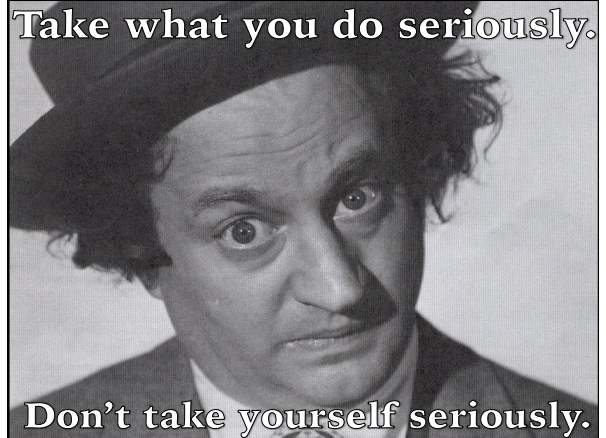


The Spectrum Agenda

1. My Little World
2. Truths, Lies & Misconceptions
3. Common Questions
4. Working the System
5. Expanding & Implementing the System
6. Notions and Considerations



About me...



Founder, Director and Master Trainer
ONE Human Performance
Multi-disciplinary fitness, wellness and performance center opened in 2002 in Montville, NJ



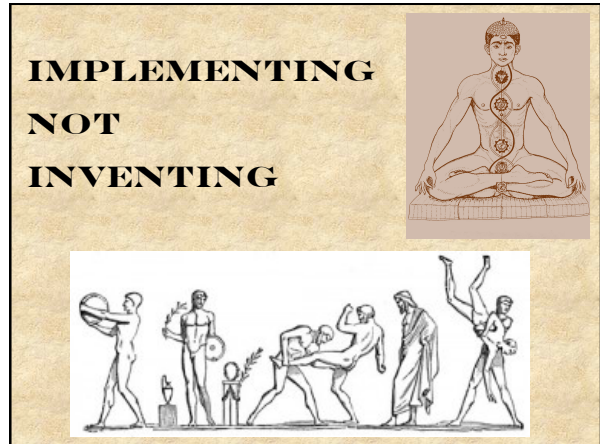
Training Consultant
Multiple professional sports organizations
Have worked with countless award-winning athletes and over a dozen professional and top collegiate athletic programs

