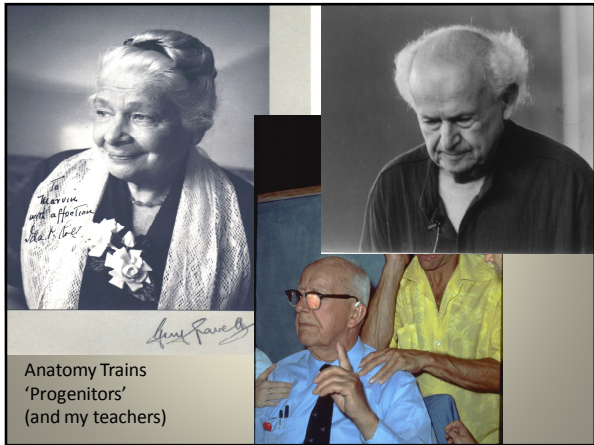
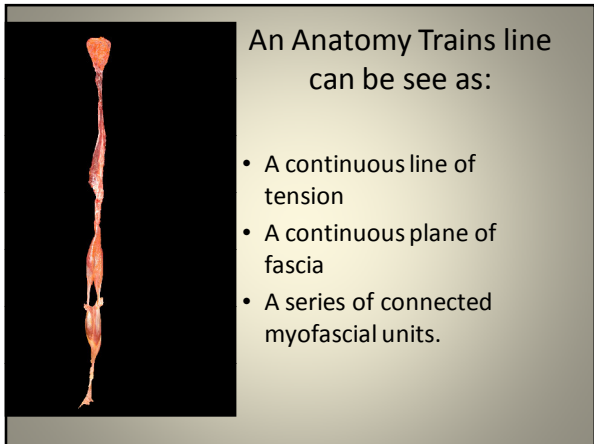


Anatomy Trains

Myofascial Meridians for Manual & Movement Therapies



Anatomy Trains 'Progenitors' (and my teachers)



An Anatomy Trains line can be see as:

- A continuous line of tension
- A continuous plane of fascia
- A series of connected myofascial units.



Rules (guidelines) of the Game

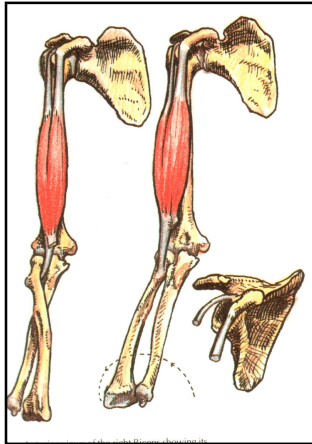
- Follow the 'grain' of the muscles and fascia.
- Note the stations (where the fascia is 'tacked' to the bone).
- Expresses and locals: Look for underlying single-joint muscles when you see multi-joint muscles.

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.

The Anatomy Trains is:

- An excellent way to see and explain postural compensations.
- An exploration and explanation of one structure effecting a distant structure.
- A context for the principle of tensegrity.



We define a muscle by what it would do if it were the only muscle on the skeleton.

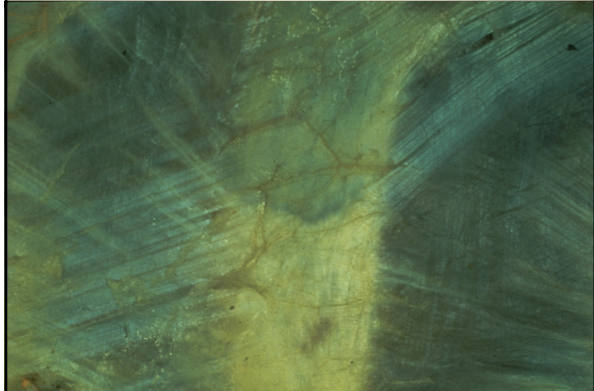
Never happens – muscles don't work this way.

