



TRIGGERPOINT Hip and Shoulder Mobility TriggerPoint™ for Movement



▶ The Hip



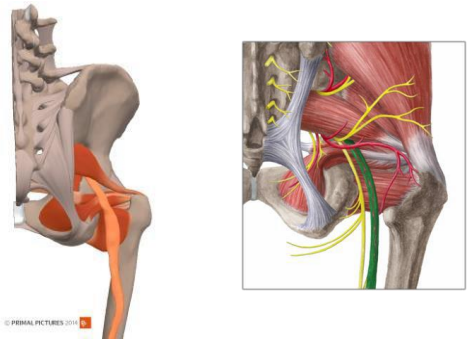
Hip & Shoulder Mobility

▶ Muscular Anatomy



Hip & Shoulder Mobility

▶ Sciatic Nerve



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Hip & Shoulder Mobility

☒ Kinetic Chain



Hip & Shoulder Mobility

☒ Mobilize or Stabilize?



Hip & Shoulder Mobility

☒ Self Assessments

Overhead Squat



Leg Raise



Hip & Shoulder Mobility

☒ TFL—Set Up



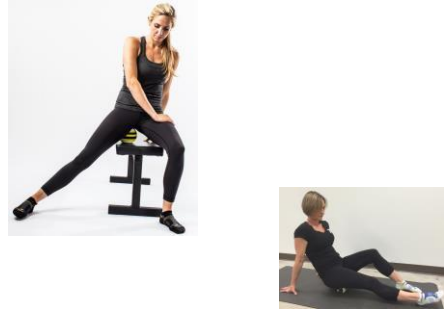
Hip & Shoulder Mobility

☒ Kinetic Chain



Hip & Shoulder Mobility

☒ Mobilize or Stabilize?



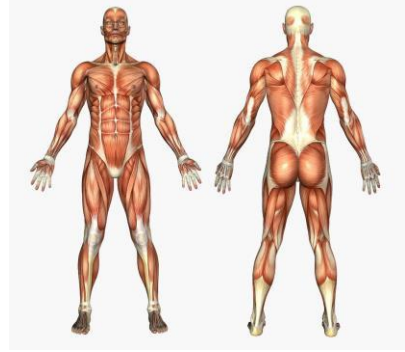
Hip & Shoulder Mobility

☒ The Shoulder



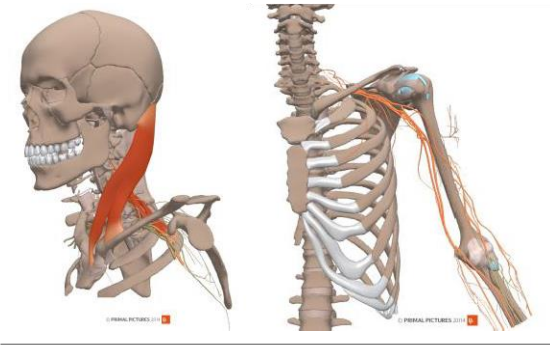
Hip & Shoulder Mobility

☒ Muscular Anatomy



Hip & Shoulder Mobility

☒ Kinetic Chain



Hip & Shoulder Mobility

☒ Mobilize or Stabilize?



Hip & Shoulder Mobility

☒ Self Assessments

Overhead Squat



Shoulder ROM



Hip & Shoulder Mobility

☒ Pec Minor—Set Up



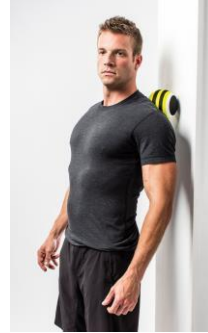
Hip & Shoulder Mobility

☒ Kinetic Chain



Hip & Shoulder Mobility

☒ Mobilize or Stabilize?



Hip & Shoulder Mobility



TRIGGERPOINT

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