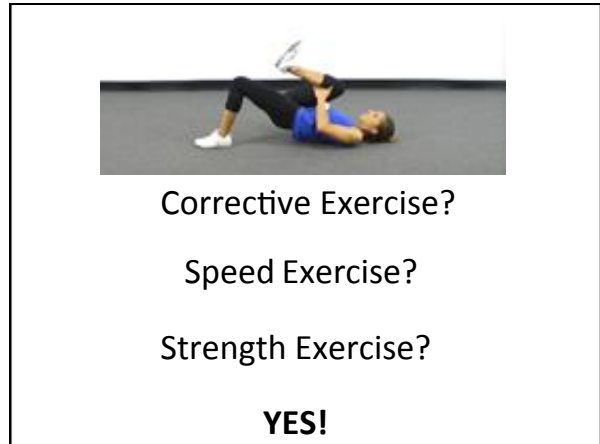


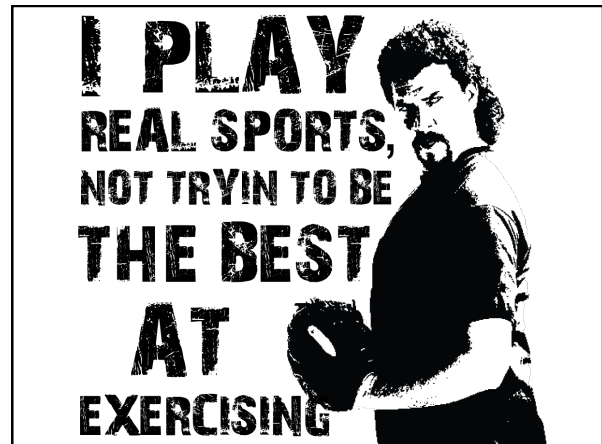
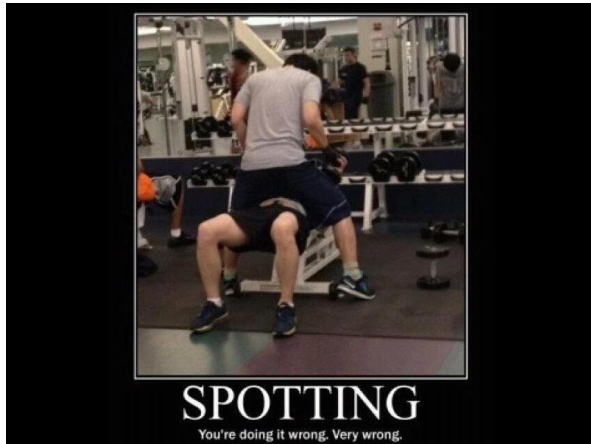
Lead Instructor
Functional Movement Systems
Instructing courses internationally since 2007

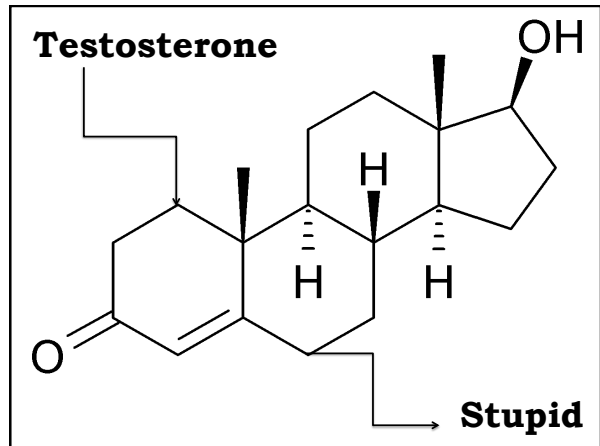
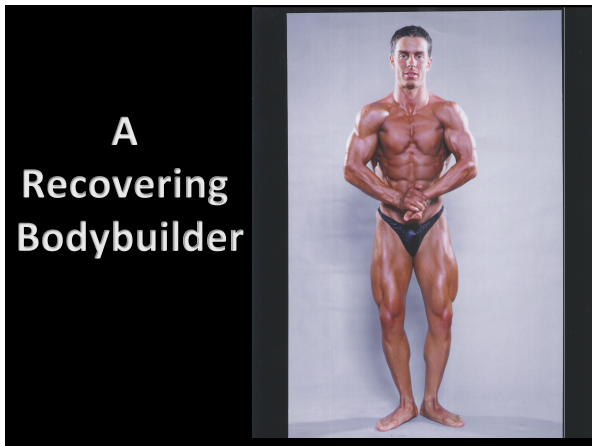
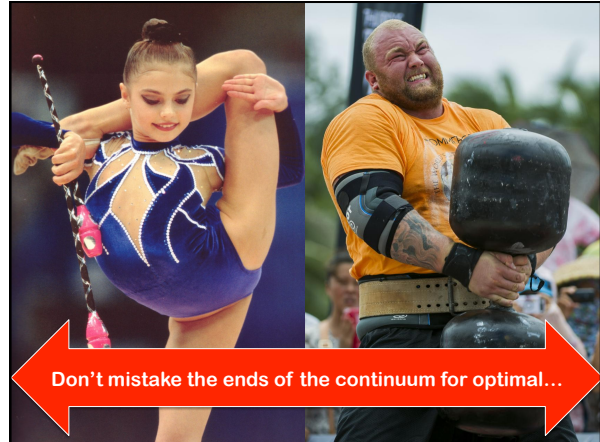
“The man that knows something knows that he knows nothing at all”














