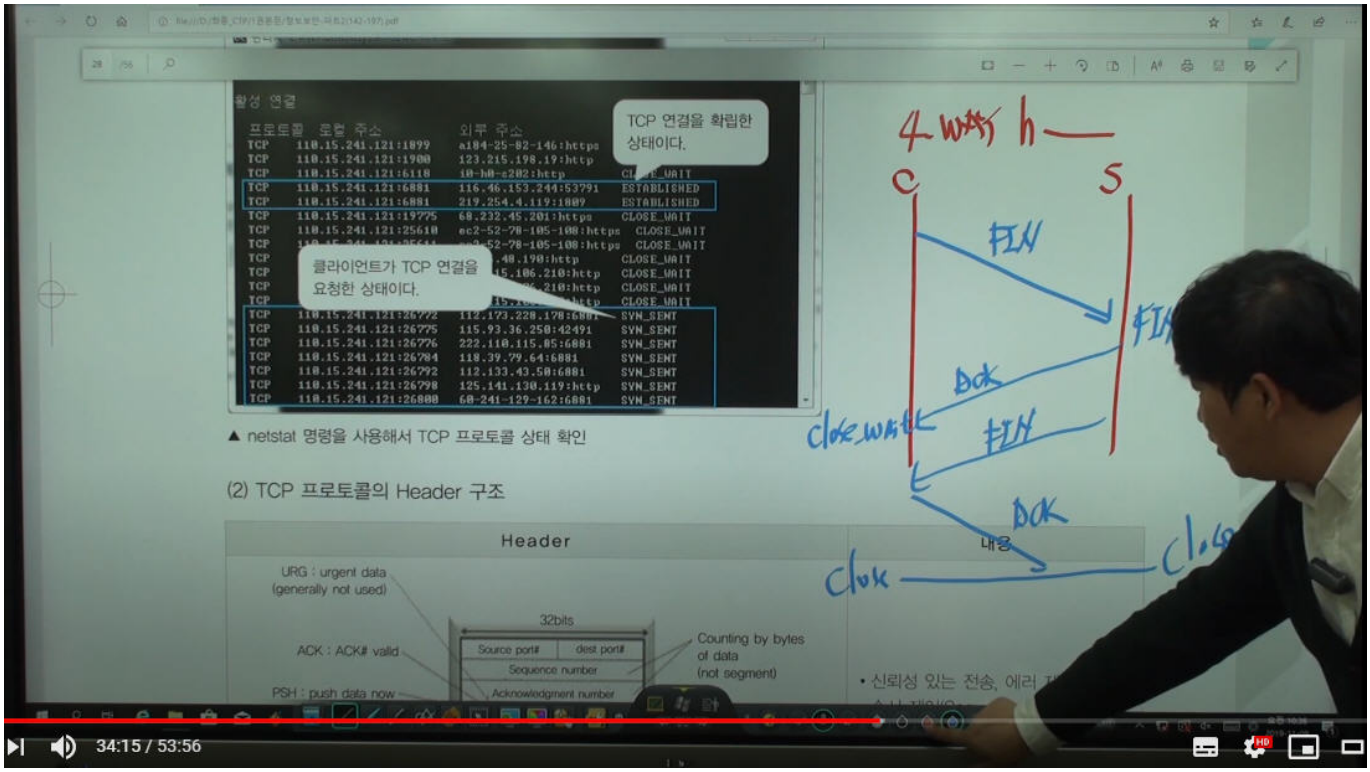
# Tom Myers - Anatomy Trains - Software Download Pc

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The class is associated with different levels of certification, with the highest being its Expert level certification. The physiology of posture {#Sec1} ========== When we stand up, we do not naturally assume the perfect posture we

consider the ideal. In fact, our posture while standing varies, it is normal for it to be the result of hundreds of muscular forces acting in a particular direction in space, producing relative motion between different segments of the body. Anatomy Trains instructs posture with the understanding that the performance of posture (and movement) is the result of harmonized changes in the myofascial system and that these changes are produced by the activation of the muscular system \[[@CR1], [@CR2]\]. When the muscular system is unbalanced, or poorly activated, our posture will not function in a dynamic and efficient manner, and we will not be as able to move effectively. This is why the key to postural health is myofascial health---the health of the muscle structure and the fascial system that controls it. The musculature of the body is designed to do one thing---to move a structure, or body part, through a defined range of motion. If we imagine a structure to be a bucket of water we can hold in our hand, and the water in the bucket to represent muscle, then the bucket holds the water and directs it where it is to go. If we then imagine the hand, which can do almost anything, to be the one that moves the bucket, we can see how the hand is the most important part of the bucket, as it can change the shape of the water (i.e., the muscles). Imagine, however, that the hand is very inefficient. Perhaps the muscles are weak, or lack coordination, or the fingers are stiff and do not move easily. We would not be able to use the hand to direct the bucket efficiently, and we might not be able to use it to move the bucket in any way. The same would be true of any part of the body, if it is uncoordinated or poorly activated, it will not function as it is meant to. There is the possibility that certain muscles will remain inactive or underused, but this is simply a matter of the brain not being aware of which muscles need to be activated to achieve certain tasks. Muscle weakness is a type of unconsciousness. The challenge of the Anatomy Trains Certification Exams {#Sec2} 82157476af