

USING THE FUNCTIONAL MOVEMENT SCREEN WITH TEAMS

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1

MY EXPERIENCE

- Strength and Conditioning Coach for 26 years with Teams
- NHL 19 years
- Screening for 13 of those years

2

Thank You!

- Gray Cook
- Lee Burton
- Brett Jones
- Jon Torine

3

Implementation

- Screen Everyone
- Identify the weakest link
- Follow the Hierarchy that the FMS provides

4

What We Found

- 90% of our athletes were either Active Straight Leg Raise or Shoulder Mobility
- 10% Rotary Stability or In-Line Lunge

5

Corrective Exercises

- Pre-Warm Up
- 3 Groups-
 - ASLR
 - SM
 - In-Line Lunge/Rotary
- Only implement a corrective exercise IF it produced a positive change
 - We would re-screen immediately after
 - (For example a 1 to a 1.5 would be a positive change)

6

Findings

- Diaphragmatic Breathing can help SM
- ASLR is not necessarily Hamstring Tightness
- A “16” with symmetrical “2’s” is OK
- Simplify the screening process- It can be done quick and efficiently
- Incorporate correctives into Strength and Conditioning Sessions
- More Soft Tissue work and Static Stretching!

7

Thank You!

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8