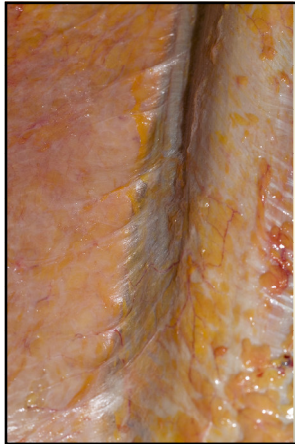
We have 'imagined' all the individual muscles because of the way dissection works

The fascial web –
It's everywhere you want to be




The fascial system responds to demand:





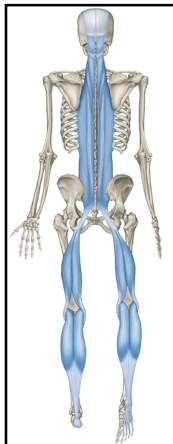
Your fascial system is your:

- Richest sensory organ.
- A continuous interconnected web.
- Distributes strain.
- Is the tissue of shape.
- Holds compensations.



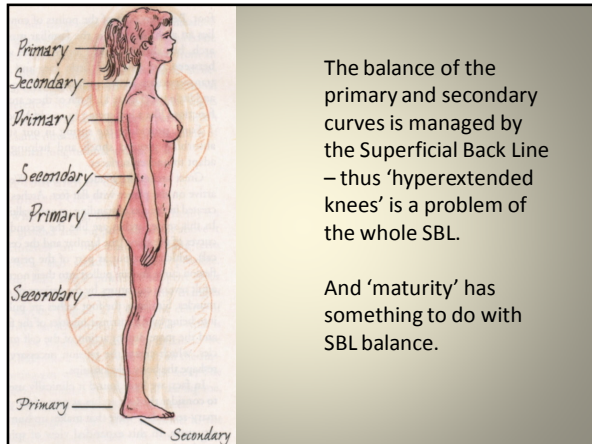
ECM (Extra-Cellular Matrix) consists of:

- Water
 - Bound and unbound
- Fibers
 - Collagen
 - Elastin
 - Reticulin
- 'Glue'
 - Proteoaminoglycans / Ground substance / GAGs (modified as mineral salts in bone)



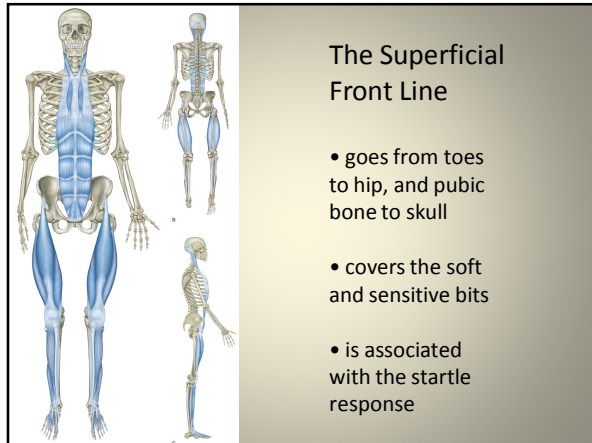
The Superficial Back Line

- goes from toes to nose
- includes the plantar fascia, Achilles tendon, hamstrings, sacrotuberous ligament, erector spinae, and scalp
- covers the primary and Secondary curves of the body



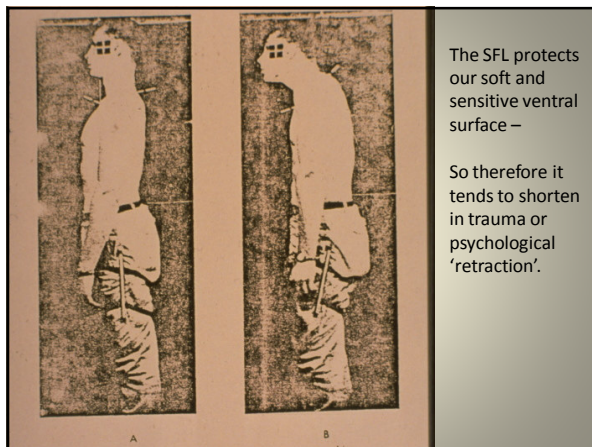
The balance of the primary and secondary curves is managed by the Superficial Back Line – thus ‘hyperextended knees’ is a problem of the whole SBL.

