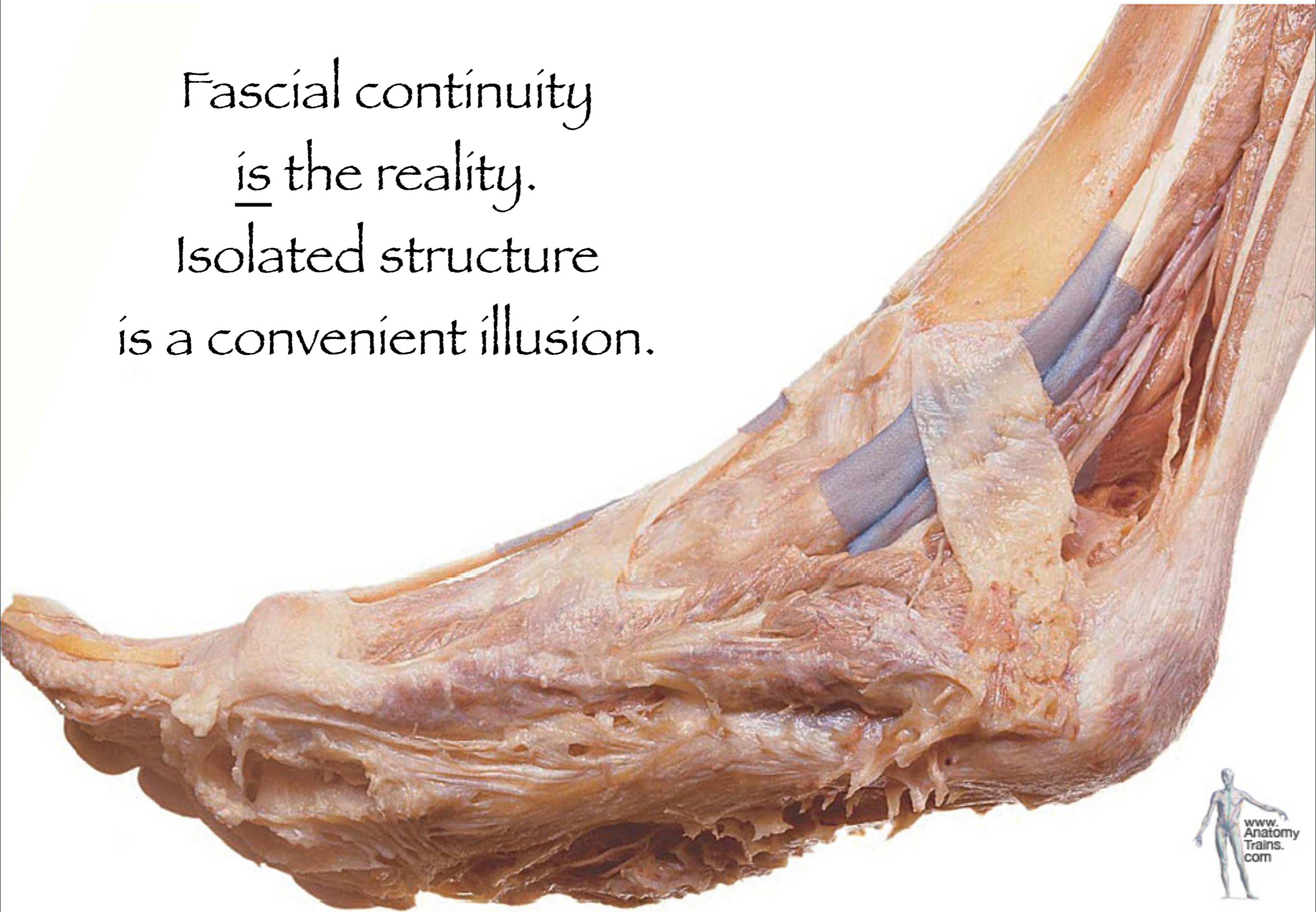


Rules & Guidelines for the Anatomy Trains game

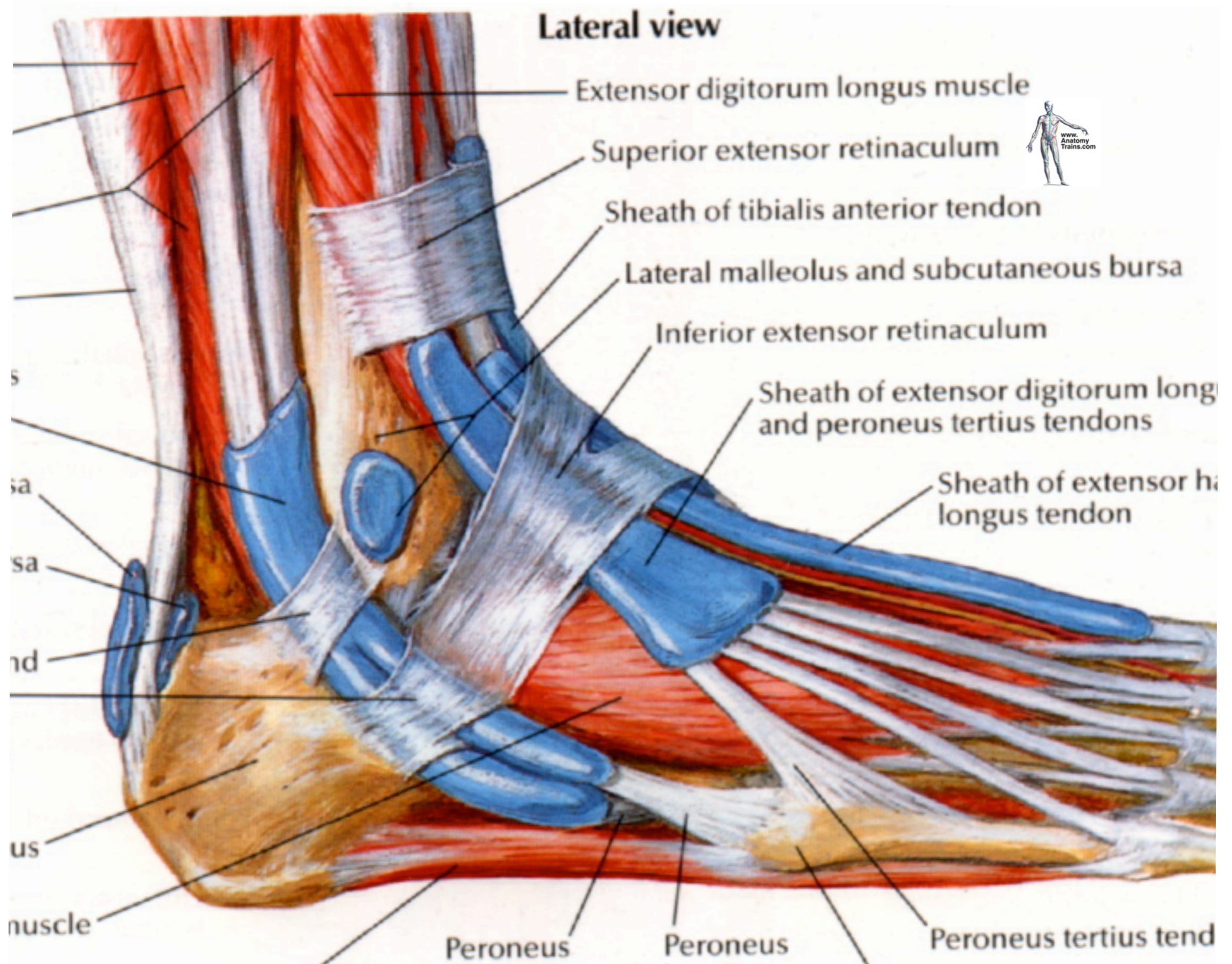
- Follow the 'grain' of the muscles and fascia in a consistent direction and depth.
- Note the myofascial 'tracks' and bony 'stations' (where the fascia is tacked down to the bone).
- Expresses and locals: Look for underlying single-joint muscles when you see multi-joint muscles.



