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The Anatomy Trains Myofascial Meridians concept by Tom Myers is quite popular amongst manual and movement therapists. However there has been little scientific evidence to support this

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concept until recently. Jan Wilke and researchers from Goethe University in Frankfurt, Germany searched for the evidence on the existence of six myofascial meridians, as proposed by Tom Myers in 1997.

The Evidence of Anatomy Trains Myofascial Meridians

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These continuities, termed myofascial meridians, wind longitudinally through the soft tissues. These ideas are unfolded in greater detail in the book Anatomy Trains (Elsevier, 2001), and at www.AnatomyTrains.net. Anatomy Trains provides a traceable basis for effective treatment at some distance from the site of dysfunction or pain.

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Anatomy Trains Myofascial Meridians gives you a new understanding of whole-body patterning in posture and function – the interplay of movement and stability. Understanding the ‘Superficial Back Line’ as a whole gives insights into hamstring problems that you cannot get from considering the hamstrings alone.

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Myers developed the myofascial meridians as a way of explaining the role of the fascial system in relation to human structure and function. Myers book Anatomy Trains (2008) has become a leading resource in the study of the fascial network but should be considered

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in context as only 'one' way of considering the way the fascial network can work.

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This program summarizes the whole Anatomy Trains Myofascial Meridians system. The 'rules of the game' are laid out, as well as each of the 12 myofascial linkages, their components, and relationships in specific detail in a way no ordinary muscle-by-muscle and bone-by-bone anatomy course has ever done.

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