



TRIGGERPOINT
Hip and Shoulder
Mobility
TriggerPoint™ for Movement



➤ The Hip



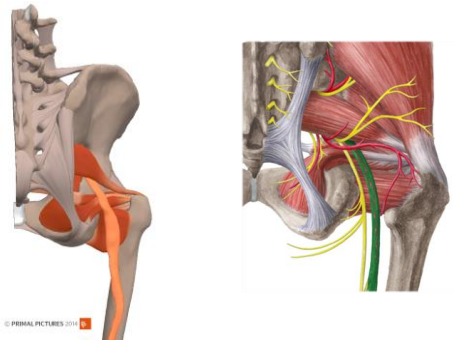
Hip & Shoulder Mobility

➤ Muscular Anatomy



Hip & Shoulder Mobility

➤ Sciatic Nerve



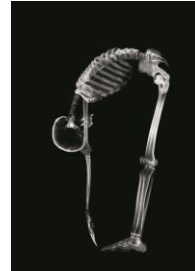
Hip & Shoulder Mobility

☒ Kinetic Chain



Hip & Shoulder Mobility

☒ Mobilize or Stabilize?



Hip & Shoulder Mobility

☒ Self Assessments

Overhead Squat



Leg Raise



Hip & Shoulder Mobility

☒ TFL—Set Up



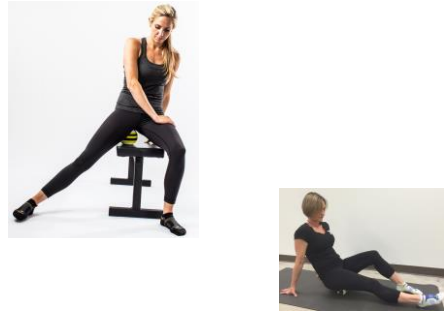
Hip & Shoulder Mobility

Gluteus—Set Up



Hip & Shoulder Mobility

Adductor Magnus—Set Up



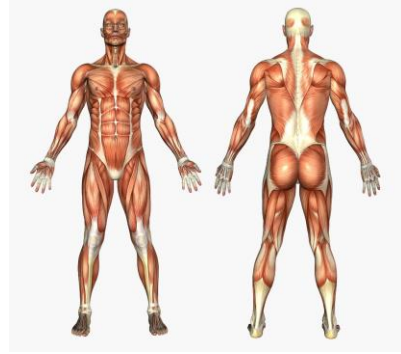
Hip & Shoulder Mobility

The Shoulder



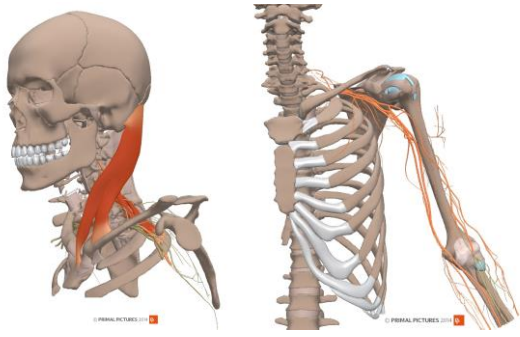
Hip & Shoulder Mobility

Muscular Anatomy



Hip & Shoulder Mobility

Brachial Plexus



Hip & Shoulder Mobility

Kinetic Chain



Hip & Shoulder Mobility

Self Assessments

Overhead Squat



Shoulder ROM



Hip & Shoulder Mobility

Pec Minor—Set Up



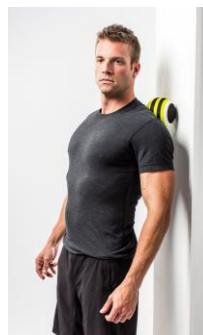
Hip & Shoulder Mobility

↗ Lats—Set Up



Hip & Shoulder Mobility

↗ Levator scapulae—Set Up



Hip & Shoulder Mobility



TRIGGERPOINT

5307 Industrial Oaks Blvd., Suite 100
Austin, Texas 78735
www.tptherapy.com

