

Fascial Trains or Lines

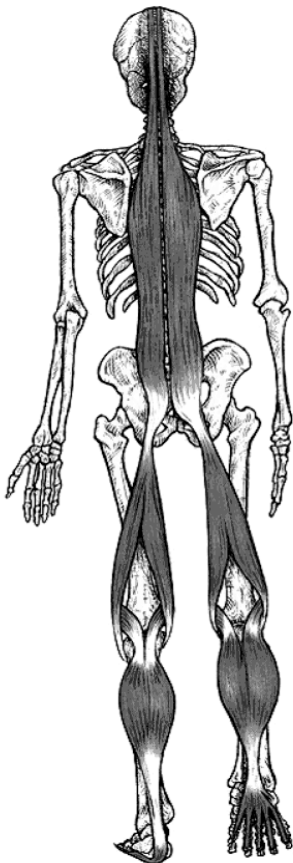
According to Meyers (2001) the body has many Fascial meridians or lines or what he describes as **FASCIAL TRAINS**. These lines are connected throughout the body. By releasing any blocked part along the line you can have an affect on the whole line.

The 5 major fascia trains are as follows:

1. **The Superficial Back Line**
2. **The Superficial Front Line**
3. **The Lateral Line**
4. **The Spiral Line**
5. **The Deep Front Line**

The Arm Lines - **Back of the Arm Line**
Front of the Arm Line

Superficial Back Line (SBL)



The Superficial Back Line creates trunk hyperextension, knee flexion, and plantar flexion.

The general mobility and motility of the SBL involves the ability to allow trunk flexion and hip flexion with the knees extended. (Sit and Reach test position).

As you can see from the picture above this facial train runs from:

1. **Plantar Surface of toe phalanges**
2. **Plantar Fascia and short toes flexors**
3. **Calcaneus**
4. **Gastrocnemius/Achilles tendon**
5. **Condyles of Femur**
6. **Hamstring**
7. **Ischial Tuberosity**
8. **Sacrotuberous ligament**
9. **Sacrum**
10. **Sacrolumbar fascia/erector spinae**
11. **Occipital ridge**
12. **Galea aponeurotica/scalp**
13. **Frontal brow ridge**

http://www.kayaprajna.com/images/insight/trains_fb_vw.jpg