

## **FMT Movement Specialist Certification Part 2 - Advanced Movement Assessment**

### **Course:**

The “**FMT Movement Specialist**” Certification is a 2-part certification course comprised of a 6-hr **FMT Movement Assessment Course** and a 6-hr **Advanced Movement Assessment Course**.

The “**FMT Movement Specialist**” Certification is a **12-hr certification course** that introduces movement assessment and performance enhancement to create simple and effective movement screening protocols & corrective home exercise programs for your clients and patients. The FMT Movement Specialist Certification introduces a new paradigm for human movement courses. The certification introduces a unique functional screening system that examines brain, tissue and mechanical influences of human movement. Clinicians will create corrective strategies to address dysfunctions and participate in a re-screening process to determine the efficacy of the intervention.

### **FMT Advanced Movement Assessment Course**

#### **CEU CREDITS: 6 hours**

CEUs may be offered for DC, ATC, PT, OTs, LMTs and personal trainers – depending on location and class type.

Prerequisite: Recommend to take FMT Movement Assessment - Part 1

#### **COURSE SUPPLIES & RECOMMENDATIONS FOR PARTICIPANTS:**

This course will supply mobility balls, exercise bands, foam rollers, compression flossing bands, agility and conditioning equipment. In addition, digital course manuals will be provided. Participants should wear comfortable clothing to allow for full range of motion. Participants are responsible for snacks, lunches, drinks, and writing materials.

#### **COURSE DESCRIPTION:**

The primary goal of FMT Advanced Movement Assessment Course is to help health and fitness professionals learn safe, simple, and effective tactics to assess and address ‘unconscious’ movement. Attendees will learn multiple assessments alongside multiple interventional strategies to influence the ‘unconscious’ movements of walking and breathing. A variety of interventional tools (mobility balls, exercise bands, foam rollers, compression flossing bands, agility and conditioning equipment) will be used to tackle an evidence-informed, brain-based, joint-by-joint approach to movement and functional

rehabilitation/performance programming. The use of digital motion analysis technology will be presented to demonstrate how health and fitness professionals can be more objective when assessing human movement.

This course is intended for health and fitness professionals with all levels of experience with rehabilitation programming and taping. Completion of the FMT Movement Assessment Course- Part 1 is strongly recommended for this program.

Functional Movement Training (FMT) Certification courses are led by industry leading experts in movement assessment and therapy.

**Education Objectives of FMT Advanced Movement Assessment Course: At the conclusion of the course, attendees will be able to:**

- 1.Examine the role of neuromuscular movement assessment**
- 2.Assess automatic/unconscious awareness of human movement (breathing and gait) by screening the balance and coordination systems.**
- 3.Compareandcontrastthedifferencebetweenmobilityrestrictions-neuralvs.somaticrestrictions (Brain vs Tissue)**
- 4.Integrate the “3 Movement Pillars”and how they relate to human movement control and performance (Brain (Neurological/Psychological), Tissue, Mechanical)**
- 5.Demonstrate movement assessments that identifies the ability to associate and dissociate segments of the body as they relate to gait/breathing movement patterns.**
- 6.Apply, practice and employ corrective strategies that involve the ability to associate (integrate) and dissociate (mobilize) different segments of the body.**
- 7.Critique and demonstrate proper use of compression floss bands, foam rollers and mobility balls for movement limitations.**
- 8.Develop and appraise movement with the use of exercise bands, agility and conditioning equipment as well as body weight correctives with appropriate progressions and regressions.**
- 9.Introduce and integrate the use of digital motion analysis to objectively capture human movement.**

## **FMT Advanced Movement Assessment Course - COURSE OUTLINE & SCHEDULE**

### **FMT Advanced Movement Assessment Course**

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**Prerequisite:** Recommend FMT Movement Assessment - Part 1

#### **COURSE SUPPLIES & RECOMMENDATIONS FOR PARTICIPANTS:**

This course will supply mobility balls, exercise bands, foam rollers, compression flossing bands, agility and conditioning equipment needed for learning. In addition, digital course manuals will be provided. Participants should wear comfortable clothing to allow for full range of motion and application of tape. Participants are responsible for snacks, lunches, drinks, and writing materials.