Fascial continuity
is the reality.
Isolated structure
is a convenient illusion.



Pulleys qualify as a line of pull





(We get tracks and stations!)

What happens if we turn the scalpel sideways?

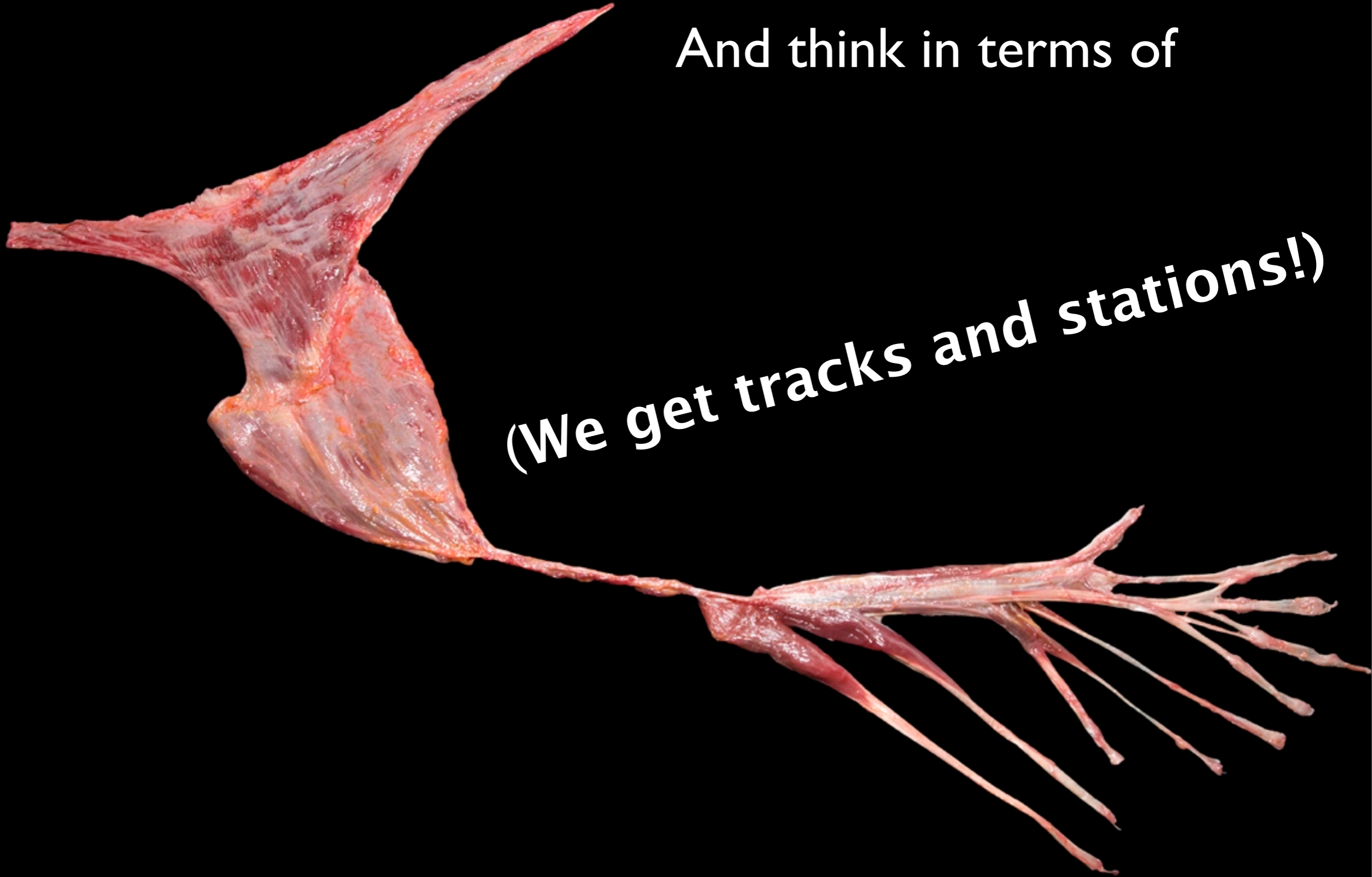


(We get tracks and stations!)

What happens if we turn the scalpel sideways?

And think in terms of

(We get tracks and stations!)



What happens if we turn the scalpel sideways?

And think in terms of

Connection!

(We get tracks and stations!)



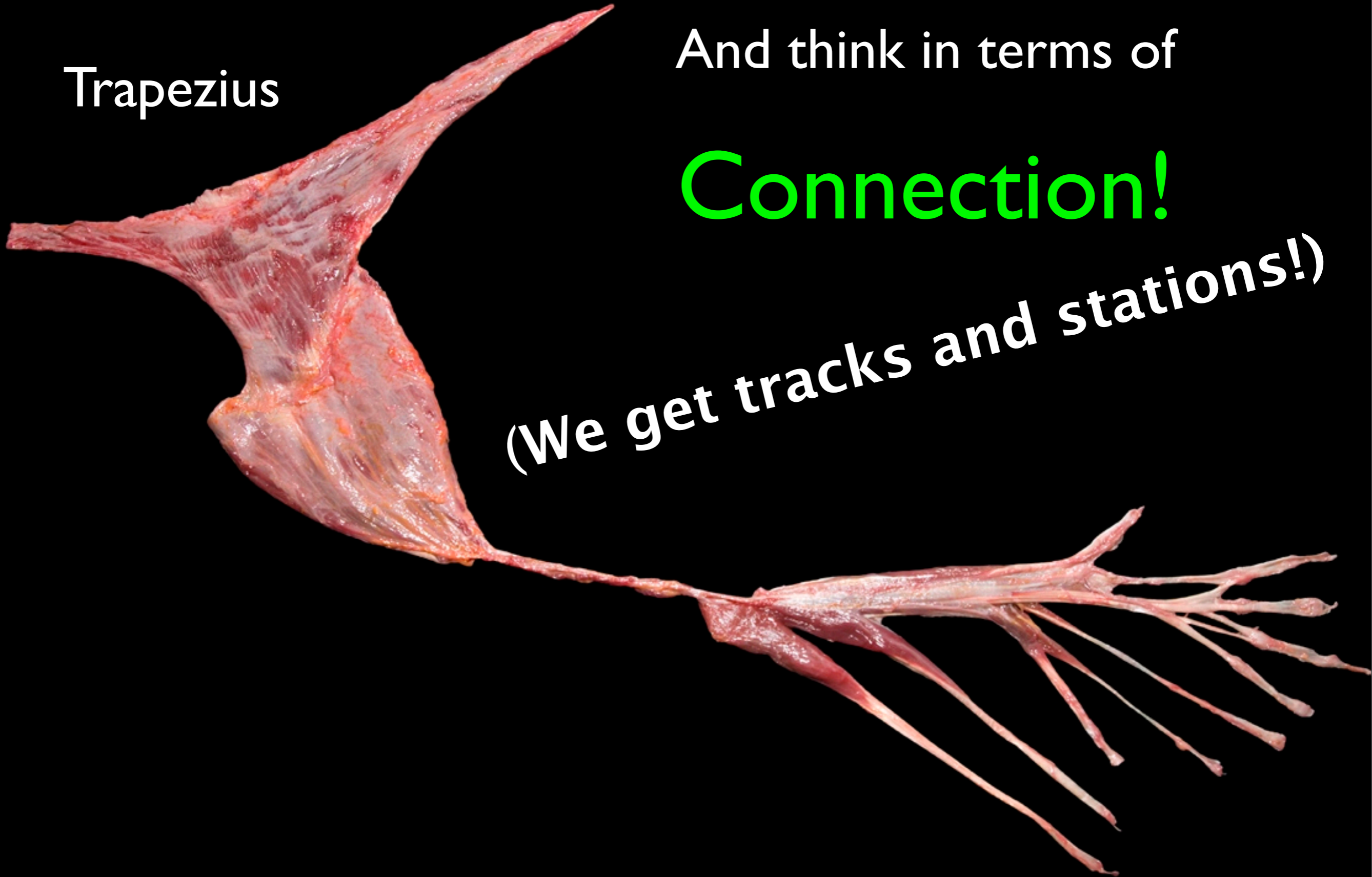
What happens if we turn the scalpel sideways?

