Anatomy Trains = Common Myofascial Pathways for transmitting stability, strain, and response
What is fascia?

When a doctor says ‘fascia’, what she means is:
   Certain layers and sheets of biological fabric
   (Like the thoracolumbar fascia or plantar fascia)

When we say ‘fascia’ what we mean is:
   The entire ExtraCellular Matrix (ECM)
   i.e. everything in your body that isn’t a cell
   = the environment your cells live in
Ovum

Stem cells

Ectoderm

Nerve

Muscle

Mesoderm

Connective Tissue

Endoderm

Epithelia
Main points for Fascial Fitness

“It’s alive!”

• Fascia is vital in training
  - most sensing is fascial
  - most injuries are fascial
• Fascia transmits force globally
• Fascia responds on many time scales
What do you miss?
(if you only think in ‘musculo-
skeletal’ terms)

- North-south connections (slings, Anatomy Trains)- Vleeming, Meziere, Myers
- East-west connections (areolar force transmission)- Huijing
- Ligamentous connections (dynament)- Van der Wal
- Neurovascular connection (visceral sheath)- Shacklock
Spatial Medicine - Which means:

• How we occupy space
• How we develop into space
• How we move through our environment
• How we interact with our environment

as well as:

• How we perceive all of the above - our insides and our ‘outside’
• Which leads to the idea of ‘Kinesthetic Literacy’
Prehistory:
- Safety, Food, and Contact
- Survival: Confront, Avoid, Submit

**Training:**
- Martial Arts
- Dance
- Yoga
- Sport

**Healing:**
- Massage & Bonesetting

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Kinesthetic Literacy

What do our patients / clients / students / children need to ‘know’ to successfully negotiate their inner and outer environment?

(We cling to ‘industrially’ based medicine / education in an ‘electronic’ world)
Anatomy Trains

= Common

Myofascial

Pathways

for

transmitting

stability,

strain,

and response

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This ‘neuro-myo-fascial web’ is one seamless medium but for analysis soft-tissue can be divided into:

- The visceral sacs and strings (ventral cavity)
- The meninges and perineuria (dorsal cavity)
- The bones ligaments and joint capsules (inner bag)
- The parietal myofasciae (outer bag)
What happens if we turn the scalpel sideways?

And think in terms of Connection!
The fascial system

- Continuous interconnected web.
- Distributes strain.
- Is the tissue of shape.
- Holds compensations.
- Richest sensory organ.
Superficial Front Line
‘the Protector’

&

Superficial Back Line
‘the Lifter’
The Lateral Line

Functional:
Lateral bending

Structural:
Lateral bends

In between:
Lateral stability
(outer)

Tuesday, February 7, 2012
The Spiral Line crosses the midline twice - once between the shoulder blades, and once over the navel.
Thanks for coming out!

Books:
• Anatomy Trains
• Fascial Release for Structural Balance
• Structural Integration

DVD’s:
• Soft-Tissue Technique
• BodyReading
• Fascial dissection video atlas
• Primal Pictures 3D Anatomy DVD-ROM

‘Afascianados’, please join us on:
www.AnatomyTrains.com
or our Anatomy Trains Facebook page.