## **FMT Advanced Movement Assessment Course - COURSE OUTLINE & SCHEDULE**

### **Hour One**

- Introduce the 3 pillars to Human Movement - Brain (Neurological/Psychological), Tissue (Fascia), and Mechanical (Motor)
- Present concepts of unconscious coordination as it relates to human movement focused on breathing and gait
- Understand the role of the nervous system as it seeks safety and the ramifications of threat on human movement
- Use movement assessment techniques to evaluate the functions of 4 movement centers (Ankle Complex, Hip Complex, Thorax Complex and Shoulder Complex):
  - **30,000 ft view:**
  - **Brain Screen –**
    - Threat Assessment as it applies to Breathing and Gait (Psychological Readiness Questionnaire) to evaluate patient/client's behavioral/motivational attachment to movement.
      - Ankle Complex (gait)
      - Hip Complex (gait)
      - Thorax Complex (breathing)
      - Shoulder Complex (breathing)
    - Evaluate coordination and balance capability as it applies to Breathing and Gait
  - **Tissue Screen –** Evaluate fascia's contribution to planar movement

function or dysfunction in breathing and gait.

- Advanced Modified Bunkie Test
  - Ankle Complex
  - Hip Complex
  - Thorax Complex
  - Shoulder Complex
- **Mechanical Screen** – Static/Dynamic Assessment of Breathing and Gait
  - Discuss biomechanical association/dissociation concepts apply these concepts to breathing and gait

## Hour Two

- Workshop **Brain Screen Methods**- Measure the performance of unconscious coordination. Demonstrate and practice common balance/coordination  
Demonstrate and Practice Balance/Coordination Screens:
  - Discuss physiology relationship to breathing coordination and gait coordination (Clinical relevance)
  - Identifying unconscious coordination of the body: (cerebellar)
    - Modified Rhomberg (Full-Body Coordination)
      - Dynamic upgrade: Tandem Walk
      - Dynamic upgrade: Backwards Walk
    - Hand Tapping (Upper Extremity Coordination)
      - Dynamic upgrade: Nose Finger Nose
    - Rolling Patterns (neuro-motor assessment)
      - Supine to Prone
      - Prone to Supine
      - Upper Body Quiet
      - Lower Body Quiet
- Practice
- Discuss Results
- Case Study (Time Dependent)

## 10 Min Break

## Hour Three

- **Tissue (Fascial) Screen** - Workshop Advanced Modified Bunkie Tests:
  - Discuss physiology relationship to breathing coordination and gait coordination (Clinical relevance)
    - Sagittal:
      - Prone Plank - Elevated (UE or LE)
      - Supine Plank - Elevated (UE or LE)
    - Frontal
      - R/L Dynamic Side Plank - Hip Drop

- regression to knee (dosage is until planar spillage)
- R/L Side Plank - Top Leg Lift
  - regression to knee (dosage is until planar spillage)
- Transverse
  - 3 Point Plank - Upper Body Emphasis (eval control Shoulder Complex)
  - 3 Point Plank- Lower Body Emphasis (eval control Hip Complex)
- Practice
  - Discuss Results
  - Case Study (Time Dependent)

#### Hour Four

- **Mechanical Screen of Breathing and Gait Identify** normal behavior of the four centers of human movement during breathing and gait
  - Discuss physiology relationships present in normal breathing coordination and gait coordination (Clinical relevance)
  - Introduce concepts of blocked vs slinky performance of unconscious movements.
    - Block: Associated movements are dysfunctional
    - Slinky: Disassociated or segmental/sequential motions are ideal
  - Observe subjective performance of the 3 of the 4 Centers of Human Movement during **Breathing**
    - Is your breathing performance BLOCK or SLINKY
      - 1. Dissociation Assessment**
        - a. Thorax Complex vs Hip Complex**
          - i. Lumbar extension vs rib expansion cheat (supine)
          - ii. Increase the hoop 360 breath (sit/stand)
          - iii. lateralization of breath (sit/stand)
        - b. Shoulder Complex vs Thorax Complex**
          - i. supine shoulder disassociation with thorax expansion (supine)
          - ii. supine shoulder disassociation with thorax expansion (sit/stand)
      - 2. Association Assessment**
        - a. If breathing performance is blocked...dysfunction is present
- Introduce concepts of blocked vs slinky performance of unconscious movements.
  - Block: Associated movements -dysfunctional
  - Slinky: Disassociate or segmental/sequential motions - ideal
- Observe subjective performance of the 4 Centers of Human Movement during **Gait**

- Is your gait performance BLOCK or SLINKY
- 3. Dissociation Assessment**
  - a. Ankle Complex vs Hip Complex**
    - i. Shank progression
    - ii. Bilateral comparison
  - b. Hip Complex vs Thoracic Complex**
    - i. Pelvic R/L Rotation
    - ii. Femoral IR/ER Assessment
  - c. Thorax Complex vs Shoulder Complex**
    - i. Arm Swing
- 4. Association Assessment**
  - a. If gait performance is blocked...dysfunction is present
- Provide feedback on efficiency/economy of movement performance of breathing and gait.

