

# Genlife

## Regenerative Medicine

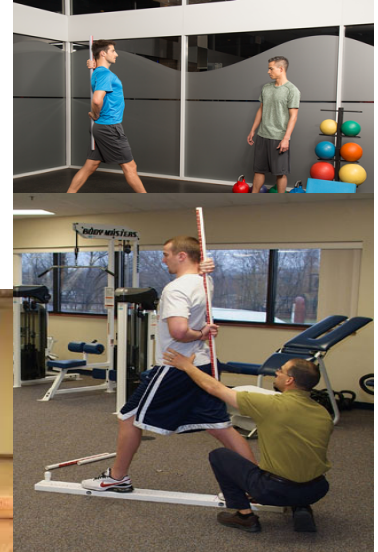
### FUNCTIONAL MOVEMENT SCREENING

The FMS is the screening tool used to identify limitations or asymmetries in seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain complaint or known musculoskeletal injury.

These movement patterns are designed to provide observable performance of basic loco motor, manipulative and stabilizing movements by placing an individual in extreme positions where weaknesses and imbalances become noticeable if appropriate mobility and motor control is not utilized.

#### YOU WILL LEARN

- Historical perspective on movement
- Administer the movement screen
- Difference between mobility and motor control
- Using the FMS score
- Raw vs. final score
- Corrective and essential exercises



### SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

The SFMA is the movement based diagnostic system, designed to clinically assess 7 fundamental movement patterns in those with known musculoskeletal pain. The assessment provides an efficient method to systematically find the cause of symptoms, not just the source, by logically breaking down dysfunctional patterns and diagnosing their root cause as either a mobility problem or a stability/motor control problem.

This systematic process allows clinicians to clearly match their intervention to the main problem of the patient. This model efficiently integrates the concepts of altered motor control, the neurodevelopmental perspective, and regional interdependence into musculoskeletal practice.



#### YOU WILL LEARN

- How residual effect of pain alters motor control
- Link assessment findings to the initial therapeutic strategy
- Apply the concepts of the 4x4 Exercise Matrix
- Describe how each portion of the Functional Movement System fits together