Trapezius

And think in terms of

Connection!

(We get tracks and stations!)



What happens if we turn the scalpel sideways?

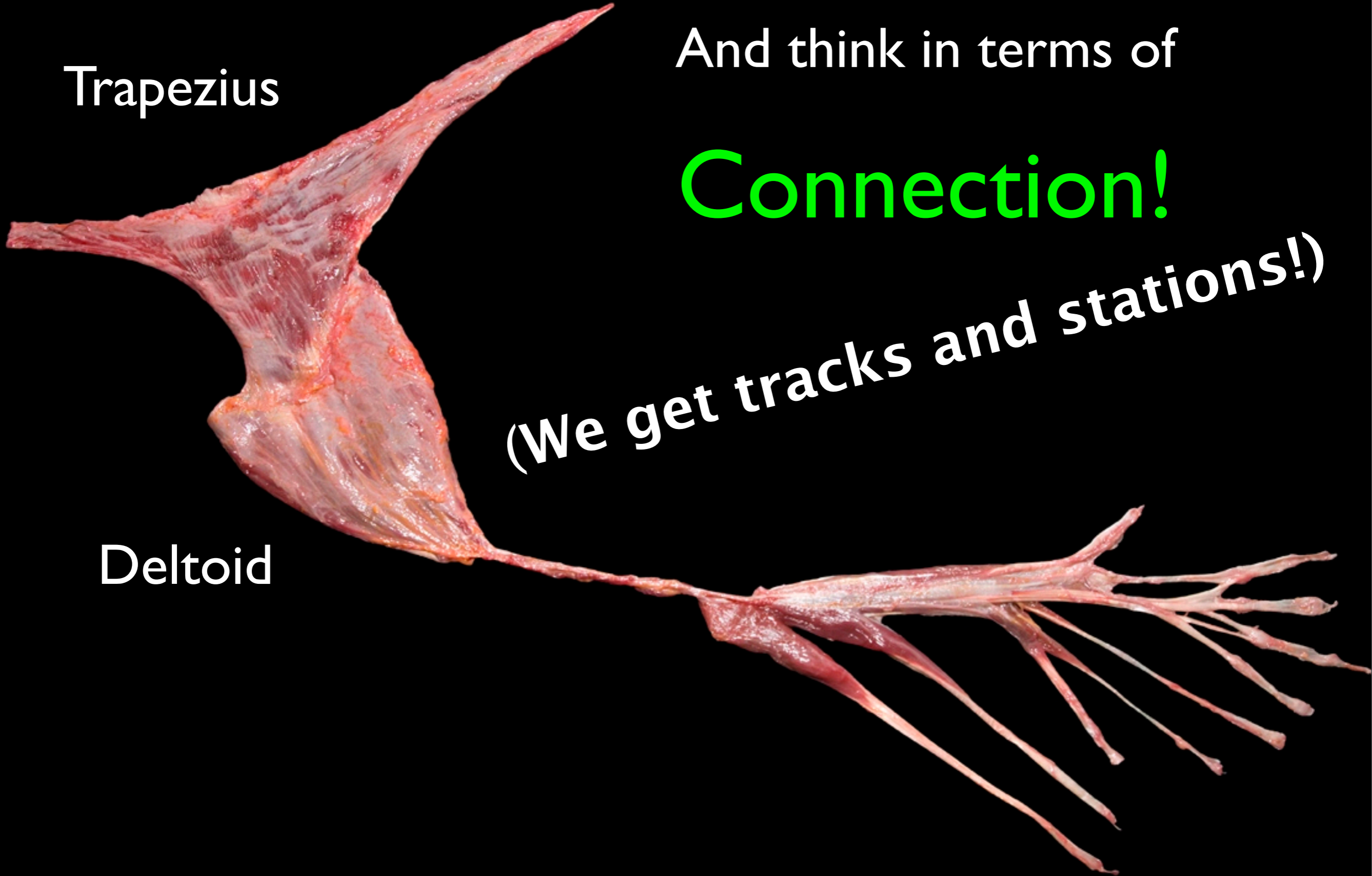
And think in terms of

Connection!

(We get tracks and stations!)

Trapezius

Deltoid



What happens if we turn the scalpel sideways?