**Lunch** - 1 hour (on your own)

#### **Hour Five**

- Demonstrate and practice corrective strategies to address movement pattern dysfunction in the 4 centers of human movement.

#### **1. Ankle Complex Interventions:**

- **BRAIN Corrections** – Threat Reduction Correctives
  - Improve unconscious coordination awareness via balance, coordination correctives
  - Instruct novel use of exercise bands and agility and conditioning equipment as sensory-motor tools
  - Re-Screen Gait to assess changes
- **TISSUE Corrections** –
  - Fascial Stability - Use of exercise bands and agility and conditioning equipment to improve planar control
  - Re-Screen Gait to assess change
- **MECHANICAL Corrections** – Movement Correctives
  - Disassociation Tactics – Therapeutic exercise bands, compression flossing bands, mobility balls, corrective exercise bands, foam rollers, and agility tools to aid in dissociation of body segments.
  - Stability Tactics – Therapeutic exercise bands
    - Global Movement Correctives
  - Re-Screen Gait to assess change

#### **Hour Six**

## 2. Hip Complex Interventions:

- **BRAIN -Corrections**– Threat Reduction Correctives
  - Improve unconscious awareness via balance, coordination, and use of agility and conditioning equipment.
  - The novel use of exercise band as sensory-motor tools
  - Re-Screen gait to assess change
- **TISSUE Corrections** –
  - Fascial Stability - Use of exercise bands and agility and conditioning equipment to aid in fascial stability
  - Re-Screen gait to assess change
- **MECHANICAL Corrections** – Movement Correctives
  - Disassociation Tactics – Therapeutic exercise bands, compression flossing bands, mobility balls, corrective exercise bands, foam rollers, and agility tools dissociation/differentiation of body segments to improve quality of body representation.
  - Stability Tactics – Corrective Bands (Focus on Global Methods for association/disassociation)
    - Global (Movement) Correctives – agility and conditioning equipment
  - Re-Screen Gait to assess change

## 3. Thorax Complex Interventions:

- **BRAIN -Corrections**– Threat Reduction Correctives
  - Improve unconscious awareness via balance, coordination, and use of conditioning tools.
  - The novel use of exercise band, agility and conditioning equipment as sensory-motor tools
  - Re-Screen Breathing to assess change
- **TISSUE Corrections** –
  - Fascial Stability - Use of exercise bands and bodyweight to aid in fascial stability
  - Re-Screen Breathing to assess change
- **MECHANICAL Corrections** – Movement Correctives
  - Dissociation Tactics – Therapeutic exercise bands, compression flossing bands, mobility balls, corrective exercise bands, foam rollers, and agility tools dissociation/differentiation of body segments to improve quality of body representation.
  - Stability Tactics – Corrective Bands (Focus on Global Methods)
    - Global (Movement) Correctives – Foam Roller, Compression Floss Bands
  - Re-Screen Breathing to assess change

#### 4. Shoulder Complex Interventions:

- **BRAIN -Corrections**– Threat Reduction Correctives
  - Improve unconscious awareness via balance, coordination correctives
  - The novel use of exercise bands and mobility balls as sensory-motor tools
  - Re-Screen Gait/Breathing to assess change
- **TISSUE Corrections** –
  - Fascial Stability - Use of exercise bands and compression floss bands to aid in fascial stability
  - Re-Screen Gait/Breathing to assess change
- **MECHANICAL Corrections** – Movement Correctives
  - Dissociation Tactics – Therapeutic exercise bands, compression flossing bands, mobility balls, corrective exercise bands, foam rollers, and agility tools dissociation/differentiation of body segments to improve cortical awareness/control.
  - Stability Tactics – Plank progressions with equipment
  - Re-Screen Gait/Breathing to assess change

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## **TEACHING METHODS USED:**

1. Powerpoint Presentation

2. Demonstration
3. Small Group/Partner Practice Sessions