

THE STARRETT SYSTEM MOVEMENT & MOBILITY 101

2ND EDITION OUTLINE

I. Introduction and Key Concepts

1. Introduction to Movement & Mobility 101 2nd Edition
2. Systems Approach
3. D2R2 Model: Desensitize, Decongest, Reperfuse, Restore
4. I3 Model and Red Flags
5. Pain
6. Range of Motion (ROM)
7. Mobilizing
8. Programming and Recovery
9. Introduction to the Archetype Model

II. Basic Techniques and Principles

1. Soft Tissue Mobilization
2. Breathing
3. Isometrics
4. VooDoo Flossing
5. Percussion
6. Scraping

III. Lifestyle Considerations

1. Sleep
2. Nutrition
3. Non-Exercise Activity

IV. Squat/Hinge Archetype

1. Introduction to the Squat/Hinge Archetype
2. Self Test: Squat
3. Self Test: Active Straight Leg Raise
4. Self Test: External and Internal Rotation Window
5. Self Test: Prone Knee Bend
6. Pain
7. Desensitizing Pain

V. Squat/Hinge Archetype: Restoring Position

1. Mobilization: Hip Capsule Mobilization
2. Mobilization: Hamstring Lockouts
3. Mobilization: Couch Stretch
4. Mobilization: Quad Mobilization
5. Mobilization: Seated Hamstring and Adductor Mobilization
6. Movement Control Drills: 27 Squats

VI. Pistol Archetype

1. Introduction to the Pistol Archetype
2. Self Test: Ankle Dorsiflexion
3. Self Test: Feet Together Squat
4. Pain
5. Desensitize Pain

VII. Pistol Archetype: Restoring Position

1. Mobilization: Banded Ankle Mobilization
2. Mobilization: Bone Saw
3. Mobilization: Shin Mobilization
4. Mobilization: Plantar Mobilization
5. Mobilization: Calf Stretch Crossover
6. Movement Control Drills: Split Stance Isometric
7. Movement Control Drills: Balance
8. Movement Control Drills: Tempo Step-Up

VIII. Lunge Archetype

1. Introduction to the Lunge Archetype
2. Self-Test: Couch Test
3. Pain
4. Desensitizing Pain

IX. Lunge Archetype: Restoring Position

1. Mobilization: Super Couch Stretch
2. Mobilization: Banded Hip Extension Mobilization
3. Mobilization: Trunk Mobilization
4. Mobilization: Short Lever Quad Mobilization
5. Movement Control Drills: Hip Extension Isometrics

X. Overhead Archetype

1. Introduction to the Overhead Archetype
2. Self Test: Overhead Test
3. Self Test: Lift-Off Test
4. Pain
5. Desensitizing Pain

XI. Overhead Archetype: Restoring Position

1. Mobilization: Banded Overhead
2. Mobilization: Global Overhead Extension
3. Mobilization: Single Ball T-Spine
4. Mobilization: Basic Lat Mobilization and Lateral Seam
5. Movement Control Drills: Overhead Rotation Primer
6. Movement Control Drills: Hanging Isometric
7. Movement Control Drills: Turkish Get-Up

XII. Press Archetype

1. Introduction to the Press Archetype
2. Self Test: Push-Up Test
3. Pain
4. Desensitizing Pain

XIII. Press Archetype: Restoring Position

1. Mobilization: Bully Series
2. Mobilization: Blue Angel
3. Mobilization: Worser with PVC
4. Mobilization: Barbell Biceps Mobilization
5. Movement Control Drills: Push-Up

XIV. Hang Archetype

1. Introduction to the Hang Archetype
2. Self Test: Shoulder External and Internal Rotation Test
3. Pain
4. Desensitizing Pain

XV. Hang Archetype: Restoring Position

1. Mobilization: Barbell Anterior Shoulder Mobilization
2. Mobilization: Shoulder Rotator Mobilization
3. Mobilization: Banded Bully + Extension Bully
4. Mobilization: Lower Thoracic Mobilization
5. Movement Control Drills: Cuban Rotation
6. Movement Control Drills: Rotation Primers
7. Movement Control Drills: Bilateral Shoulder Internal Rotation
8. Movement Control Drills: Wide Grip Barbell Curls

XVI. Front Rack Archetype

1. Introduction to the Front Rack Archetype
2. Self Test: Wax Off Test
3. Pain
4. Desensitizing Pain

XVII. Front Rack Archetype: Restoring Position

1. Mobilization: Super Front Rack
2. Mobilization: Bilateral Shoulder External Rotation
3. Mobilization: Banded Pull Across
4. Mobilization: Tricep Mobilization
5. Movement Control Drill: Ring Plank
6. Movement Control Drill: Front Rack Rotation Primer
7. Movement Control Drill: Half Turkish Get-up

XVIII. Introduction to the Spinal Archetypes

1. Introduction to the Spinal Archetypes: Spinal Flexion, Extension, Rotation, Side Bending
2. Self Test: Jefferson Curl
3. Self Test: Plank Hold Test
4. Pain
5. Desensitizing Pain

XIX. Spinal Archetypes: Restoring Position

1. Mobilization: T-Spine
2. Mobilization: QL
3. Mobilization: Anterior Trunk Mobilization
4. Mobilization: Pelvic Floor
5. Mobilization: Olympic Wall Squat
6. Mobilization: Overhead Side Bending
7. Mobilization: Athlete's Triangle Pose

XX. Conclusion

1. Course Wrap-Up and Next Steps