And think in terms of

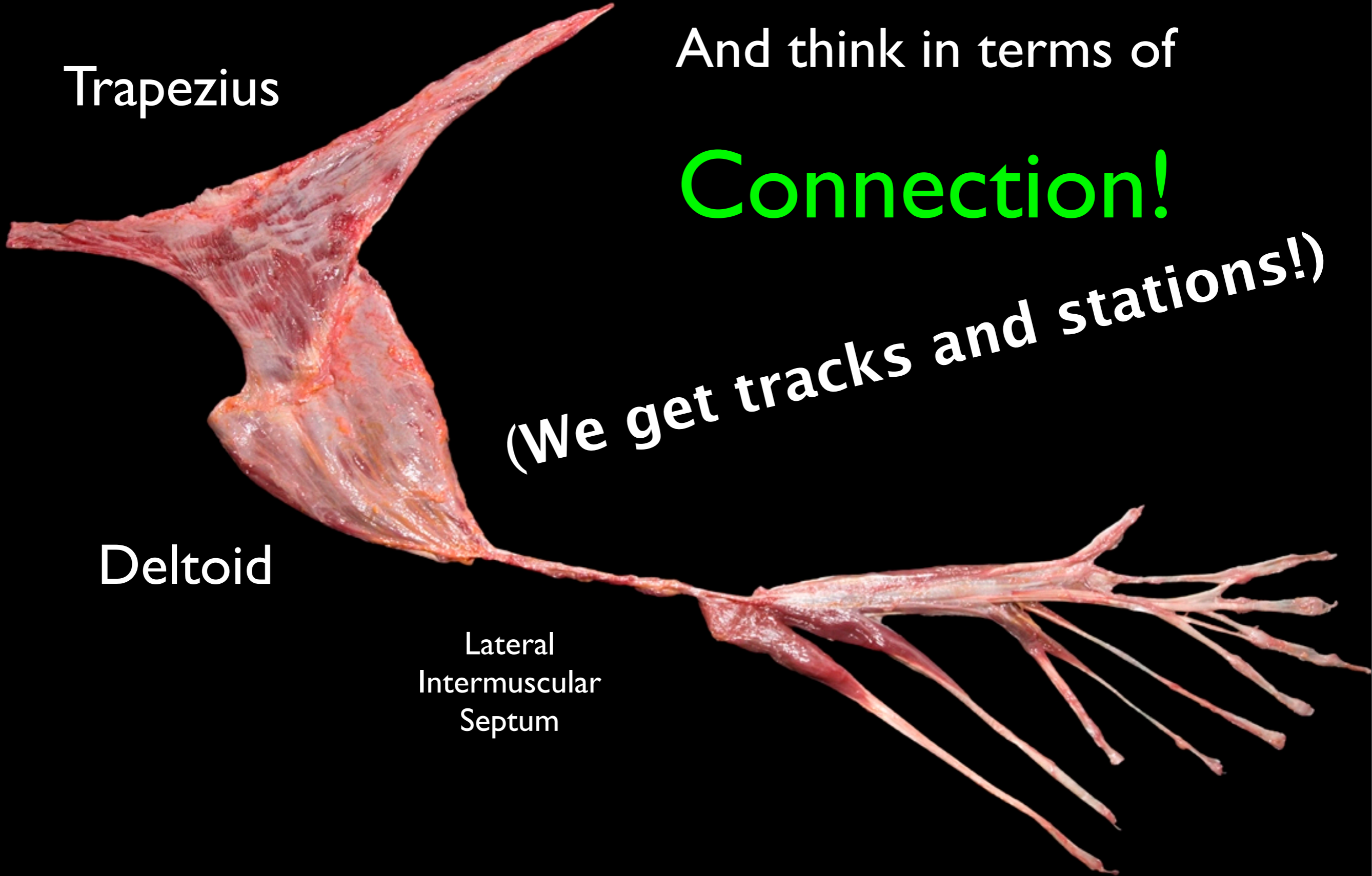
Connection!

(We get tracks and stations!)

Trapezius

Deltoid

Lateral
Intermuscular
Septum



What happens if we turn the scalpel sideways?

And think in terms of

Connection!

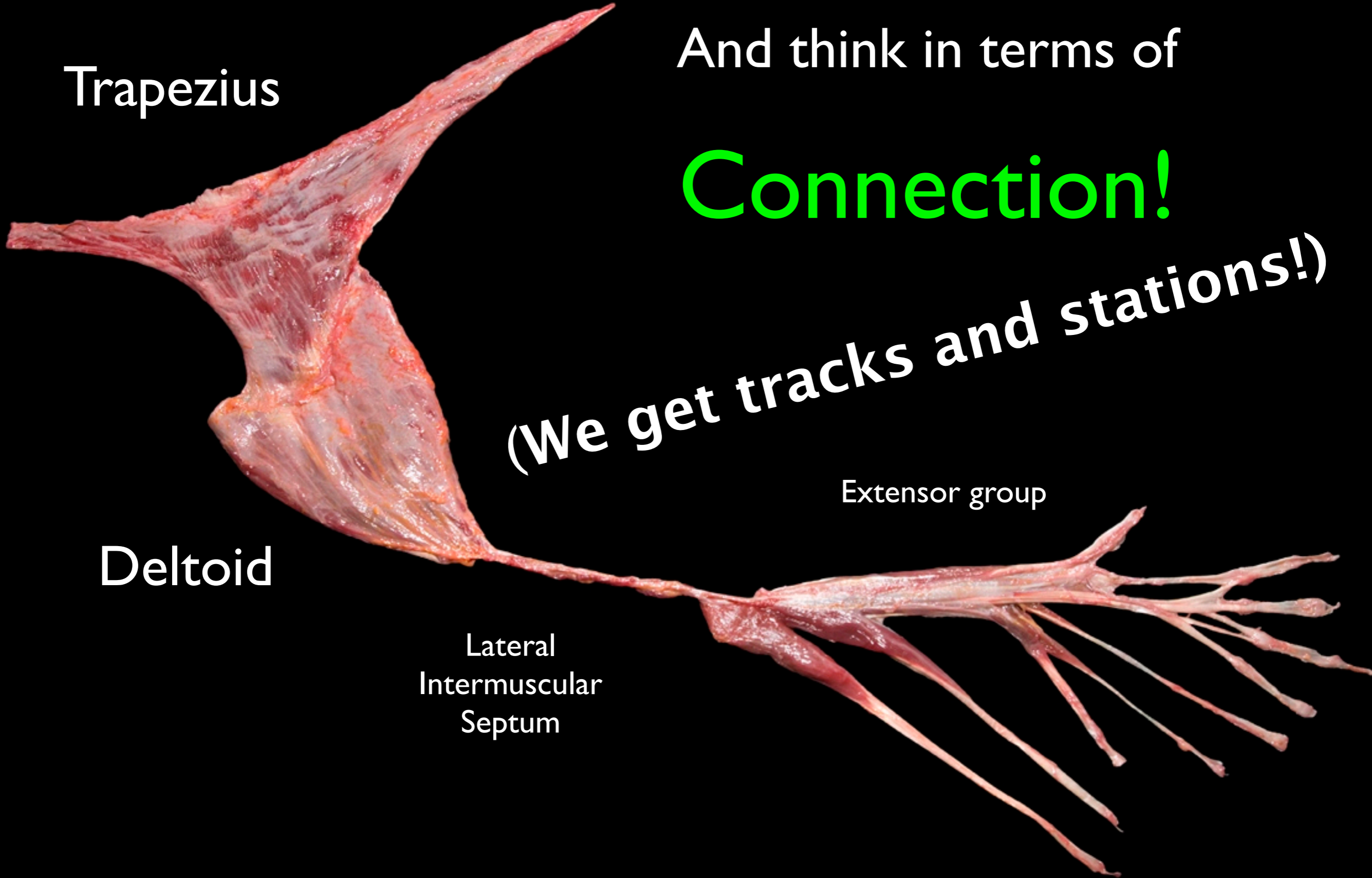
(We get tracks and stations!)

Trapezius

Deltoid

Lateral
Intermuscular
Septum

Extensor group



What happens if we turn the scalpel sideways?

And think in terms of

Connection!

(We get tracks and stations!)

