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# Are you on track?

Life builds itself around a basic unit called a cell. So what holds all this group of cells in a consistent physical shape? Connective tissue or **FASCIA** is a communicating network running throughout the whole body connecting muscles, tendons, ligaments, bones and organs and forming a crucial supporting matrix that we can not live without. The fascia matrix runs through specific recognizable tracks in the body that can be treated or altered with specific therapeutic techniques.

Most musculoskeletal pain and dysfunction represents the result of failure of the body to adapt because the body's self-regulating compensation mechanisms are exhausted. A biomechanical focused therapist can easily identify shortened, tightened, weakened and trigger point ridden muscles and bad posture as a result by looking at the fascia tracks. Should therapeutic intervention be to the structure (muscles, tendons and joints), to the function (posture and breathing pattern), to the biochemistry (supplements, medication) or emotional state of the patient (counseling and psychotherapy) will depend on the individual patient as well as the skill of the practitioner. The Anatomy Trains concept according to Thomas Myers involves the mobilizing and treatment of functional fascia lines running through the body like train tracks. These tracks proceed in a consistent direction without interruption. Once a particular track (myofascial meridian) is recognized as being problematic, a variety of therapeutic techniques can be used to fix this.

When treating musculoskeletal problems in the ANATOMY TRAINS way a therapist immediately have to work in a functional way, treating the body as a unit and not just focusing on the site of the injury. This involves moving up and down a specific line to correct posture and function.

## Guidelines for treatment

Start from the affected, restricted, injured or painful area and move out along the train lines.

Work on the meridians can often have distant effects.

Work the tissue of the meridian in the direction you want it to go.

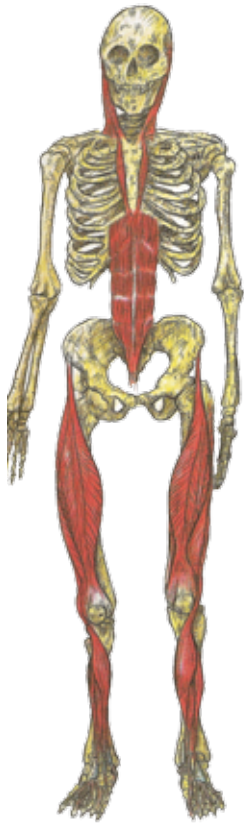
Watch for where meridians cross each other 🌈

## References

Myers Thomas. Anatomy trains. Myofascial meridians for manual and movement therapists. Churchill and Livingstone 2001. Keleman S. Emotional anatomy. Berkeley: Center press 1985 Aston J. Aston postural assessment workbook. San Antonio 1998

## Different Tracks

**Superficial front line**



**Spiral line**



**Deep front line**

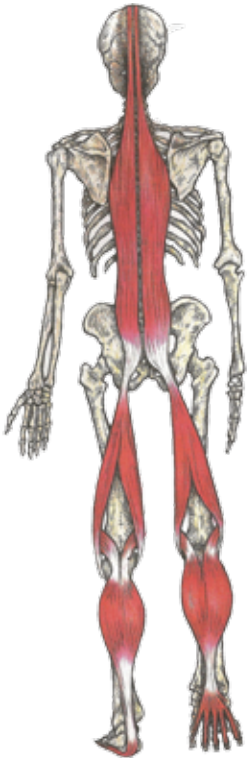


**Lateral line**



**Functional lines**

**Superficial back line**



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