

# Myotatic Activation Procedures

## MAP for the Sport Pelvis

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# The Pelvis is the **Powerhouse**

Pelvis dysfunctions are common and can result in a host of injuries and conditions, including back pain, hip bursitis, groin pain and strain, Hamstring and Quadricep strain, Iliotibial band (ITB) syndrome, anterior knee pain, shin-splints, Achilles tendinopathy, etc.



## DID YOU KNOW?

- The pelvis consists of 5 joints
- The pelvis is the socket of the hip & a crucial component in hip pathology
- Recurring ankle sprains might be due to an imbalanced pelvis
- The root cause of Achilles tendinopathy and plantar fasciitis lies at the sacrum
- Pubic dysfunctions cause hip & groin pain, knee pain, shin pain & L5 disc pathology



Muscle spindles are  
proprioceptors.

Movement turns on proprioceptors,  
proprioceptors turn on muscles, &  
muscles control the movement.

The proper (functional) movement  
is key, which is why MAP is so vital to  
any assessment and treatment of  
athletes.

MAP uses functional global  
movements as tests to identify & Rx  
individual joint dysfunction.

These authentic 3D Tests create  
and investigate integrated multi-  
joint movements.

# MAP

## Objectives

This engaging course will guide you in identifying, preventing, and effectively treating sports injuries related to the pelvis.

### MAP Introduces New Principles:

- Applied Functional Anatomy
- Authentic Movement of the Pelvis
- 3D Investigation
- Pre-screening Athletes to Prevent Injuries
- Restoring Muscle Balance
- Correct Joint Position (Neutral)
- Improving Proprioception & Reflexes
- Alignment & Fascia Integration

### Course Benefits:

- Enhance your diagnostic skills
- Boost athlete performance
- Aid in injury prevention and management
- Promote healing and accelerate recovery during injuries