Trapezius

Deltoid

Extensor group

Lateral
Intermuscular
Septum

The Superficial Back Arm Line

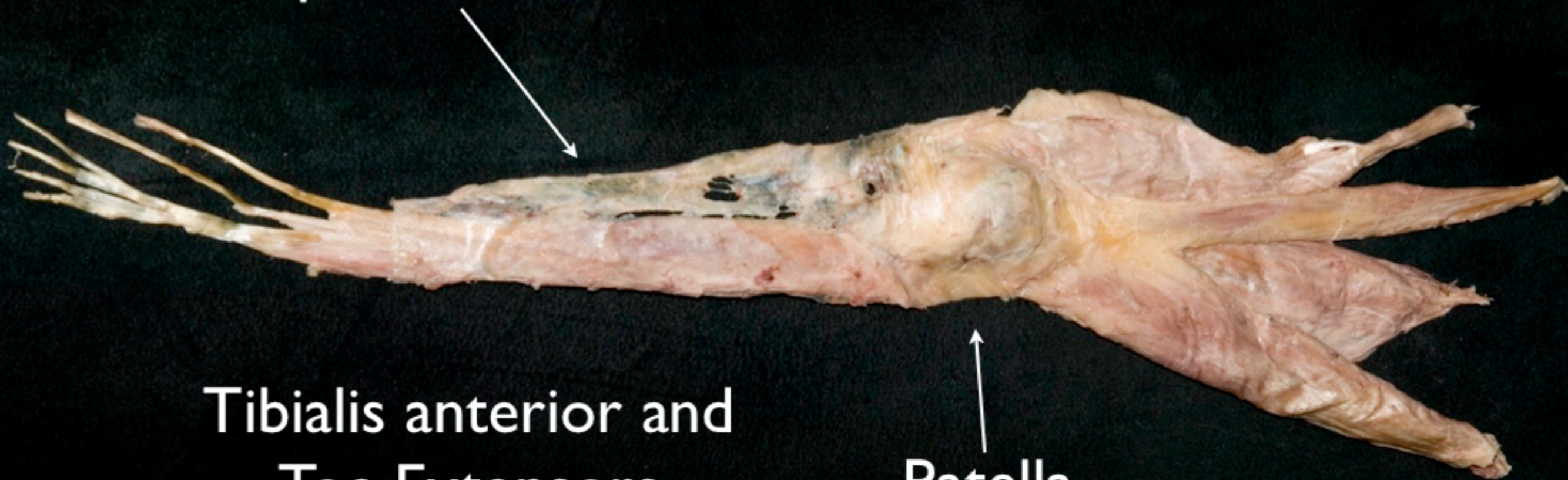
Superficial Front Line (Lower)

Fascia profundis over tibia

Quadriceps

Tibialis anterior and
Toe Extensors

Patella



What's left
when the
lower SFL is
removed:



Posterior Spiral Line

4th hamstring

Sacrospinous ligament

Biceps femoris (long head)

