SOFTWARE & TECH

# Anatomy Trains Tom Myers

Published: November 20, 2026 | Index ID: #-

## Introduction: Rethinking the Body's Blueprint

For decades, anatomy textbooks presented the human body as a collection of individual muscles, each with a distinct origin, insertion, and action. We learned about the biceps, the quadriceps, the gluteus maximus—discrete units that, when contracted, produced movement at specific joints. While this approach provides a solid foundation, it often misses a crucial piece of the puzzle: the connective tissue that weaves everything together. Enter **Anatomy Trains Tom Myers**, a revolutionary way of seeing the body not as a stack of Lego blocks, but as a continuous, interconnected web of myofascial meridians. This concept, developed by manual therapist and author Thomas Myers, has transformed how bodyworkers, movement teachers, and rehabilitation professionals understand posture, pain, and performance.

Instead of isolating a sore lower back to a single muscle like the quadratus lumborum, an Anatomy Trains practitioner traces the tension through an entire "line" of fascia and muscle—perhaps from the foot, up the leg, through the pelvis, and into the jaw. This holistic perspective aligns with the body's actual behaviour. Fascia, the dense fibro-elastic connective tissue that surrounds every muscle, bone, nerve, and organ, forms a three-dimensional matrix. Myers synthesized existing knowledge with his own observations from decades of Rolfing and teaching to create a map of the most common myofascial "highways." The result is a powerful lens for understanding movement dysfunctions, guiding treatment, and designing more intelligent exercise programs.

## What Are Anatomy Trains? The Myofascial Meridians

The term "Anatomy Trains" refers to the specific lines or meridians of myofascial continuity that run through the body. Imagine a train line: the track itself is the continuous fascial web, and the various stations along the route are the bones and muscles that the line connects. When tension travels along this track, it can affect every station along the way. Myers identified twelve primary myofascial meridians, each with a characteristic path and function. These lines are not anatomical compartments, but rather functional patterns that the body uses to organize stability, movement, and compensation.

This concept is grounded in the principles of **tensegrity**—a term coined by Buckminster Fuller describing structures that maintain their integrity through a balance of tension and compression. In the body, bones act as compression struts, while the fascia and muscles provide continuous tension. Anatomy Trains help explain why an ankle sprain can lead to hip pain months later, or why tight hamstrings might be connected to a forward head posture. The lines are not absolute; individual anatomy varies, but the general patterns are remarkably consistent across humans.

### The Twelve Myofascial Meridians

While a full description of each line would fill a book (and indeed Myers wrote one), a brief overview helps illustrate the scope of the approach:

- Superficial Front Line (SFL): Runs from the top of the feet, up the shins, thighs, across the abdomen, and to the sternum and neck. It governs extension and is often associated with postural collapse or over-extension.
- Superficial Back Line (SBL): Connects the bottom of the feet, up the calves, hamstrings, and spine to the

brow ridge. It supports a upright posture and relates to flexion patterns.

- Lateral Line (LL): Runs from the side of the foot, up the outside of the leg and trunk, through the shoulder, to the side of the neck. It balances side-to-side stability and trunk rotation.
- Spiral Line (SL): Twists around the body from the skull to the opposite foot, linking the shoulder girdle to the pelvis. It is crucial for rotational movements and counter-rotation in walking.
- Deep Front Line (DFL): A deep central core line that runs from the foot, up the inside of the leg, through the pelvis, diaphragm, and to the jaw. It is essential for core stability, breathing, and postural support.
- Superficial Back Arm Line (SBAL): Runs from the lower ribs, across the back of the shoulder, down the back of the arm to the little finger.
- Deep Back Arm Line (DBAL): Runs from the neck, behind the shoulder, down the back of the arm to the thumb side.
- Superficial Front Arm Line (SFAL): Runs from the pectoral area, down the front of the arm to the palm.
- Deep Front Arm Line (DFAL): Runs from the chest wall, through the armpit, down the front of the arm to the index finger.
- Functional Lines: Front and Back Functional Lines connect the trunk to the opposite arm or leg, linking the upper and lower quadrants across the body.
- Lateral/Spiral Arm Lines: Additional meridians that integrate arm and shoulder complex movements.

These lines are also subdivided into "single" and "double" tracks, and they interact through "stations" and "termini." The genius of the Anatomy Trains model is that it provides a framework to see the body as a whole, without losing sight of the parts.

## The Creator: Tom Myers

Thomas Myers is not just the author of a book; he is the master synthesizer of a paradigm shift in bodywork. His journey began in the 1970s as a student of Ida Rolf, the founder of Structural Integration (Rolfing). Under Rolf's mentorship, Myers observed how strategic manual intervention could create dramatic, lasting changes in posture and movement. But he wanted to understand the "why" behind the patterns. Over decades of teaching and practicing, he noticed that certain lines of tension consistently appeared across his clients and students.

