

NAT Algorithm:

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STEP 5



STEP 1



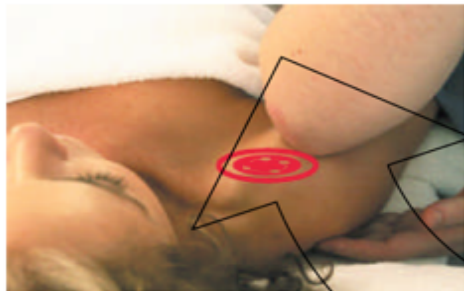
Step 1:
3 strokes
upwards only

Step 2:
Pause on the
Teres minor
trigger point

Step 3:
Gentle passive
Circumduction

Step 4:
Long head
Biceps
inhibition thro'
the chronic
inflammation

Step 5:
Infraspinatus
medial border
trigger point



STEP 3