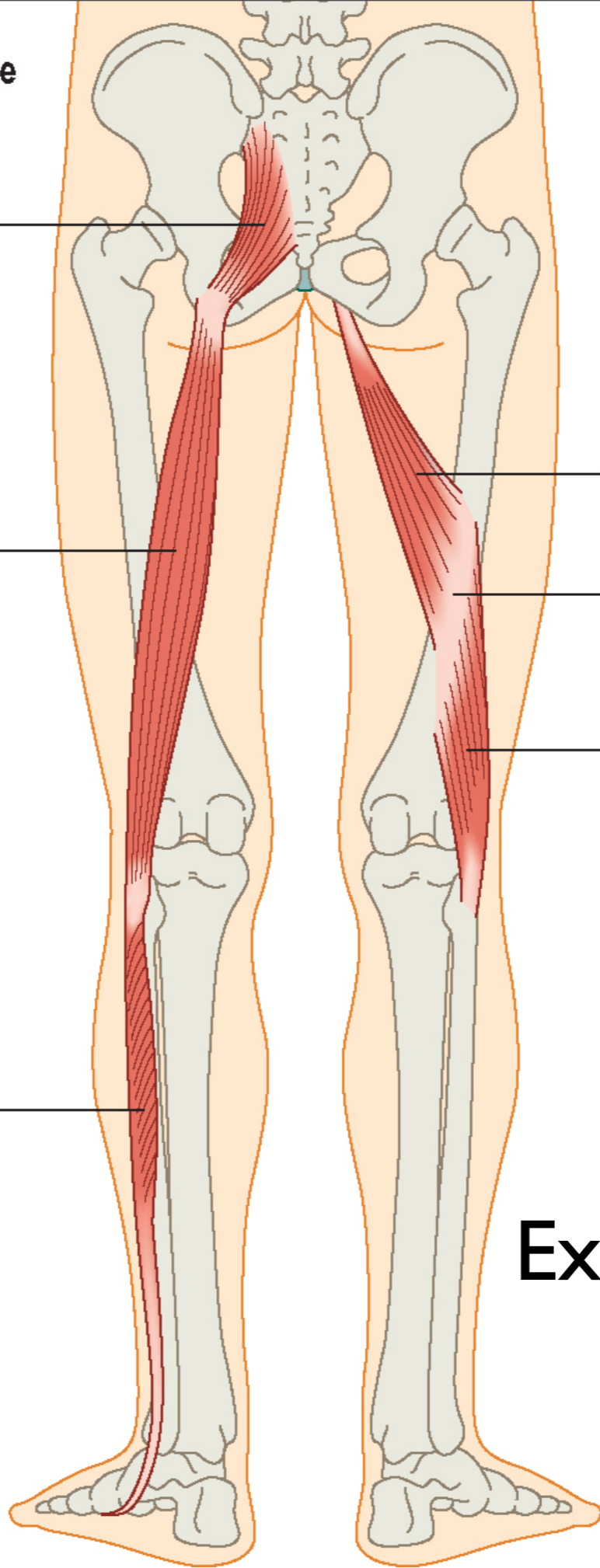
Peroneus longus

Middle part of adductor magnus

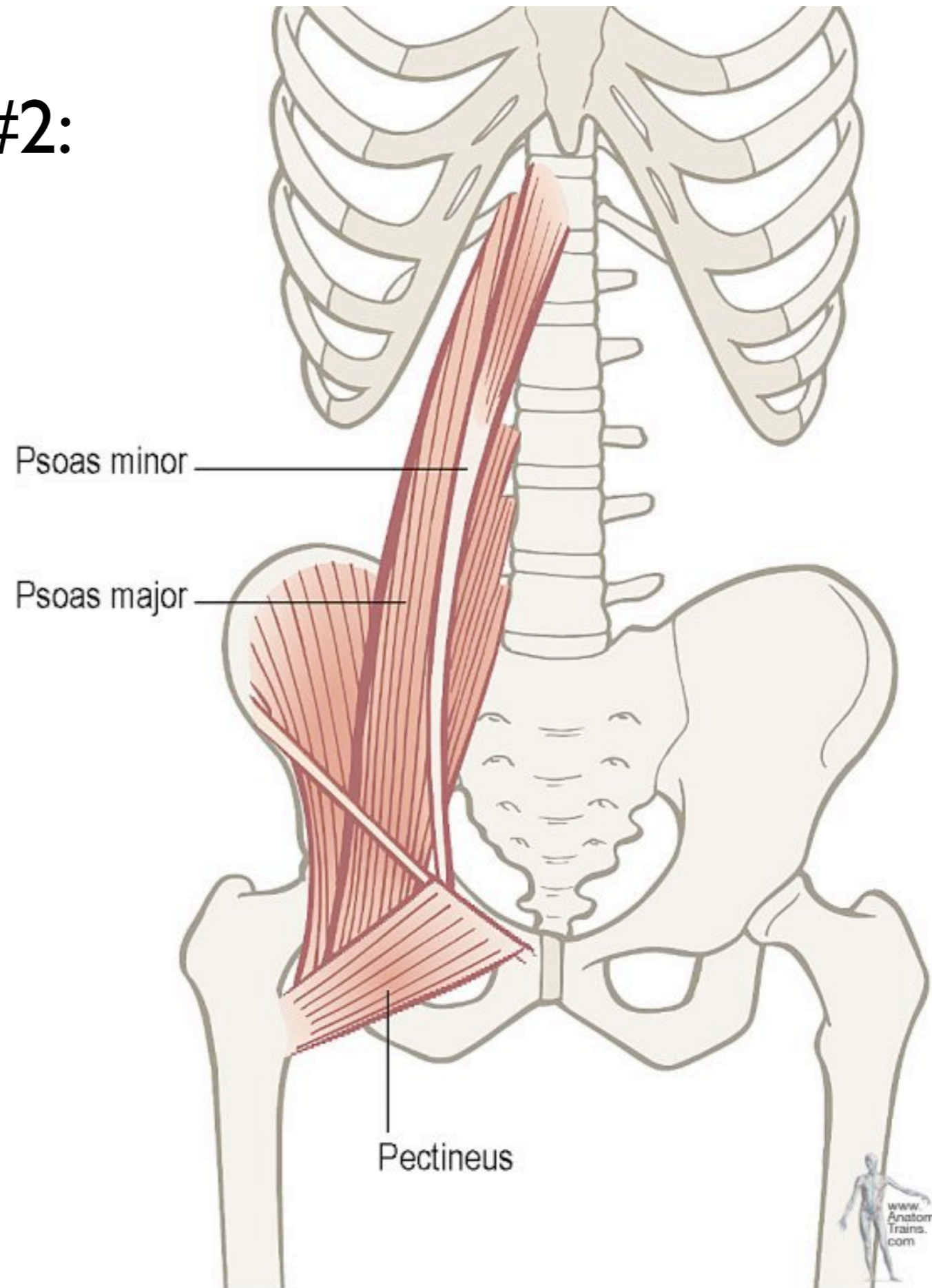
Linea aspera

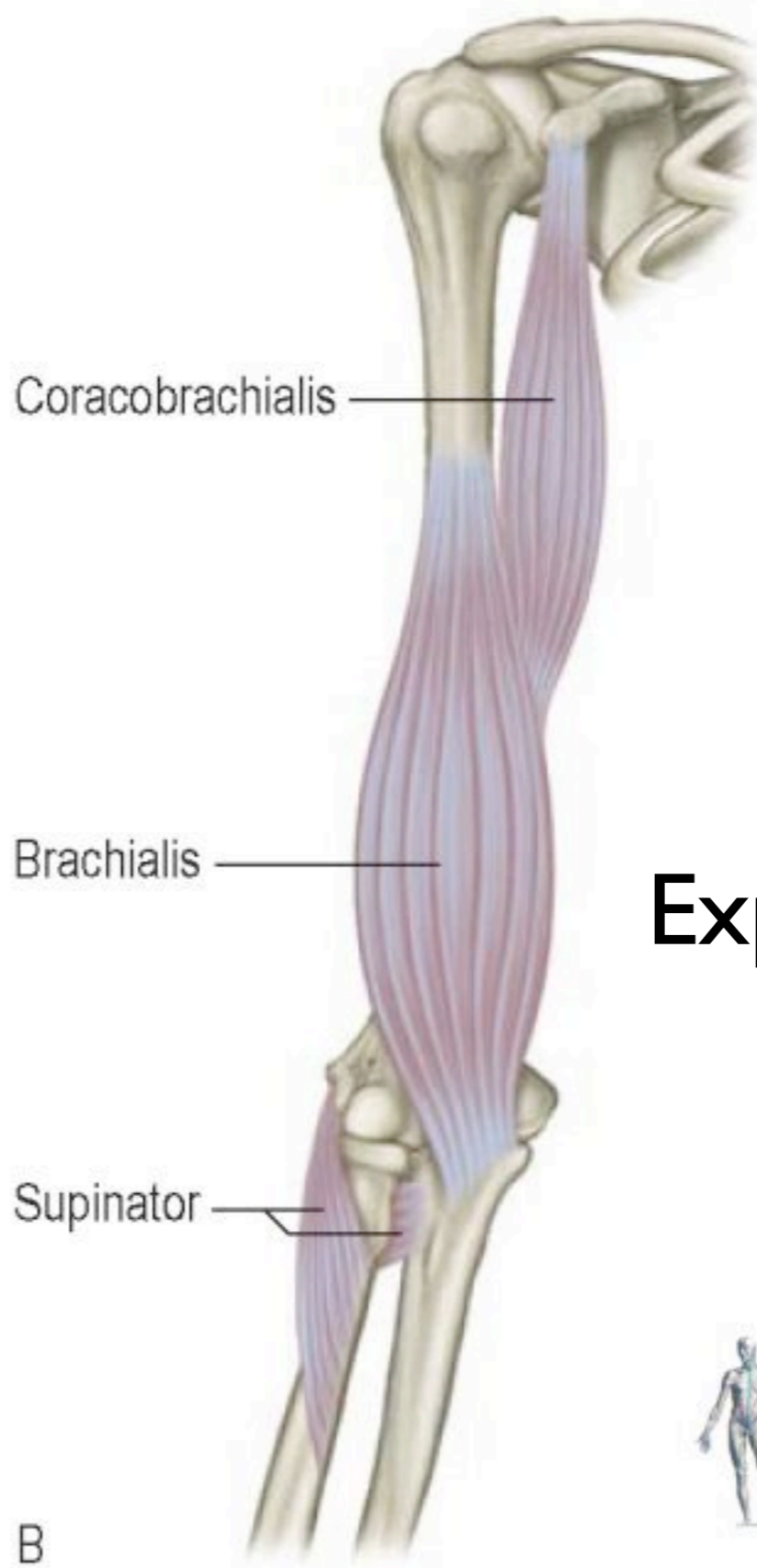
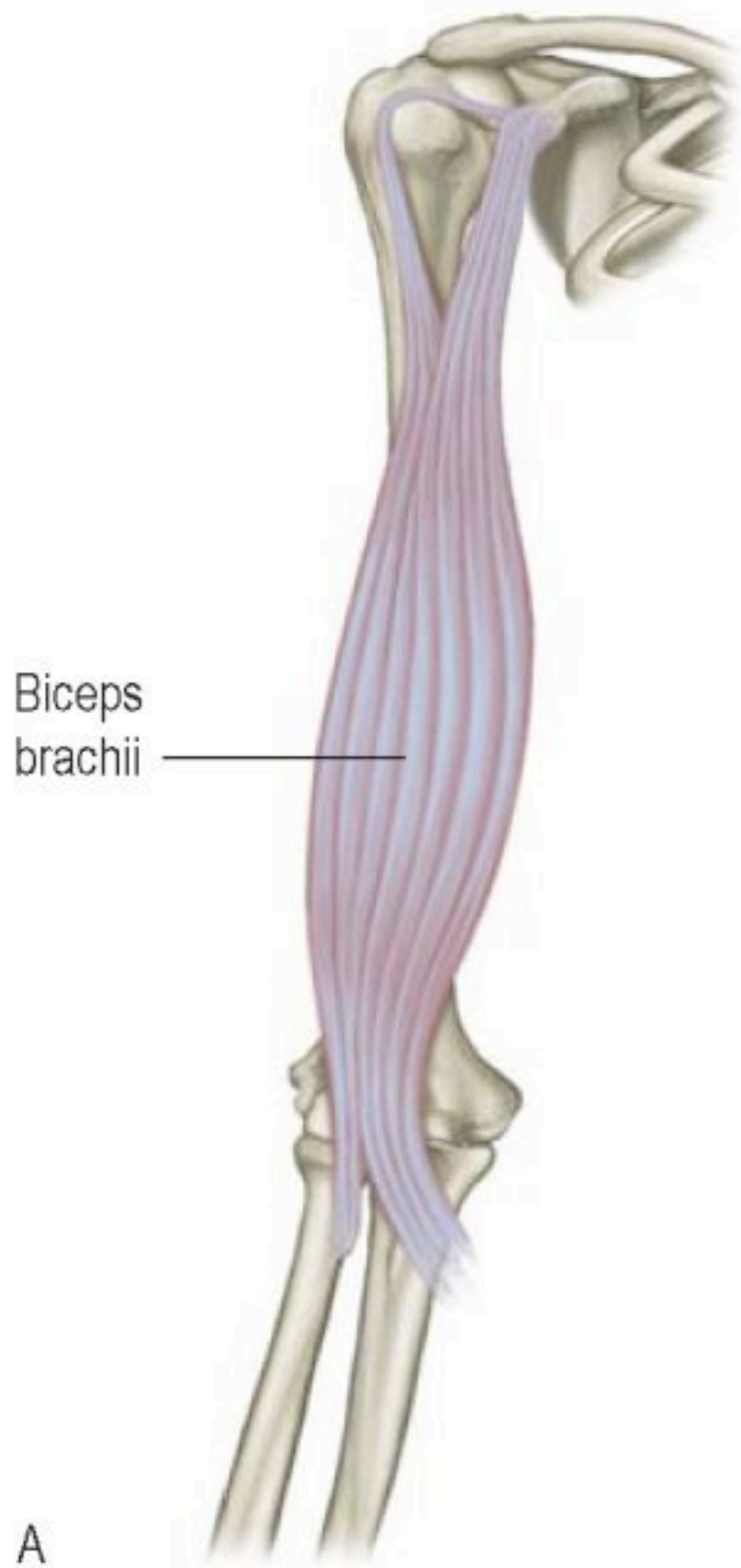
Biceps femoris (short head)