Myers's background also includes study with Moshe Feldenkrais, Emilie Conrad, and various bodywork traditions. He holds degrees in English and comparative literature, which gives his writing a unique clarity and accessibility. In 2001, he published the first edition of *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*, now considered a core text in many massage, physical therapy, and athletic training programs. He continues to teach worldwide through his company, Anatomy Trains, and has inspired a global community of practitioners.

The Anatomy Trains concept was not invented in a vacuum. It builds on earlier work by doctors and researchers who recognized myofascial continuity. But Myers was the first to map these lines comprehensively and present them in a way that clinicians could use immediately. His work has been validated and supported by later fascia research, including histological studies showing the structural continuity he described. The term "myofascial meridian" itself has become a standard in the field.

### Inspiration from Ida Rolf and Others

Ida Rolf famously said, "When the body gets working appropriately, the force of gravity can flow through it." That idea of organized structural alignment is central to Anatomy Trains. Myers was also influenced by the work of John Varriano (myofascial continuity in the arm), and more recently by the pioneering fascia research of Dr. Robert Schleip, Dr. Helene Langevin, and others who have used ultrasound, MRI, and histological techniques to document the fascial network. The collaboration between manual therapists and scientists has solidified Anatomy Trains as a

clinically useful, evidence-informed model.

## Key Principles of the Anatomy Trains Model

To apply the Anatomy Trains approach, one must adopt several core principles that differ from conventional anatomy:

1. **The body is a tensegrity structure.** Bones are not stacked like bricks; they are suspended in a web of tension. This means that tension in one area immediately affects distant parts. A tight sternocleidomastoid can pull on the pubic symphysis through the Deep Front Line.

2. **Lines of pull are more important than isolated muscles.** When assessing a client's posture, look for which myofascial meridians appear shortened or lengthened. For example, a hunched upper back might indicate a shortened Superficial Back Arm Line and a lengthened Superficial Front Arm Line.

3. **Compensation follows the lines.** When a joint is injured or restricted, the body will reorganize movement and tension along the nearest meridian. Chronic compensations become "body armoring" that can be unwound through fascial release.

4. **Movement is organized along these lines.** The Anatomy Trains align with natural movement patterns like gait, squatting, and reaching. Training or rehabilitating these patterns as wholes is often more effective than isolating individual muscles.

5. **The lines are not separate—they interweave.** At key intersections (e.g., the iliac crest, the rib cage), multiple meridians cross. These are often areas of high tension or potential release.

### Tensegrity and Bracing

The concept of tensegrity is beautifully illustrated by the Anatomy Trains model. In a tensegrity structure, the rigid components (bones) do not touch each other; they are held in place by tension elements (fascia and muscles). This design distributes forces efficiently and allows for resilience. When one cable tightens, the whole structure adjusts. In the human body, that means a tight calf can pull on the hip and eventually the jaw. Conversely, releasing fascia in the neck can free up tension in the opposite foot. This understanding challenges the reductionist view that each pain source must be locally addressed.

## Practical Applications in Various Professions

The beauty of **Anatomy Trains Tom Myers** is its immediate usefulness. Whether you are a massage therapist, physiotherapist, chiropractor, osteopath, yoga instructor, personal trainer, or strength coach, the model offers a new diagnostic and treatment framework.

### For Manual Therapists

When a client presents with chronic lower back pain, you can consider the Superficial Back Line. Is the calf tight? Are the hamstrings short? Is the lumbar erector spinae overworking? Instead of only treating the lower back, you may release the plantar fascia, stretch the hamstrings, and balance the pelvis. The Anatomy Trains also help you see "body holes"—areas where myofascial lines seem discontinuous due to injury or surgery—and guide how to re-establish that continuity.

Treatment techniques range from myofascial release, stretching, and trigger point therapy to instrument-assisted soft tissue mobilization (IASTM) and dry needling. The lines provide a road map: you can work the entire length of a meridian or focus on key "strategic points" that have particular influence.

### For Movement Teachers and Trainers

Yoga instructors using Anatomy Trains can sequence poses that target whole lines. For example, if a student struggles with forward folds, releasing the Superficial Back Line from the feet to the head might help more than just hamstring stretches. Similarly, personal trainers can design corrective exercises that integrate the Deep Front Line for core stability or the Lateral Line for balance.

The model also informs sports performance. Sprinters benefit from a free Spiral Line to generate rotational power. Swimmers need balanced Lateral and Arm Lines. The holistic approach reduces injury risk by identifying and correcting compensations before they become problematic.

## Evidence and Scientific Context

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