

Le Muscle Nouveaux Concepts Anatomie Biomcanique

Anatomy Trains Anatomie Thomas W. Myers Marc Testa

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cette première édition en langue française du best seller mondial anatomy trains va transformer et éclairer votre perception des réseaux myofasciaux anatomy trains concepts et philosophie l'étude traditionnelle de l'anatomie met l'accent sur les muscles considérés de façon individuelle et reliés par chacune de leurs extrémités d'un os à l'autre anatomy trains élargit cette approche et révolutionne les concepts traditionnels l'ouvrage met l'accent sur le principe d'intégrité et de continuité corporelle fonctionnelle exercé au sein du réseau myofascial la métaphore est simple le réseau myofascial fonctionne à l'image d'un réseau de voies ferrées stabilité contrainte tension fixation résilience et compensation posturales sont toutes distribuées selon des lignes corporelles À l'aide d'une cartographie précise des méridiens myofasciaux ce livre propose de nombreuses stratégies novatrices et holistiques pour restaurer et renforcer la posture et la fonctionnalité du mouvement ces concepts théoriques offrent au praticien les bénéfices suivants 1 anatomy trains est applicable quelque soit votre approche une fois les schémas reconnus les concepts des méridiens myofasciaux peuvent être facilement appliqués dans l'évaluation et le traitement en utilisant une variété d'approches thérapeutiques et éducatives en vue de faciliter le mouvement 2 la théorie fournit une sensation en 3d plus puissante pour l'anatomie musculo squelettique et une appréciation des schémas corporels qui assurent compensation du corps et performance fonctionnelle au quotidien 3 cliniquement cette théorie montre comment une zone douloureuse du corps peut être reliée à une zone silencieuse à distance du problème donnant lieu à de nouvelles stratégies de traitement les de l'ouvrage la mise en page permet au lecteur de synthétiser le concept rapidement ou d'aider à une compréhension plus

détaillée d'une zone des icones orientent le lecteur vers ses propres centres d'intérêts en fonction de sa spécialité qu'elle soit thérapie manuelle thérapie du mouvement évaluation visuelle éducation kinesthésique il explore les preuves des derniers résultats des découvertes scientifiques courantes incluant des dissections de tissus fasciaux humain il traite du rôle des fascias en tant qu'organe sensitif étendu il contient des mises à jour qui sont le fruit d'un enseignement et d'une pratique ininterrompus par exemple comment les fascias interviennent dans les schémas de distribution des forces et comment cette distribution génère des schémas de douleur une section traite des concepts d'anatomie trains dans l'analyse de la physiologie de la marche accessible en anglais pour le public français le site compagnon myersmyofascialmeridians.com offre un complément multimédia avec des schémas des séquences vidéo additionnelles des contenus en ligne supplémentaires pour la pratique de l'évaluation visuelle

troisième édition d'un ouvrage qui réconcilie l'assiduité scientifique à une fine connaissance de la pratique des sports grâce à un texte précis soigné et riche en ressources bibliographiques le livre comprend un cours complet permettant aux étudiants de maîtriser toutes les connaissances des exemples concrets et de multiples schémas plus de 300 exercices corrigés il s'adresse aux étudiants licence et master enseignants entraîneurs et éducateurs sportifs psychomotriciens et personnels de santé

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