And ‘maturity’ has something to do with SBL balance.



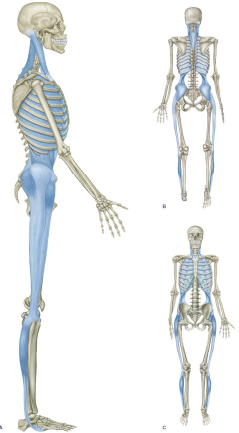
The Superficial Front Line

- goes from toes to hip, and pubic bone to skull
- covers the soft and sensitive bits
- is associated with the startle response



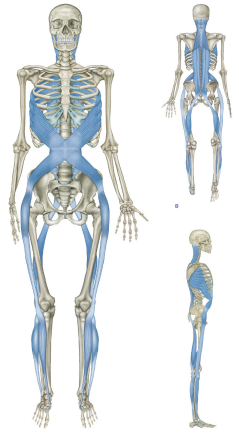
The SFL protects our soft and sensitive ventral surface –

So therefore it tends to shorten in trauma or psychological ‘retraction’.



The Lateral Line

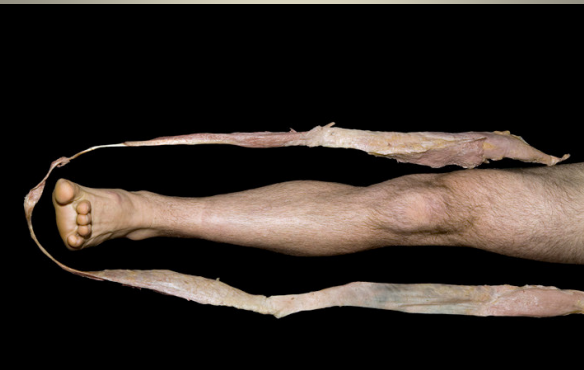
- goes from the lateral ankle to the ear
- stabilizes the body in lateral bends
- both creates and contains lateral movement
- balances the SBL & SFL

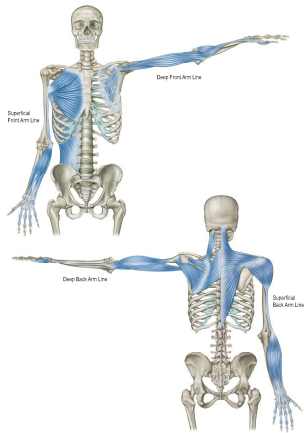


The Spiral Line:

- Loops around the body in two spirals.
- Compensates / balances all the other superficial lines.
- Imbalances create:
 - Knee tracking problems.
 - Twists.
 - Rotations.
 - Lateral shifts
 - Collapse of the 'sleeve'

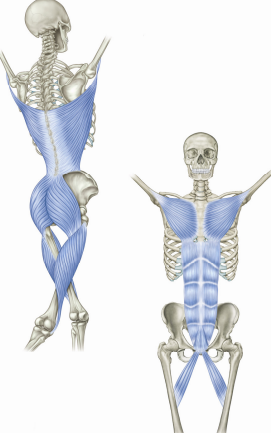
The lower Spiral Line is a 'jump rope' under the arch






The Arm Lines:

- Are seamlessly connected - separated for learning purposes only.
- All run from the axial skeleton to the fingers.
- Are named for their position around the shoulder.
- Have lots of 'crossovers' from line to line (because of the arm's mobility compared to the leg).



The Functional Lines:

- Connect the shoulder and opposite leg.
- Accelerates and decelerates the trunk in rotation.
- Produce additional torque and power for throwing and kicking.



The Deep Front Line:

- is the body's 'core'.
- runs from the inner arch to the jaw and tongue.
- includes the psoas and diaphragm (the 'cobra')
- is the most 'organic' of the lines

