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Muscles and Meridians: The Manipulation of Shape, 1e

By Phillip Beach DO DAc OSNZ



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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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Editorial Review

Review

'The biomechanical and postural concepts emerging from Phillip Beach's study of contractility and vertebrate movement patterns are revolutionary and clinically relevant to all manual therapists and acupuncturists. They change the way we need to view the body and its behaviour'.

Leon Chaitow, Registered Osteopathic Practitioner and Senior Lecturer, University of Westminster, London, UK

'Reflecting his extensive education, profound explorations, and years of practical experience, Phillip Beach's ideas braid movement, embryology, and acupuncture into a unique and useful systemic perspective'.

Thomas W. Myers, author of Anatomy Trains

About the Author

Graduated BCNO (now BCOM) 1983. Taught osteopathic technique BCNO 1986-2003, taught osteopathic rehabilitation at the BSO 1997-2003.

London School of Acupuncture and Traditional Chinese Medicine, 1986-1990

Keynote Lecture, 1st International Conference on Advances in Osteopathic Research, London 1999

Workshop, 4th Pan Pacific Medical Acupuncture Forum, Taupo, New Zealand, 2004

Private practice, Wellington, New Zealand 2004 -

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Warren Ford:

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