The Role of FMS in Training & Treatment

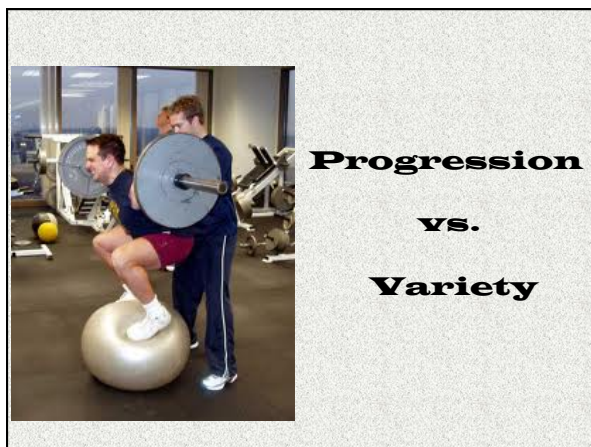


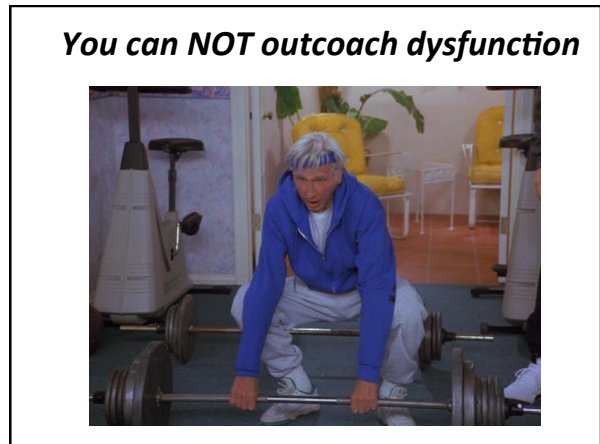
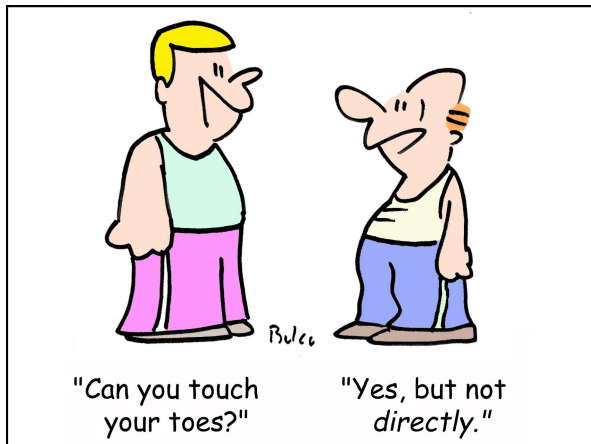
DOES	DOES NOT
-Provide objective feedback and auditing of movement ability and progress	-Only relate to Corrective Exercise
-Bridges the gap between therapy and fitness	-Teach exercise technique
-Help correlate pre-performance physical and performance tests	-Always correlate directly to fitness and performance measures
-Assesses functional <i>mobility</i> and <i>stability</i> data	-Just test for flexibility
-Compliments ALL methods & modalities	-Replace your current system
	-Diagnose injury

