

The Selective Functional Movement Assessment

Is there a reason why some people never resolve painful conditions or are continually being injured? Could it be that pain has altered the way they move, changing the blueprint in the brain for the movement, leading to recurrent or further injuries?

The SFMA (Selective Functional Movement Assessment) is an assessment tool used by the therapist to determine if certain fundamental movement patterns are functional or dysfunctional. There are seven key movements everyone should be able to perform without pain or dysfunction. "Functionality" is determined by executing the movement(s) in a pre-determined manner, this criteria based on several years of research.

The assessment reveals the underlying cause for the movement pattern dysfunction, be it

- A** the result of mobility issues at specific joints,
- B** stability (strength) issues that control those joints,
- C** or both of the foregoing.

For example, many people who have had back pain cannot get into a

full squat position. The assessment will determine if this is due to:

- lack of core stability (strength)
- lack of leg strength
- lack of mobility of the spine
- lack of mobility of the hip(s)
- lack of mobility of the knee(s)
- lack of mobility of the ankle
- lack of balance

Once a movement pattern has been deemed "dysfunctional" - and the cause of mobility or stability is determined - this information is combined with both the results gathered from conventional orthopaedic tests and the medical diagnosis to direct manual therapy techniques; however, most importantly, it dictates therapeutic exercise prescriptions. It offers the opportunity to identify meaningful whole body impairments which may

be seemingly unrelated to the main musculoskeletal complaint, but are - in fact - contributing to the problem. Also, if movement pattern dysfunctions exist, performance is negatively affected and the individual may, therefore, not be reaching his or her potential, be it with everyday activities like tying shoes or reaching a strength goal during a work-out in the gym.

Finally, this assessment offers the opportunity for re-appraisal, meaning that, after certain exercises are prescribed and practiced, we can use the same tests to determine if that intervention only changed the local movement competency or, in fact, if it had an effect on the whole body movement proficiency, thereby preventing future injury and increasing performance potential.



OFFICE HOURS

Monday - Thursday

7am - 7pm

Friday

7am - 3:30pm

Saturday

8am - 2pm

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