

TRIGGER POINT® FOR MOVEMENT: HIPS AND SHOULDERS

Presented by **Sylvie Patrick**

Sylvie@tech4health.com / www.sylviepatrick.com

Twitter.com/sylviepatrickfl

MB5 from Trigger Point Performance



With a five inch diameter, the MB5 is ideal for relieving tightness and restoring movement in hard to reach muscle groups like the hips and shoulders.

Use for release of the TFL / Glute / Adductor Magnus

TFL Release:

- 4 Rolls
- 2 Cross Frictions
- 2 Bend in knee



4 Rolls following the fibers



2 cross frictions side to side



2 bent in the knee of the leg released

Glute Release:

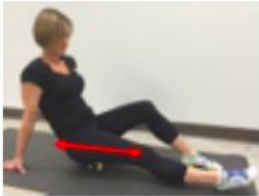
- 4 Hip Flexions
- 2 Abduction
- 2 Adduction



**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**

Adductor Magnus Release:

- 4 Rolls
- 2 internal rotation
- 2 external rotation



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Use for release of the Pectorals / Lat dorsi / Levator scapula

Pec Release:

- 4 Rolls
- 2 Arm Sweep



4 Rolls



2 arm sweep



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Lat Release:

- 4 Rolls
- 2 Cross friction
- 2 Arm sweep



Levator Scapula Release:

- 4 Rolls
- 2 Flexions
- 2 Chin Tucks