**Expresses and locals #1:
the 4th hamstring**



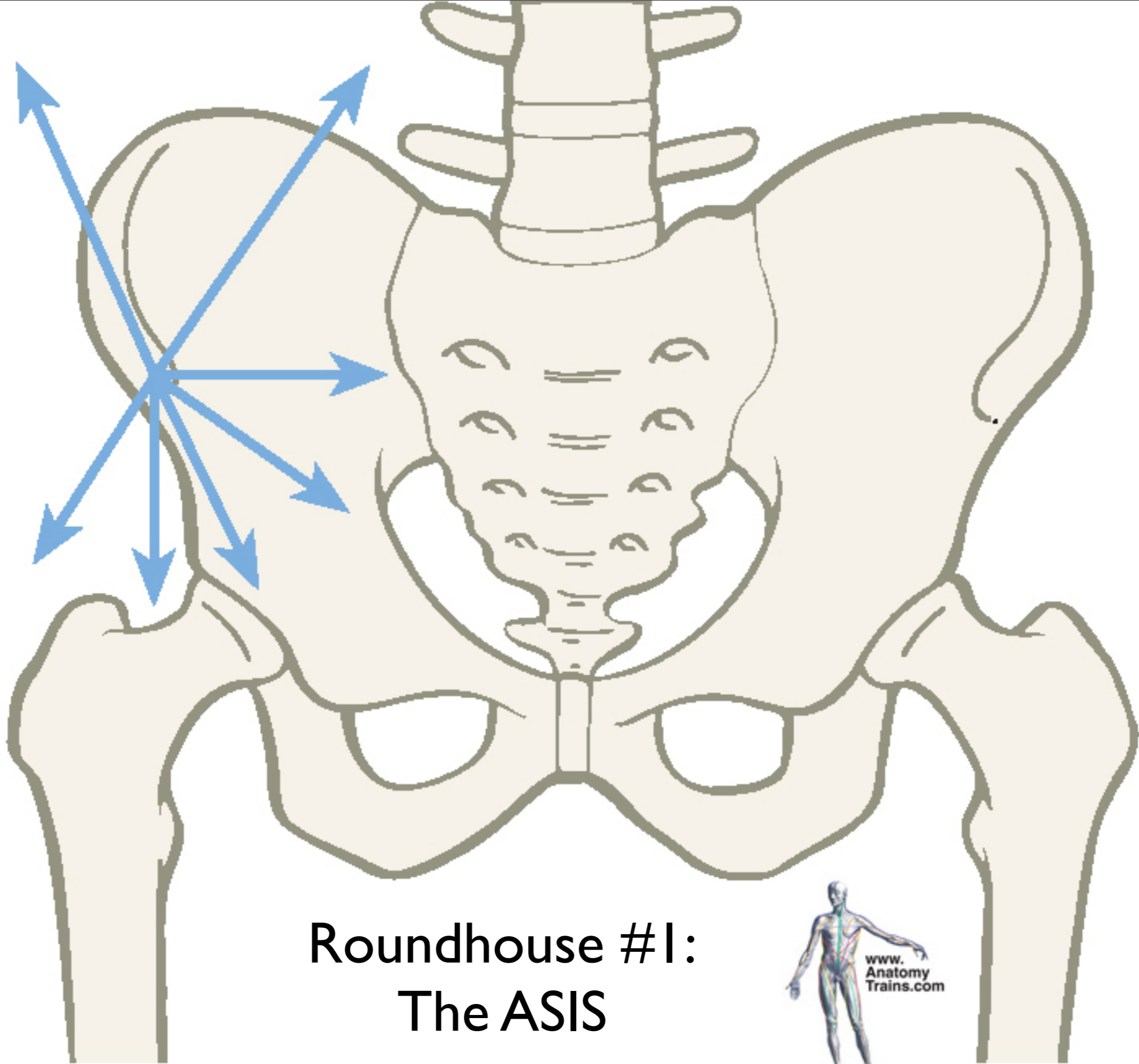
Expresses and locals #2: the psoas complex





