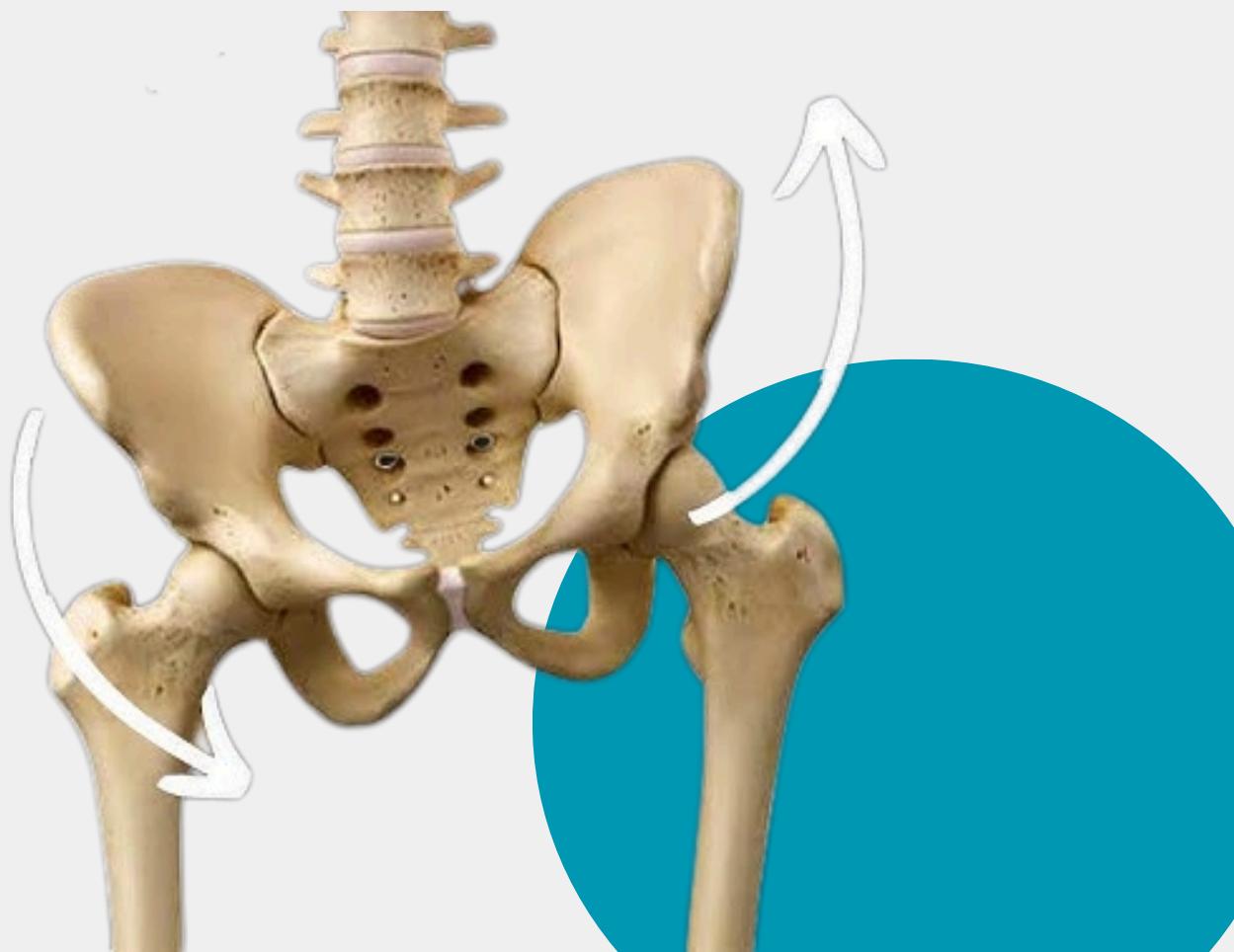


Myotatic Activation Procedures

MAP for the Sport Pelvis

PRESENTED BY LEONI VILJOEN





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.

This dynamic course will show you how to identify, prevent, and effectively treat sport injuries associated with the pelvis.

MAP will assist you to:

- Improve your diagnostic skill;
- Improve the performance of the athlete;
- Assist in the prevention and management of injuries.
- Enhance healing and speed up recovery during injury.

The Pelvis is the Powerhouse

• • •
• • •

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.

The Pelvis is the Powerhouse

MAP

New principles



- Applied Functional Anatomy
- Improve diagnostic skills
- 3D investigation of the Pelvis
- Restore Muscle Balance
- Correct Joint Position (Neutral)
- Improve Proprioception and Reflexes
- Alignment & Fascia Integration
- Understanding root causes of peripheral joint injuries