FMS
www.functionalmovement.com

functionalmovement.com







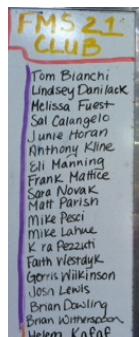
Modification vs. Shut Down



Risk vs. Reality



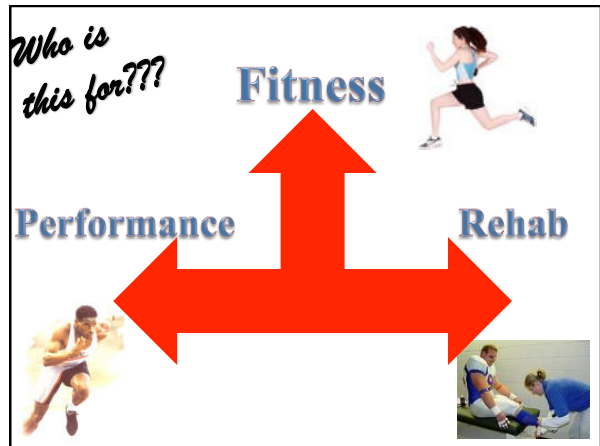
21 is NOT the goal

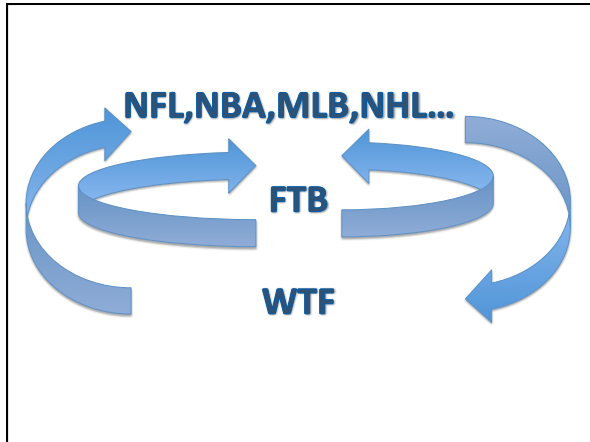


Training is Cumulative



*If you skip or replace one workout
does it really matter???*

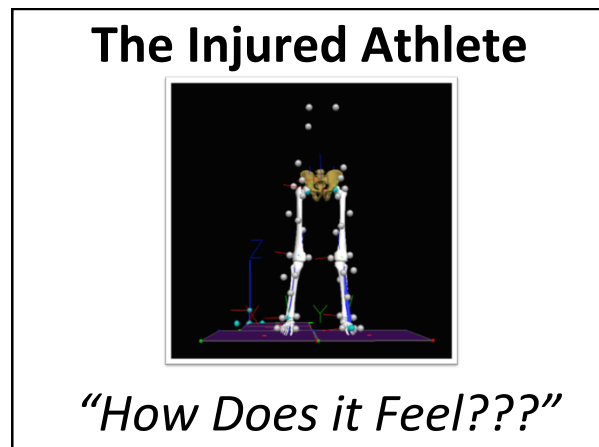




THE COST OF INJURIES
Salary spent on DL days in 2012

Player	Days	Salary (\$M)	DL Salary (\$M)
183	16,500	16,500	
103	20,286	11,418	
183	4,500	4,500	
90	8,05	3,959	
40	14,575	3,186	
66	8,667	3,126	
38	14,575	3,027	
55	8,667	2,605	
122	3,900	2,600	
19	17	1,765	
23	10,311	1,296	
24	7,236	0,949	
65	1,75	0,622	
5	20,286	0,554	
15	6,75	0,553	
31	3	0,508	
49	1,5	0,402	
84	0,725	0,333	
118	0,482	0,311	
62	0,75	0,254	
20	1,75	0,191	
41	0,85	0,190	
32	1,040	0,182	
46	0,485	0,174	
60	0,51	0,167	
54	0,48	0,142	
15	1,5	0,123	
23	0,725	0,091	
18	0,75	0,074	
7	1,75	0,067	
24	0,506	0,066	
23	0,48	0,060	
15	0,484	0,040	
15	0,48	0,039	
TOTAL	1786	60,073	

THE COST OF INJURIES





Test.
Teach.
Implement.
Re-Test.
Teach.
Implement.
Re-Test...

RE-TESTING

- Based on compliance
- Every rep of every set
- Just re-test Primary Focus Pattern

RE-TESTING

3 Possibilities:

1. Pattern improved. Re-check entire screen and follow the system
2. Score unchanged but pattern subjectively is improving. Continue program.
3. No improvement.

WHAT???

NO IMPROVEMENT!!!!

3 More Possibilities:

1. No compliance.

Program only works if you actually do it.

1. Program done incorrectly.

2. Something was missed.

(Wrong pattern, poor testing, further testing, differential diagnosis, etc.)

WHAT IF???

