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Anterior Oblique Subsystem Integration

1.6

Does Movement Impairment Precede Knee Pain and Injury?

Workshop/Seminar

brentbrookbush.com/online-courses/

Coracobrachialis

Supraspinatus

Deep Cervical Flexor Activation

Tibialis Anterior Activation

Tibialis Posterior Activation

Hip Joint

Infraspinaus and Teres Minor

Integrated Functional Anatomy of the Cervical Spine

Intrinsic Stabilization Subsystem

Knee Joint

Latissimus Dorsi

Latissimus Sarcople

Lower Body Manual Muscle Testing (MBMT)

Lower Extremity Dysfunction

Lumbar Extensor: Static/Static and Static/Lengthening

Muscle Spindle Structure and Function

Muscle Fiber Types

Muscle Length Testing

Ober et al. squat assessment (Part 1): Signs of Dysfunction

Ober et al. squat assessment (Part 2): Sign clusters and compensation patterns

Pectoralis Major

Pectoralis Minor

Performance Program Design

Flare Floor: Release and Lengthening

Popliteus

Posterior Oblique Subsystem Integration

Predictive Model of Lumbar Pain: Hip Complex Dysfunction

Predictive Model of Upper Body Dysfunction (UMB)

Rectus Abdominis & Pyramidalis

Regional Interdependence: Hip and Ankle

Regional Interdependence: Trunk and Lower Extremity

Rhomboïds

Sacral Muscles: Release and Lengthening

Self-administered Joint Mobilizations: Lower Extremity

Self-administered Joint Mobilizations: Upper Extremity

Serratus Anterior Activation

Serratus Anterior Activation

Shoulder External Rotator Activation

Shoulder Internal Rotator and Posterior Extensor: Release and Lengthening

Shoulder Joint

Soleus

Static Manual Release - Cervical/Thoracic 1

Static Manual Release - Suboccipital, Sternocleidomastoid (SCM), Splenius and Cervical Extensors...

Strengthening of the Anterior Cruciate and Quadriceps Joints

Suboccipitals

Subscapularis

Supraspinatus

Teres Major

Tibialis External Rotator: Release and Lengthening

Tibialis Anterior Activation

Tibialis Posterior Activation

Transverse abdominis activation

Trapezius Activation

Trapezius Muscle

Trigger Points and Muscle Fiber Dysfunction

Upper Body Somatometric Assessment

Workshop/Seminar

Home Study

Home Study

Home Study

Home Study

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