**Expresses and locals #3
the biceps brachii**

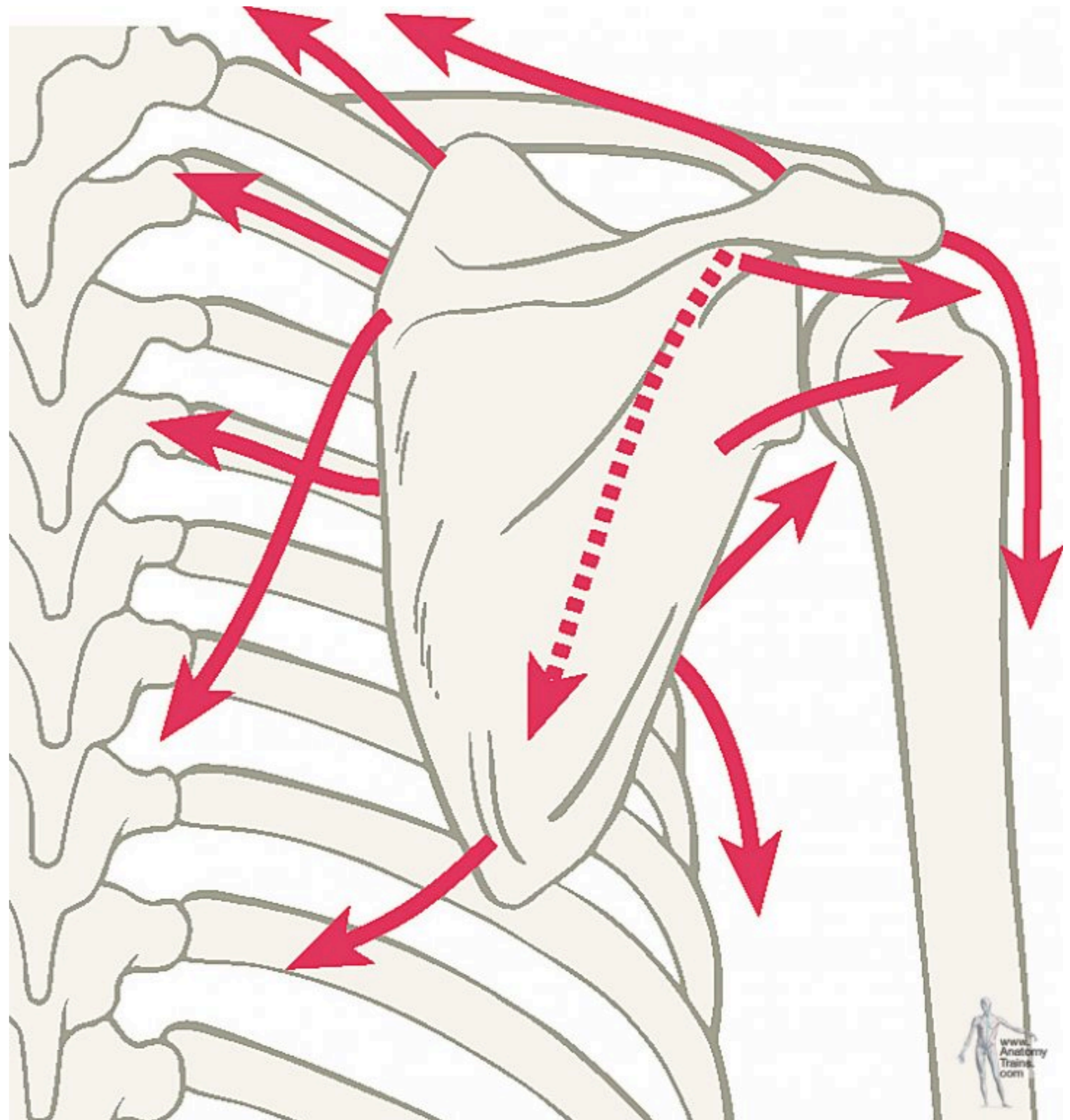




Roundhouse #1: The ASIS



Roundhouse #2: The Scapula

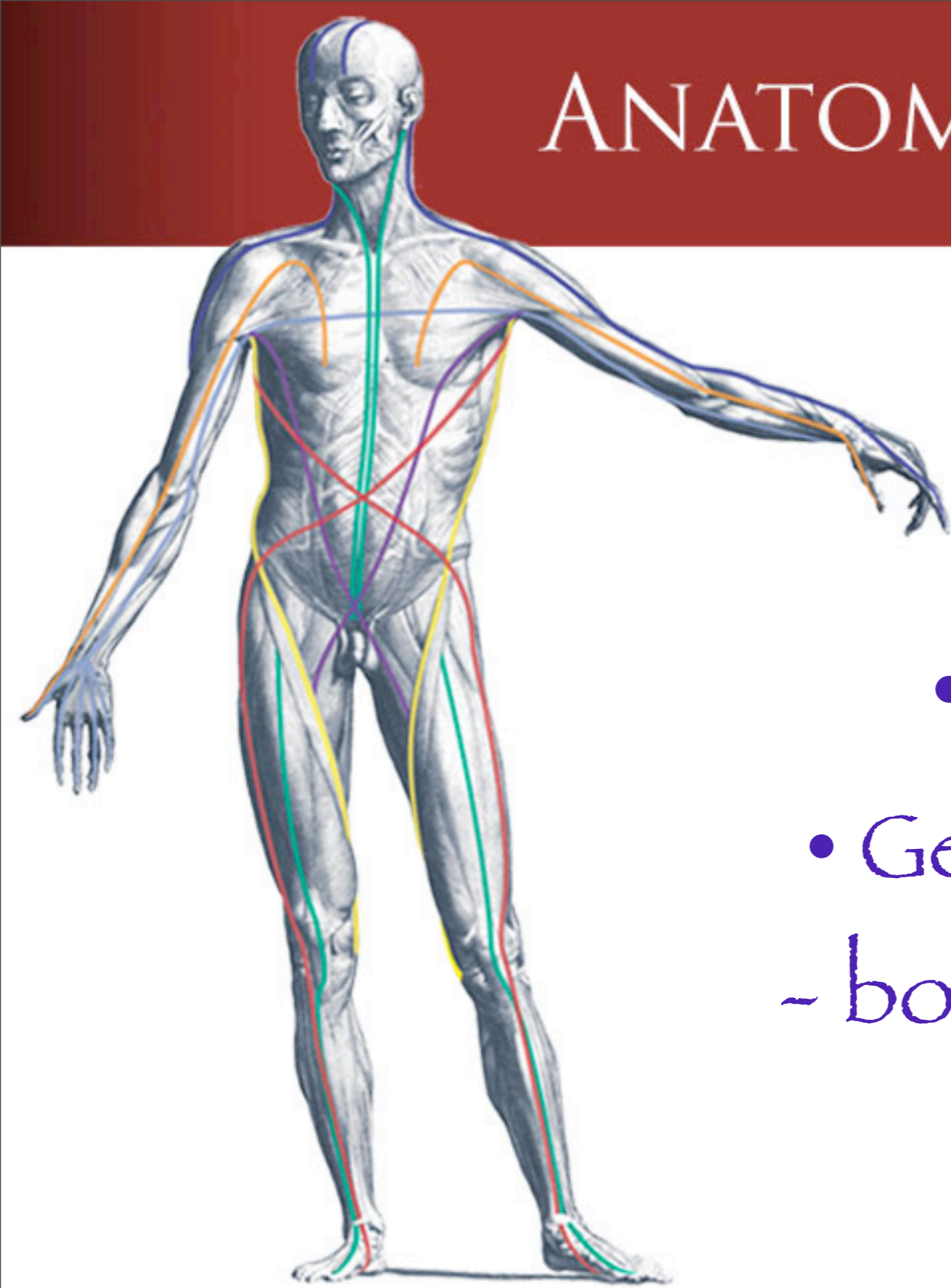


- Thanks for listening!
- Join our next webinar series:

Tensegrity in the Body

4-part series
Jan 22 & 29, Feb 5 & 12
(or watch it online anytime)
\$80 early registration / \$100 after
4 CEUs (NCTMB)

ANATOMY TRAINS[®]



- Visit our website
- Get stuff from the store
 - books, DVDs, tensegrity models

www.anatomytrains.com