

## 2-DAY SEMINAR

# S F M A™

Selective Functional Movement Assessment

## Selective Functional Movement Assessment:

*An Integrated Clinical Model To Address Regional Interdependence*

with **Gray Cook,**  
**Kyle Kiesel and Phil Plisky**



- Learn Functional Movement Assessment and Training at Athletes' Performance, the premiere sports physical therapy facilities in the country!
- Discover how professional sports teams integrate functional testing and exercise into their workout programs
- Update on the Functional Movement Screen™ and the Y Balance Test™ (the latest research from high school, college and professional sports)

Gulf Breeze, FL - Tempe, AZ  
January 26-27 April 5-6



### The Workshop

This workshop is designed for the musculoskeletal healthcare professional who routinely treat patients with orthopedic conditions. 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.

### 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 intervention 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 intervention strategy.

### Workshop Description

This course focuses on functional movement assessment and intervention. The Selective Functional Movement Assessment (SFMA) will be introduced and participants will learn to integrate functional movement assessment and training principles into contemporary rehabilitation programs. Interventions designed to normalize dysfunctional movement patterns will be covered in depth including specific manual therapy and reactive neuromuscular exercise techniques. An interactive lecture and laboratory approach will be taken. Based on case scenarios, each participant will develop a movement correction program utilizing techniques taught throughout the course.

### Objectives

**After completing this workshop, the participant 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. Explain and integrate the concept of a High Threshold Movement Strategy into assessment and intervention of patients
7. Use the information gained from the SFMA to select key impairments to assess and design appropriate interventions to normalize dysfunctional movement.
8. Link the assessment information to the initial therapeutic strategy and initiate the most appropriate treatment interventions (manual therapy and functional exercise) into the traditional rehabilitation program to normalize dysfunctional movement.



**Gray Cook  
MSPT, OCS, CSCS**

- Lectures nationally and internationally in the fields of physical therapy, sports medicine, and performance enhancement.
- Consults for many universities and profes-

sional sports teams in all four major sports

- Author of Athletic Body in Balance offering a great insight on how he looks at assessment, movement and exercise.
- Board Certified Orthopedic Clinical Specialist through the American Board of Physical Therapy Specialties
- Certified strength and conditioning specialist with the National Strength and Conditioning Association
- Level 1 coach with US Weight Lifting Federation
- Practices physical therapy in Virginia and continues to publish in all areas relating to rehab and exercise



**Kyle Kiesel  
PT, PhD, ATC, CSCS**

- Co-authored a book chapter on the Selective Functional Movement Assessment
- Conducts research related to functional movement testing and

with-in the area of motor control & LBP

- Has taught functional movement in continuing education courses since 1998 and currently teaches this content in two academic programs



**Phil Plisky  
PT, DSc, OCS, ATC, CSCS**

- Dr. Plisky developed the Y Balance Test - a reliable and efficient device to measure performance on the Star Excursion Balance Test

- Phil is a Board Certified Orthopedic Clinical Specialist through the American Board of Physical Therapy Specialties, Certified Athletic Trainer and Certified Strength and Conditioning Specialist.
- Conducting epidemiological research on comprehensive movement testing in athletes and has published and lectured on risk factors for injury in athletes.

*Registration is limited!*



**SCHEDULE**

**DAY 1**

- 8:00 - 10:00 Class SFMA Introduction and Background Evidence-Based Practice; Does Movement Matter?
- 10:00 - 10:15 Break
- 10:15 - 12:00 Class SFMA Lab (FB, BB, SB, SR)
- 12:00 - 1:00 Lunch
- 1:00 - 2:00 Class SFMA Lecture continued
- 2:00 - 3:30 Class SFMA Lab (SLS, DS, SP, CP)
- 3:30 - 3:45 Break
- 3:45 - 5:00 Update on the Functional Movement Screen and the Y Balance Test (the latest research from high school, college, and professional sports)

**DAY 2**

- 8:00 - 10:00 Intervention Overview (Manual Therapy and Functional Exercise)
- 10:00 - 10:15 Break
- 10:15 - 12:00 Manual therapy and Functional Exercise Lab
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Case Examples
- 2:30 - 3:45 Assessment and Intervention Planning
- 3:45 - 4:00 Break
- 4:00 - 5:00 Class Case Presentation and Intervention Demonstration

**Selected References**

Burton S, Kiesel K, Cook E. Mobility screening for the core part 2: Intervention. Athletic Therapy Today. 2004;9(6):52-57.  
 Cook E. Athletic Body Balance. Champaign, IL: Human Kinetics; 2004.  
 Cook E, Burton L, Hogenboom B. The use of fundamental movements as an assessment of function- -part 1. North American Journal of Sports Physical Therapy. 2006;1(2):62-72.  
 Cook E, Kiesel K. Impaired Patterns of Posture and Function In: Prentice B, Voight M, eds. Techniques in Musculoskeletal Rehabilitation. 2nd ed. Chicago: McGraw-Hill; 2006.  
 Kiesel K, Plisky P, Voight M. Can serious injury in professional football be predicted by a preseason Functional Movement Screen? NAJSPT. 2007;2(3):147-158.  
 Kiesel K, Burton S, Cook E. Mobility Screening for the Core. Athletic Therapy Today. 2004;9(5):42-45.  
 Kiesel K, Burton S, Cook E. Mobility screening for the core part 3: Implications for athletic low back pain. Athletic Therapy Today. 2005;10(1):36-39.  
 Plisky PJ, Rauh MJ, Kaminski TW, Underwood FB. Star Excursion Balance Test as a predictor of lower extremity injury in high school basketball players. J Orthop Sports Phys Ther. 2006;36(12):911-919.

*Please check which 2-Day Seminar you wish to attend.*

- Gulf Breeze, FL  
January 26-27
- Tempe, AZ  
April 5-6

**3 EASY WAYS TO REGISTER**

1. Register by Phone at: 434-432-8026

2. Register On-Line at:  
[www.functionalmovement.com/SITE/courses/index.php](http://www.functionalmovement.com/SITE/courses/index.php)

3. Mail completed form to: 45 Lanier Avenue  
Chatham, VA 24531

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Occupation    \_\_\_Physical Therapist    \_\_\_Athletic Trainer

\_\_\_Strength & Conditioning Specialist

\_\_\_Other (Specify Occupation) \_\_\_\_\_

Payment: \$399 Pre-Registration \$425 at the door    \_\_\_Check    \_\_\_Credit Card

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<http://www.athletesperformance.com/#contact>