



TRIGGERPOINT

Piecing the Puzzle Together: Life after Foam Rolling

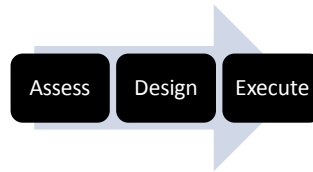
Presented By: Master Trainer



CORRECTIVE EXERCISE

2/15/2016

"Process of identifying a dysfunction, developing a plan of action, and implementing a strategy"—National Academy of Sports Medicine



Piecing the Puzzle Together

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SCREEN V. ASSESSMENT

2/15/2016

Screen—identifies the POSSIBILITY of a problem

- Clearance Test
- "Yes" they can participate
- "No" they need additional testing

Assessment—identifies the NATURE of a problem

- Used to determine a diagnosis
- Development of a "treatment" plan

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OVERHEAD SQUAT

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Foot and Ankle Screen



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FOAM ROLLING

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Foot



Calves



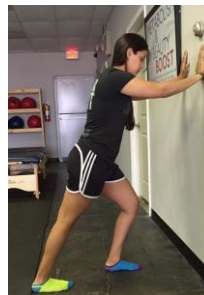
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LENGTHENING and ACTIVATION

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Calves



Posterior Tibialis



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MOTOR CONTROL

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Total body integration—single leg balance with reach



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OVERHEAD SQUAT

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Hip and Low Back Screen



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FOAM ROLLING

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Quadriceps

Adductor



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LENGTHENING and ACTIVATION

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Hips

Glutes



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MOTOR CONTROL—SL RNT

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OVERHEAD SQUAT

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Thoracic Spine and Shoulder Screen



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FOAM ROLLING

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Thoracic Spine



Pectorals



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ACTIVATION

4/10/2016



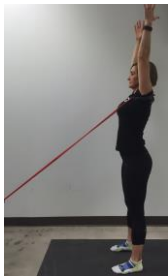
Arm on the ground must demonstrate static stability. Arm being raise must demonstrate dynamic stability

Pivoting the Puzzle Together

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MOTOR CONTROL—Scapula Stab. Squat

2/15/2016



Pivoting the Puzzle Together

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TRIGGERPOINT

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