THE STARRETT SYSTEM

MOVEMENT & MOBILITY 102

1ST EDITION OUTLINE

INTRODUCTION & BACKGROUND

- Introduction
- The I-3 Model
- Recognizing Red Flags & The Role of a Coach
- The D2R2 Model
- Breathing

LOWER EXTREMITY ARCHETYPES

- Lumbar Spine Archetype Assessments
- Squat/Hinge Archetype Assessments
- Understanding The Role of the Nervous System
- Blood-Flow Restriction & Occlusion

LOWER EXTREMITY ARCHETYPES

- Pistol Archetype Assessments
- Lunge Archetype Assessments
- Scraping
- Percussion

UPPER EXTREMITY ARCHETYPES

- Thoracic Spine Archetype Assessments
- Overhead Archetype Assessments
- Front Rack Archetype Assessments
- Proprioceptive Neuromuscular Facilitation (PNF)

UPPER EXTREMITY ARCHETYPES

- Press Archetype Assessments
- Hang Archetype Assessments
- Compression Devices

PROGRAMMING & APPLICATION

- Programming For Incomplete Patterns
- Applying The TRS Advanced Assessments In Your Practice