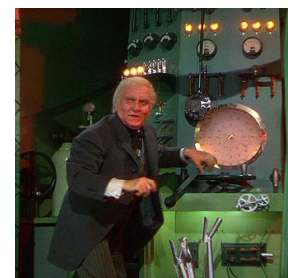
A) My client/athlete will NOT discontinue or modify their activities, even though they are very likely causing their dysfunction and/or pain

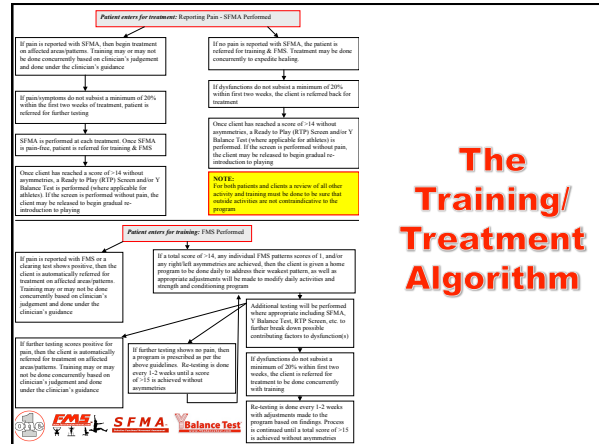
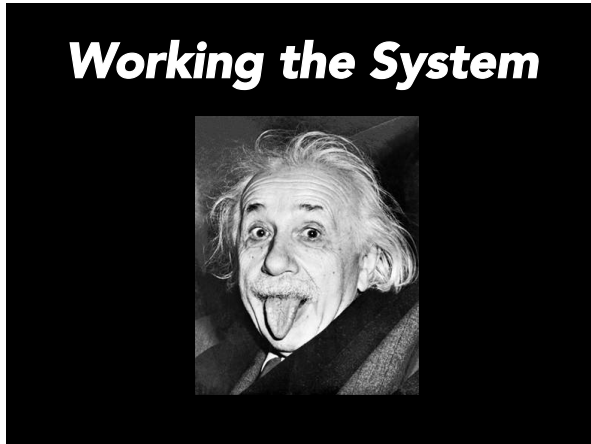
B) My client/athlete refuses to do Corrective work and only wants to “workout”

C) All of the above



Wizard or System Manager





The Power of 3

- Foot Position/Stance
- Planes of Movement
- Phases of Movement
- RTP Progression & Screen

Ready To Play Assessment

		SNP	SNP	EP	SP
Single Leg Hop Out	Sagittal				
	L/R				
	Lateral				
	L/R				
	Rotational				
Bi-Lateral Jumps	Max Height				
	Plyometric				
	Sagittal				
	Lateral				
	Rotational				
Running Breakdowns	Sagittal				
	Lateral				
	Lateral				
	Rotational				
	Rotational				
Change of Direction	Sagittal				
	Lateral				
	Lateral				
	Rotational				
	Rotational				

Ready to Play (RTP) Screen

Exercise Classifications

Pattern	Level 1	Level 2	Level 3
Bend/Leg Raise	Bridge Variations L Heel Hip Hinging Curl Up Leg Lowering	Deadlift Stationary Jumping Rat Out Loaded Curl Up/Sit Up Hanging Leg Raise	KB Swing Clean Elevation Jumps
Squat	Bridge Variations Wall Sit/Reach Toe Touch Squats	Front Squat Stationary Jumping SB Squat (Box/Assisted)	Back Squat Elevation Jumps Pistol Squat
Lunge	Split Heel Bridge Variations	Split Squat Step Ups	Stepping Lunges Split Jumping Power Step Ups
Twist/Rotary	Crawling Kneeling Rolling	Cable Chop Half Get Ups	Sledgehammer Landmine Twists
Push	Plank Variations	Push Up Variations DB Bench Press DB/KB Overhead Press Overhead Hold/Carry Thrust Away	Push Press Barbell Bench Explosive Push Ups
Pull	Cable Row Prone Cobra	Put/Chin Up Bent Over/Prone Row	High Pull Climbing
Integrated/Combo	Sled Pushing Jump Rope Chop/Lift Battle Ropes Mountain Climb Squat Thrust/Burpee Speed Ladder	Powerlifter Sled Pulling Med Ball Stams	Snatch Jerk Full Get Up

