



# Muscles and Meridians: The Manipulation of Shape

*Phillip Beach*

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## **Muscles and Meridians: The Manipulation of Shape** Phillip Beach

*Muscles and Meridians* is a unique book that breaks new conceptual ground in the realm of human movement. Exploring the connection between evolutionary biology and Chinese meridians, the volume offers a novel and effective system of diagnosis and treatment of common musculoskeletal disorders.

- Describes a new model of human movement - the Contractile Field model
- Offers a rare and serious attempt to look at whole person movement patterns - akin to 'Anatomy Trains' but with a stronger link to vertebrate evolution and development
- Suggests that much of our endemic back and leg pain is due to a loss of ease in postures that are 'archetypal' to mankind
- Offers a profound new understanding of the world's oldest medical map, the Chinese meridian map



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