The Core - The Deep Front Line

by Tom Myers,
Author of Anatomy Trains
Director, Kinesis

“Where you think it is, it ain’t” - Dr Ida P Rolf

Webinar in association with Ben Benjamin

Anatomy Trains -
One way to see myofascial patterning
Anatomy Trains

- is the anatomy of connection - bringing the fascia into 'myofascial'

- maps the longitudinal functional chains that transmit force and create structural or postural compensation

Dr Ida P Rolf, Ph. D.
1896 - 1979

- the originator of Structural Integration

- pioneer in understanding the role of fascia
Superficial Front Line
‘the Protector’

&

Superficial Back Line
‘the Lifter’

The Lateral Line

- Lateral bending
- Movement container
- Lacing the front and back together
- Outer stabilization
The Spiral Line
- the double helix

Mediates rotations
(outer)

The Spiral Line crosses the midline twice
- once between the shoulder blades, and once over the navel.
The Arm Lines

• Two in the front and two in the back
• Go from the axial skeleton to the fingers

Superficial Back Arm Line
The Superficial Front Arm Line

Deep Back Arm Line
The Deep Front Arm Line

The Functional Lines

- Connect the shoulder and opposite leg.
- Accelerates and decelerates the trunk in rotation.
- Produces torque and power.
The Deep Front Line

- Forms the body’s myofascial core
- Is a complex volume around the organs
- Is key to Fascial Tensegrity
The Deep Front Line starts with the long toe flexors and the tibialis posterior.
The first ‘track’ of the DFL is the deep posterior compartment

Sandwiched in between the Superficial Front and Back Lines

The DFL is right up against the interosseous membrane
The Deep Front Line:

- forms the inner line of the stability of the leg - and so counterbalances the Lateral Line

- is largely hidden under the soleus, so treat right along the edge of the tibia

The DFL connects over the back of the knee to the adductor magnus
This posterior track leads up to the deep lateral rotators and the pelvic floor via the posterior surface of adductor magnus.
But the main track of the DFL runs up the front of the adductors (and inside the quads and under the sartorius) to the femoral triangle in the groin.
The Psoas Complex

- Psoas minor
- Psoas major
- Pectineus

- Erector spinae
- Psoas major
- Psoas minor
In my world, the psoas major is a triangular muscle with a complex action on the spine:

- The upper psoas creates / stabilizes lumbar flexion
- The lower psoas creates / stabilizes lumbar hyperextension

The DFL surrounds the organs
The neck is three cylinders - superficial, motor, and visceral.

A lot of Anatomy Trains go through the neck

The DFL runs up the front of the ‘motor cylinder’ and behind the ‘visceral cylinder’.
Only the muscles of the DFL - longus colli and longus capitis - can stop the head from moving down and forward into ‘head forward posture’

The hyoid complex goes from the back of the sternum to the base of the tongue
The base of the tongue leads into the jaw muscles.

The visceral sac hangs involves the lower skull and ‘hangs’ from the neurocranium - the a) pituitary, b) sphenobasilar junction, and c) central raphé of the pharynx are all within a few cms of each other.
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