

Functionalmovement.com in association with Wolverhampton Wanderers FC present



FUNCTIONAL MOVEMENT SCREEN & Y BALANCE TEST

Under Leadership of Kyle Keisel, Lee Burton & Nishin Tambay

This course is the product of years of research and innovation. The philosophy develops exercise programs based on individual movement patterns. It is equally effective in rehabilitation as well as conditioning because it targets the weak link.

The System is made up of:
Functional Movement Screen
Reactive Neuromuscular Training
Core Training

Specifically, the Functional Movement Screen is a grading system created to assess and document functional movement patterns. By assessing these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training and distort Proprioception. The goal of this workshop is to introduce you to the benefits of utilizing this orthopaedic screening process since functional movement patterns are the base for core training. At the heart of the system are the Functional Movement Screen score and the movement patterns, which are directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Wolverhampton Wanderers FC

The Sir Jack Hayward Training Ground
Douglas Turner Way
Compton Park
Wolverhampton
WV3 9BF

Monday 31st May 2010 & Tuesday 1st June 2010 (2 Days)
9.00am - 4.00pm

Fee: £350 by cheque, payable to 'Wolverhampton Wanderers FC'
(Includes light refreshments & buffet, course handbook,
CPD certificate of attendance - 12hrs & **FMS certification**).
Tel: 01902 687007 **Email:** fayvale@wolves.co.uk

Functionalmovement.com in association with Wolverhampton Wanderers FC present

The Functional Movement Screen & Y BALANCE TEST

Monday 31st May 2010 & Tuesday 1st June 2010 (2 Days)

Registration 8.30am – 9.00am / Course: 9.00am - 4.00pm

Wolverhampton Wanderers FC

The Sir Jack Hayward Training Ground

Douglas Turner Way

Compton Park

Wolverhampton

WV3 9BF

FMS FOR EXERCISE PROFESSIONALS

The FMS signifies an intuitive evolution of the fitness profession. The system is the product of years of innovation and groundbreaking research. The FMS provides a standardized approach to assessing fundamental movement, identifying limitations and asymmetries, and developing individualized corrective exercise programs.

The philosophy behind the FMS is rooted in the concept that, in order to maximize performance, the whole body must be functioning properly. When the body is considered as a chain of individual elements, it's reasonable that a weak link weakens the entire chain. Ignoring a weak link increases the potential for disaster, and strengthening the wrong links will not improve the integrity of the chain. The FMS provides the means to identify and resolve any weak links that may be jeopardizing the body and its healthy motion.

The FMS is applicable to any population in fitness or sports conditioning. Its standardization streamlines assessment and makes recommending exercises more efficient. The language of FMS makes it easy to communicate with physicians, reducing the risk of misdiagnosis and redundant work.

www.functionalmovement.com

Y BALANCE TEST

Based on the latest research using the Star Excursion Balance Test, the Y Balance Test Kit™ is a quick and easy way to assess an athlete's risk for injury. This highly accurate device can also be used for measuring pre and post rehabilitation performance, improvement after performance enhancement programs, and return to sport readiness.

www.ybalancetest.com

FMS CERTIFICATION

When you become an FMS certified exercise professional, you will experience firsthand the efficiency and proven results of the FMS system. You will gain access to an exclusive community of certified practitioners, a wealth of constantly updated professional resources, and the database of diagnostic tools and exercises that is key to the FMS system.

Certification differentiates your business and gives you an edge over the competition. FMS certification also provides an invaluable opportunity for exercise professionals to maximize their required continuing education credits.



LECTURER BIOGRAPHS

Dr. Kiesel is an Associate Professor of Physical Therapy at the University of Evansville. He conducts research related to core function and functional movement testing related to athletic performance and injury prediction. He also conducts research in the use of ultrasound imaging for patients with low back pain. He serves as a consultant for professional, college, and high school sports teams. He has extensive experience teaching lecture and lab courses emphasizing core training and functional movement assessment and intervention including both the FMS and the SFMA. He has authored several articles and a book chapter on these topics. He has 12 peer-reviewed publications and presented numerous abstracts and invited speaking engagements nationally and internationally. He serves as a manuscript reviewer for 6 different peer-reviewed journals.

Dr. Plisky received his Master of Physical Therapy Degree from the University of Evansville and his Doctor of Science Degree in Orthopedic Physical Therapy from Rocky Mountain University of Health Professions. He is a board certified orthopedic specialist through the American Board of Physical Therapy Specialties. He is a Certified Athletic Trainer and Certified Strength and Conditioning Specialist. Dr. Plisky has published and lectured on risk factors for injury in athletes and is an adjunct faculty member at the University of Evansville and Rocky Mountain University of Health Professions. He currently is conducting epidemiological research on comprehensive movement testing in athletes. He is an Assistant Professor of Physical Therapy at the University of Evansville and the Residency Program Director and Senior Physical Therapist at ProRehab, PC in Evansville, IN. Dr. Plisky specializes in sports and orthopedic rehabilitation, with emphasis on injury prevention in athletes. Dr. Plisky has also developed the [Y Balance Test](#) - a reliable and efficient device to measure performance on the Star Excursion Balance Test.

Dr. Tambay is a Board Certified Specialist in Physical Medicine and Rehabilitation and currently practices as part of a 14 physician Orthopedics group in Clearwater, Florida. He has dual fellowship training in Sports Medicine and Pain Medicine. In his practice he provides aggressive, non surgical care to people with spine, shoulder, hip and pelvic injuries. He utilizes a holistic approach towards achieving the desired medical outcomes including functional movement testing, core control evaluation, spinal injections, nutritional strategies, manual therapy, yoga therapy and acupuncture. He routinely provides lectures for physicians, physical therapists and medical students on various topics. He serves as a consultant for professional and high school teams. He has a special interest in soccer, tennis and golf injuries and sports concussions. His research interests include evaluating exercises that improve scapular and shoulder mechanics.

Registration Form – Wolverhampton Wanderers course

Course name FUNCTIONAL MOVEMENT SCREEN & Y BALANCE TEST

Course date 31st MAY – 1st JUNE 2010

Full name _____

Club (if applicable) _____ Sport: _____

Postal Address:

Post Code _____ email _____

Tel No (day) _____ (mobile) _____

Where did you hear about the training _____

Your profession _____

To register:

Send completed Registration Form along with payment or invoice details
(cheque's payable to Wolverhampton Wanderers Football Club)
to:

FUNCTIONAL MOVEMENT SCREEN COURSE

c/o Fay Vale

Wolverhampton Wanderers FC Training Ground

The Sir Jack Hayward Training Ground, Douglas Turner Way,
Compton Park, Wolverhampton, WV3 9BF

Tel: 01902 687007 Email: fayvale@wolves.co.uk