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Does Movement Impairment Precede Knee Pain and Injury?

Deep Cervical Flexor Activation

Hip Flexor: Release and Lengthening

Regional Interdependence: Hip and Ankle

Functional Anatomy 3: Lower Body and Core Muscles

Trapezius Muscle

Hip Joint

Infra-Scapular and Teres Minor

Knee Joint

Performance Program Design

Plantar Fascia: Release and Lengthening

Pectoralis Major

Scapular Muscles: Release and Lengthening

Static Manual Release - Cervical Muscles 1

Static Manual Release: Suboccipital, Sternocleidomastoid (SCM), Scalenes and Cervical Extensors...

Trigger Points and Muscle Fiber Dysfunction

Ankle Joint

Anterior Oblique Subsystem Integration

Cervical Spine

Comparing Shoulder External Rotator Exercises

Corrective Exercise Lab

Deep Cervical Flexor Activation

Deep Longitudinal Subsystem

Deep Neck Muscles

Deltoids

Does Movement Impairment Precede Knee Pain and Injury?

Does Movement Impairment Precede Low Back Injury?

Erector Spinae

Extensor Longus Biceps Femoris and Fibularis Tertius (FT)

Flexor Hallucis Longus and Flexor Digitorum Longus

Functional Anatomy 1: Introduction

Functional Anatomy 2: Shoulder Function and Upper Body Muscles

Functional Anatomy 3: Lower Body and Core Muscles

Gluteus Maximus

Gluteus Medius Activation

Hip: External Rotation, Extension and Longening

Hip Flexor: Release and Longening

Hip Internal Rotator: Release and Longening

Hip Joint

Infraspinatus and Teres Minor

Knee Joint

Lateral Epicondyle Distraction

Lateral Epicondyle Stretch

Lateral Squeeze

Lower Body Manual Muscle Testing (MMT)

Lower Extremity Scan

Lumbar Extensor: Release and Longening

Muscle Cell Structure and Function

Muscle Fiber Types

Muscle Length Tests

Overhead Squat Assessment (Part 3): Signs of Dysfunction

Overhead Squat Assessment (Part 2): Sign Clusters and Compensation Patterns

Pectoralis Minor

pectoralis major

popliteus

Rectus Abdominis & Pyramidalis

Rectus Abdominis Scan

Regional Interdependence: Hip and Ankle

Regional Interdependence: Trunk and Lower Extremity

Rhomboids

Scapular Muscles: Release and Longening

Self-administered Joint Mobilizations: Lower Extremity

Self-administered Joint Mobilizations: Upper Extremity

Serratus Anterior

Serratus Anterior Activation

Shoulder Internal Rotator and Posterior Deliotis: Release and Longening

Shoulder Joint

Scoliosis

Static Manual Release - Cervical Muscles 1

Stenomuskular, Acromio-clavicular and Scapulohumeral Joints

Subscapularis

Supraspinatus

Teres Minor Scan

Tibialis Anterior

Tibialis Anterior Activation

Tibialis Posterior

Tibialis Posterior Activation

Trapezius Activation

Trapezius Muscle

Trigger Points and Muscle Fiber Dysfunction

Workshop/Seminar

Home Study

Workshop/Seminar

Workshop/Seminar

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Workshop/Seminar
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LA Fitness
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LifeStart Wellness
LIIFStart Summer Summit 2019
Conference
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