



FUNCTIONAL MOVEMENT SCREEN & SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

Under the leadership of Kyle Keisel

Functional Movement Screen (level 1)

This course is the product of years of research and innovation. The philosophy develops exercise programs based on individual movement patterns. It is equally effective in rehabilitation as well as conditioning because it targets the weak link.

The System is made up of:

- Functional Movement Screen
- Reactive Neuromuscular Training
- Core Training

Specifically, the Functional Movement Screen is a grading system created to assess and document functional movement patterns. By assessing these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training and distort proprioception. The goal of this workshop is to introduce you and your staffs to the benefits of utilizing this orthopaedic screening process since functional movement patterns are the base for core training. At the heart of the system are the Functional Movement Screen score and the movement patterns, which are directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Selective Functional Movement Assessment - Certification Course

This workshop is designed for the musculoskeletal healthcare professional who routinely treat patients with orthopaedic conditions. Its an Evidenced-Based clinical model to address regional interdependence.

The workshop will combine lecture, demonstration, and lab experience to introduce and demonstrate a model of movement assessment and subsequent therapeutic exercise choices that target dysfunctional movement patterns.

It is the goal of this workshop to outline a system to capture impaired patterns of posture and functional movement which will assist in the deductive process and determination of a functional diagnosis. To this end, functional assessment information and movements presently available will be used. But, the main objective is for the learner to understand the assessment system which provides an orderly and repeatable clinical process with respect functional movement assessment and intervention, and the effects fundamental movement has on provocation of the patient's main symptom.





Cost

SFMA only **Price = \$575 / £380**
Sunday 5th May 2013 – 8.30pm – 5.00pm
Monday 6th May 2013 – 8.30am – 5.00pm

http://www.regonline.com/sfma_selective_functional_movement_assess_UK

FMS only **Price = \$450 / £300**
Tuesday 7th May 8.30am-5pm
Wednesday 8th May 8.30am-12pm

For combo **Price = \$875 / £575**

<http://www.functionalmovement.com/events/457>

Price includes course handbook and light refreshments

Please register and pay for the course via

<http://www.functionalmovement.com>

Address

Perform at St George's Park
National Football Centre
Newborough Road
Needwood, Burton upon Trent
Derby DE13 9PD

For any inquires and more information, please call;

Tel: 01283 576333

Email: support@spireperform.com





Functional Movement Screen

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Reactive Neuromuscular Training(RNT): Is a series of techniques that combine skill training and conditioning to effectively enhance the body's hierarchy of motor learning and neuromuscular input. These techniques are designed to limit the verbal and visual methods of teaching movement by forcing the individual to react to a stimulus in order to self-correct poor movements.

Core Training involves techniques which are designed to improve the efficiency of how the core maintains stability and assists in generating power. The foundation for this type of training is to improve movement pattern weakness and asymmetry through a series of corrective strategies progressing to higher level exercise activities.

Benefits of the Functional Movement Screen and Exercise Strategies

- Improves functional and athletic performance
- Helps to reduce the potential for training and sports injuries
- Provides a simple grading system to assess athlete/client movement
- Can be easily utilized in both the athletic/sports medicine and general fitness professionals
- Identifies physical imbalances or weaknesses
- Rehabilitates imbalances and strengthens weaknesses with simple corrective exercises
- Allow trainers to better individualize training programs for greater athlete/client results
- Teaches the trainer and athlete/client to Identify the difference between movement quality and movement quantity.
- Allows athletic trainers, strength and conditioning specialist , personal trainers and physical therapists to identify current injury trends and stats as they relate to the prevention of non-contact injuries.
- Allows trainers to Identify potential cause and effect relationships of mirco-trauma as well chronic injuries in relation to movement asymmetries.





“The Selective Functional Movement Assessment” Certification course

-Impaired Patterns of Posture and Function-

The Workshop

This workshop is designed for the musculoskeletal healthcare professional who routinely treat patients with orthopedic conditions. Its an **Evidenced-Based** clinical model to address regional interdependence.

The workshop will combine lecture, demonstration, and lab experience to introduce and demonstrate a model of movement assessment and subsequent therapeutic exercise choices that target dysfunctional movement patterns.

Abstract

It is the goal of this workshop to outline a system to capture impaired patterns of posture and functional movement which will assist in the deductive process and determination of a functional diagnosis. To this end, functional assessment information and movements presently available will be used. But, the main objective is for the learner to understand the assessment system which provides an orderly and repeatable clinical process with respect functional movement assessment and intervention, and the effects fundamental movement has on provocation of the patient’s main symptom.

Summary

Pain-free functional movement for participation in occupation and lifestyle activities is desirable. Many components comprise pain-free functional movement including adequate posture, ROM, muscle performance, motor control, and balance reactions. Impairments of each component could potentially alter functional movement resulting in or as a consequence of pain. In this workshop we will identify key functional movement patterns through the Selective Functional Movement Assessment (SFMA) and describe the critical points of assessment needed for clinical application to identify dysfunctional movement. Traditional muscle length, strength, and special tests should be used to help the clinician identify the impairments, which are associated with dysfunctional movement. This approach is designed to complement existing exam and intervention with therapeutic exercise. It should serve as a model to efficiently integrate the concepts of posture, muscle balance and the fundamental patterns of the movement system into musculoskeletal practice. It should also serve as a feedback system for the effectiveness of the therapeutic exercise program, which should target the dysfunctional movement pattern as well as the impairments that have been identified.

Considering Patterns of Movement

Normal movement is achieved through the integration of fundamental movement patterns with an adequate balance of mobility and stability to meet the demands of the task at hand.

The human system will migrate toward predictable patterns of movement in response to pain or in the presence of weakness, tightness, or structural abnormality. Over time, these pain attenuated movement patterns lead to protective movement and fear of movement, resulting in clinically observed impairments such as decreased ROM, muscle length changes, and declines in strength. An isolated or regional approach to either evaluation or treatment will not restore the whole of function. Functional restoration requires a map of dysfunctional patterns and a working knowledge of functional patterns to gain clinical perspective and design an effective treatment strategy.



Objectives

After completing this workshop, the therapist should be able to do the following:

1. Understand the importance of identifying dysfunctional movement patterns
2. Understand the difference between disability, dysfunction, and impairment as defined
3. Describe why it is important to assess movement patterns in both the loaded and unloaded positions and how this information can be used to guide intervention.
4. Discuss the relationship between automatic balance reactions and the fundamental movement patterns of squatting, lunging, and forward bending.
5. Understand the importance of pain provocation during the examination process and appreciate that pain alters motor control.
6. Use the information gained from the SFMA to select key impairments to assess and design appropriate interventions to normalize dysfunctional movement.
7. Link the assessment information to the initial therapeutic exercise strategy and initiate treatment.
8. Monitor initial changes in dysfunction and impairment to guide the therapeutic exercise progression.

What Top Professionals Say

When it comes to identifying the root cause of any movement dysfunction or painful pattern, there is no one better than Gray Cook. His Selective Functional Movement Assessment (SFMA) is the most thorough but simple method to help you pinpoint your clients primary dysfunction's. We have been using the SFMA at Titleist with all our players for the past year and the results are unbelievable.

*Dr. Greg Rose
Co-Founder of the Titleist Performance Institute*

The SFMA and it's predecessor the FMS are probably two of the most important continuing education classes I have attended in seventeen years of physical therapy practice. The patient/client feels their mobility and stability problems and buys into what you are selling. It makes evaluation and program design simple and effective.

*Joe Eischen, PT, ATC, CSCS
Mayo Sports Medicine Center, Desk L-C*



References:

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