## USING THE FUNCTIONAL MOVEMENT SCREEN WITH TEAMS

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### **MY EXPERIENCE**

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

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# Thank You!

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

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### Implementation

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

### What We Found

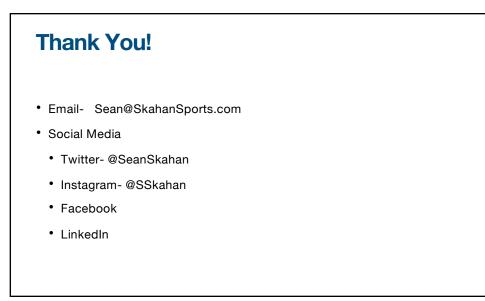
- 90% of our athletes were either Active Straight Leg Raise or Shoulder Mobility
- 10% Rotary Stability or In-Line Lunge

# Corrective Exercises Pre-Warm Up 3 GroupsASLR 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)

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### **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!



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