

# Physical Literacy

Biomechanical Musculoskeletal Screen  
&  
Functional Movement Screen

# Biomechanical Musculoskeletal Screen

## What is it?

A comprehensive assessment of the whole body. It looks at how the body biomechanically operates and how different areas influence each other to determine where energies are best put forth to create optimal biomechanics that improve efficiency and effectiveness of the system.

It includes:

- Postural Screen
- Motor control of basic movement patterns of squat, single leg stance, single leg squat and hop
- Range of Motion of the spine and all the extremity joints
- Strength Testing of the shoulders, hips, knees and ankles
- Flexibility Testing
- Core stability control

# Biomechanical Musculoskeletal Screen

## Why do it?

- Identifies asymmetries
- Identifies important weakness/inflexibilities
- Identifies motor control deficits
- Injury Prevention - Identifies problem areas that may need to be further addressed and treated. This can potentially put out fires even before they begin
- Highlights how the body system can improve its efficiency and effectiveness of the way it is being asked to move. This helps build capacity to training.
- Improves training and performance

# Functional Movement Screen

## What is it?

- Developed by Gray Cook as part of a functional movement systems
- Functional movement pattern assessment
- Ranking and grading system that documents movement patterns that are key to normal function

<http://www.functionalmovement.com>



# Functional Movement Screen

## Why do it?

- Identifies functional limitations and asymmetries which are issues that can reduce the effectiveness of functional training and physical conditioning and distort body awareness
- It provides a system that creates one language
- Quick and easy evaluation. Takes about 10 min to administer. Allows large number of athletes to be tested in a short time.
- Provides standardization of a functional baseline
- Quickly identifies dangerous patterns that should be addressed

# Functional Movement Screen

The fundamental movement patterns looked at require a balance of mobility and stability

Seven movements:

1. Squat
2. Stepping
3. Lunging
4. Reaching
5. Leg Raising
6. Push up
7. Rotary Stability

# Functional Movement Screen

## Scoring

- 0-3 Scale
- 0 → Pain elicited
- 1 → Dysfunctional
- 2 → Acceptable
- 3 → Optimal
- Any scores of 0 should be referred and assessed by a practitioner
- A score of >15 with no zero or no asymmetries right to left indicate an athlete that is not at increased risk.
- 14 or below are at increased risk