

# **The Starrett System / Movement & Mobility 101/ Course Outline**

## ***Part I***

### **A. Introduction and Key Concepts**

1. Introduction (18:10)
2. Making the Invisible Visible (12:07)
3. The Overview Wheel (14:44)
4. Defining Normal (3:34)

### **B. Prioritization and Organization of the Spine and CNS**

1. Spine First (12:46)
2. Spinal Archetypes (16:55)
3. Butt Wink (4:09)
4. Bracing and Breathing/Stiffness (12:01)
5. Bracing and Breathing: Practical Applications (17:49)
6. Two Hand Rule (3:32)
7. Braced Neutral and Braced Dynamic (6:40)
8. Head as the Keystone (4:10)
9. Neural Dynamics Primer (17:15)
10. Principles Protect us from Complexity (8:17)
11. Rules of Torsion (11:57)
12. Arthrokinematic Primer (4:21)

### **C. Introduction to Archetypes**

1. Introduction to the Shoulder Archetype (5:52)
2. The Problem with the Incomplete Archetype (5:14)
3. Introduction to the Broken Shoulder Archetype (5:32)
4. Introduction to the Hip Archetype (7:38)

## ***Part II***

### **A. Torsion and Stability**

1. Torsion Quick Test (6:38)
2. Active Vs. Passive Unimpingement (4:49)
3. Why Big Toes Matter (3:19)
4. Torsion Quick Test: Shoulder (4:26)
5. Avoiding Rotational Shear (3:47)
6. Why Thumbs Matter (3:05)
7. Open Torque/Closed Torque (6:49)
8. Reciprocating Stability (6:17)
9. Reciprocal Stabilization: Humerus/Trunk System (2:47)
10. The Stability Problem with Sitting (7:14)
11. Why Feet and Posture Matters (7:57)

## B. Load Order and Proper Sequencing

1. Load Sequencing (5:06)
2. Empty Can Test (2:06)
3. 7 Green Lights (3:01)

## C. Movement Hierarchies

1. The Movement Hierarchy (4:39)
2. Category 2 Movements (4:58)
3. Category 3 Movements (9:57)
4. Squat: Category 1, Category 2 and Category 3 (4:29)
5. Overhead: Category 1, Category 2 and Category 3 (3:09)
6. The Tunnel Concept (9:37)

## *Part III*

### A. Programming for Clients

1. Conceptual Model to Evaluate Programming (5:38)
2. Competing Patterns (4:48)
3. Pattern Fault: Jump Rope (3:59)
4. Pattern Fault: Power Clean (2:57)
5. Translational Loading (5:17)
6. Coaches Eye (Photos/Videos)

### B. Mobilization Techniques Application and Methods

1. Moving from Motor Control to Mobilization (11:08)
2. Mobilization Safety and Consideration (19:14)
3. Upstream/Downstream (3:44)
4. Implications of Missing Ankle ROM (9:46)
5. Restrictions and Proximal Stability (2:45)
6. PNF Basics (12:11)
7. Muscle Dynamics: PNF (5:51)
8. Soft Tissue Techniques (14:10)
9. Sliding Surfaces and VooDoo Floss (12:17)
10. VooDoo Floss: Elbow (6:17)
11. VooDoo Floss: Hip (3:58)
12. VooDoo Floss: Shoulder (4:23)
13. VooDoo Floss: Ankle (3:34)
14. Sliding Surfaces and VooDoo X-Floss (7:36)
15. Ball Whacking: Ankle (6:42)
16. Sliding Surfaces: Scraping (5:28)
17. Joint Capsule Mobilization Example: Hip (13:55)
18. Joint Capsule Mobilization – Classic Distraction: Hip (5:57)
19. Joint Capsule Mobilization – Classic Distraction: Hip Part II (4:17)
20. Joint Capsule Mobilization: Long Distraction (4:23)

21. Joint Capsule Mobilization: T-Spine (12:44)

## ***Part IV***

### **A. Special Applications**

1. Conceptual Model of the Shoulder (11:53)
2. Asymmetries are Important (4:13)
3. The Pelvic Fault (9:33)
4. Programming for the Hypermobility Athlete (7:52)
5. Programming: A When to What Order of Operations (9:36)
6. Rehab Programming (8:43)
7. Incidents Vs. Injuries (9:25)
8. Incidents Vs. Injuries Part II (7:03)

### **B. Mobility and Beyond**

1. Movement Principles in Technology (4:48)
2. Seeking Professional Help (4:05)

### **C. Self-Study**

1. \*Bonus Content\* 14 Day Mobility Challenge