

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

CHECK YOUR MOVEMENT PATTERNS

WHY CHECK MOVEMENT?

Many of the injuries an average person experiences cannot be traced to one event. Instead, they seem to develop over time. This is often attributed to getting older, but more often the culprit is the cumulative effect of poor movement patterns.

Understanding proper movement and checking your movement patterns can help you address your potential risks for injury and keep you pain free for years to come.

Check with your physician before performing any of these movements if you are concerned that they may impact any preexisting conditions.

MOVEMENTS

- 1. BACK REACH (BR):** Used for shoulder range of motion, symmetry, and upper back mobility.
- 2. SQUAT (SQ):** Used to see the range of motion and stability of the hip, knee, and ankle.
- 3. HEAD MOVEMENTS (HM):** Looks at directional mobility of the cervical spine.
- 4. TOE TOUCH (TT):** Used for low back and hamstring flexibility, and symmetry.
- 5. TORSO ROTATION (TR):** Compares spinal rotation and mobility from side to side.

Feel free to try these movements slowly and easily before checking below, both as a warm up and to check for pain.

WORKSHEET

Use the table below as a checklist for the movements on this page and the next. If the words below describe what you are feeling, then place a check in the box. See your Coach for guidance on how to improve your range of motion in any area, and consult a medical professional if there is pain, numbness, or instability.

	BR	SQ	HM	TT	TR
History of injury to area					
Pain during movement					
Stiffness					
Clicking/Snapping					
Instability/Wobbly Sensation					
Numbness/Tingling					
Soreness					
Cramping					

SHOULDER: BACK REACH



Reach behind you, palm out, and slide hand up your spine, as far as comfortable.

With other hand, reach behind your neck, palm in, and slide hand down your spine as far as comfortable.

If hands are able to connect or come within one hand's length, it indicates good mobility.

Repeat with arms in opposite position. Note any asymmetry.

LOWER BODY: SQUAT



Stand with feet shoulder width apart in front of a chair. Keep heels down, and sit down and back lightly touching the chair. Look straight ahead, and stand back up. Repeat 3 times.

UPPER BACK: TORSO ROTATION



Sit on a chair or bench with a tall posture and knees together. Place hands behind the head with fingertips touching. Staying tall, slowly rotate to one side as far as possible. Repeat on other side, noting sensations and any asymmetry.

LOWER BACK: TOE TOUCH



Sit on chair with one leg extended in front, the other leg bent with foot flat on the floor. Slowly reach out for foot on extended leg, noting how it feels. Repeat on other leg, noting any asymmetry.

NECK: HEAD MOVEMENTS



Touch chin to chest. Turn head left and right as far as possible. Try to bring ear to shoulder on each side without shrugging shoulders. Note sensations and any asymmetry.

RESOURCES

www.functionalmovement.com

www.ptonthenet.com

www.exrx.net

For More Information visit
www.WellnessCoachesUSA.com