Exercise Classifications

Risk Level Groups

Group 1
● FMS score of 15 or higher with no asymmetries

Group 2
● FMS score of 15 or higher with 1 or more asymmetries

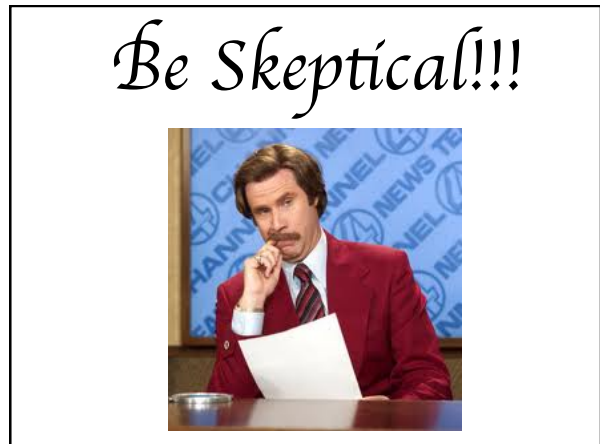
Group 3
● FMS score of 14 or lower with no asymmetries

Group 4
● FMS score of 14 or lower with 1 or more asymmetries

Player Risk Summary Overview Team Data
 Spring 2013

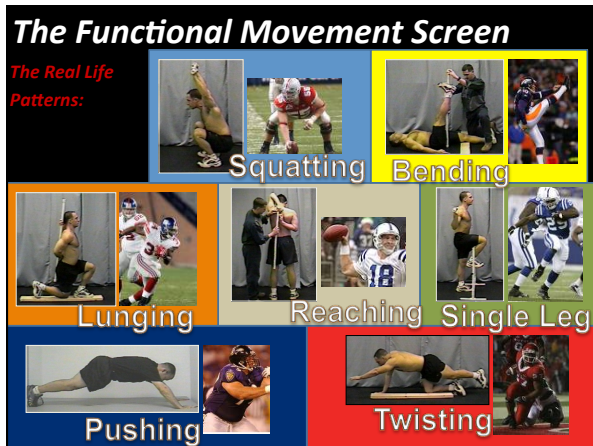
Start Date: 4/15/13 End Date: 6/10/13
 Total Players: 54 Total Players Tested: 91

	Start #	End #	+ / -	Start %	End %	+ / -
Group 1	13	42	29	24.5%	46.2%	21.7%
Group 2	25	30	5	47.2%	33.0%	-14.2%
Group 3	5	8	3	9.4%	8.8%	-0.6%
Group 4	11	11	0	20.8%	12.1%	-8.7%



“The FMS isn’t....”

Football, Baseball, etc.



Sport Specific???





***“That’s great,
but does it work???”***

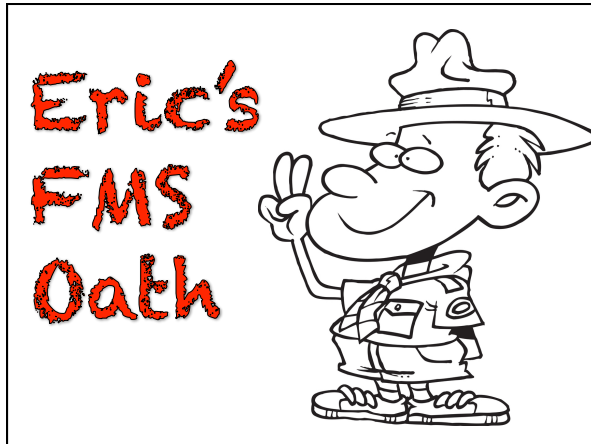
The Common Criteria

A) It was hard and
I sweat a lot

B) I was really sore
afterwards

***Define your
BETTER.***

“Keep the goal the goal.”



Eric D'Agati
ONE Human Performance
2 Changebridge Rd., Unit F
Montville, NJ 07045
973.917.3136
Eric@onehumanperformance.com
www.onehumanperformance.com

You     