

Chapter 1 : Gray Cook Quotes (Author of Movement)

The distinction between a screen and an assessment is this: The screen is done by health and fitness professionals on normal populations, whereas the assessment is performed by a medical or rehabilitation professional already aware of an abnormal condition.

Over the years, a movement-based approach has gained popularity in the world of fitness, performance training, and rehabilitation. This approach has been adopted not only to alleviate pain and musculoskeletal problems in a clinical setting, but also in injury rehabilitation, injury prevention and performance training for both amateur and highly paid professional athletes. Today, a movement-based approach is used by a wide array of professions and occupations, including physical therapists, personal trainers, strength and conditioning coaches, and athletes. Though the FMS and SFMA have been both the subject of academic research for years, there still remains a lot of debate and controversy behind the validity and value of a quick, simple and general tool like the FMS, especially for injury prediction. Craig Liebenson realized this, and proposed for these two giants in the field to present their approaches, clarify their positions and critically analyze the FMS. Stuart McGill and Gray Cook Present Their Approach To Assessing Movement In the DVDâ€” Gray explains the principles, intent and incorrect assumptions people make about the FMS Stuart reviews the literature surrounding the FMS, and highlights areas of agreement and disagreement Stuart outlines his approach to assessments in Developing the Ideal Screen or Assessment Gray demonstrates the FMS tests, and Stuart demonstrates some of the assessment tools he uses with clients Craig discusses the history of human movement in medicine and patient care Gray and Stuart take questions about both their methods â€”and much more This full-day presentation spans across six discs, totaling 5 hours and 40 minutes. Whether you find yourself in the more restrictive environment of the clinical side, or the strength and conditioning and fitness end, Assessing Movement: You will walk away more informed about the movement approach, the FMS tool, and how to critically analyze the tools available for you to help your clients get a better end result. The participants were mostly from the therapy fields. I also discovered that, once again, the strength coach can be a really important piece of the puzzle in keeping athletesâ€”and everyone is an athleteâ€”on the right path. I give this day TWO thumbs up. It was a truly fantastic day. I am excited to continue my growth as a professional, and as Gray mentioned in his closing comments, question everything I do. I can only hope to help people the best I can with the evidence I have available. With representatives from Asia, Europe, and throughout North America ranging from students, to fitness professionals, performance coaches, and clinicians, there was a bit of perspective for everyone. The level of transparency, mutual respect, and openness to change in light of new evidence that the presenters displayed should be emulated. I entered this meeting holding the presenters in the highest regard; I left after solidifying my appreciation for their work and with a deeper awareness of their characters. McGill presenting his thoughts, and Gray Cook, PT enjoying the commentaryâ€”This truly was an enjoyable, collegial discussion. The discussion included many perspectives and dichotomies we all wrestle with. He also outlines incorrect assumptions people make about the screen, how he uses the screen, what information the screen can give and what he sees as the limitations of it. The answer on pg. Where it fits in your toolbox. The two directions the screen sends you. He highlights areas of agreement and disagreement with the FMS research using his decades of clinical and research experience. Results of a study done with a group of firefighters. The results of a study on pg. A look at the backs of mixed martial artists and world-class sprinters, with surprising results. Results from the firefighter study on pg. Study results on pg. Can movement quality predict future injuries? NFLâ€”which sport does a better job in their Combine in predicting performance in a game. The results from a three-year study of firefighters from Alberta. How hip socket depth influences rotational power, power at the bottom of the squat, walking and standing. Gray runs through a brief FMS test, and explains the results. Stu then demonstrates some of the assessments he uses with his clients, with the help of audience members. Craig Liebenson In a change of pace on Disc 5, Craig Liebenson discusses the history of human movement in medicine and patient care, and the evolution of medicine as clinicians come to understand the role of the brain in movement and

pain. Can you skip steps when building qualities? Craig discusses on pg. What Professor Janda and Joanne Bullock-Saxton found in a study of people who had previously had an ankle sprain where the ligaments were compromised. Should you limit people from participation until the score gets to a certain number? Why the FMS uses it in the screen, and its place in training. Answers from both Gray and Stu. His answer on pg. How much does movement efficiency enhance it? Can you train an individual to be an elite athlete without a genetic limit? Professionals in their elements providing us with a constructive analysis of one of the most common underlying elements of exercise prescription. Different perspectives with a respect for each others work. This is clearly an event that those of us involved in rehabilitation, performance enhancement and teaching will benefit from. This has been so far the most understandable lecture I have taken online. Full of mindful information. I would recommend movement lectures to everyone looking for better understanding and fulfill knowledge on this subject. Better than this, only attending in real life, and listening to this great sharing experiences from 3 key specialists Stuart McGill, Gray Cook and Craig Liebenson. Add a review Your email address will not be published.

Chapter 2 : Stu McGill, Gray Cook, Craig Liebenson Assessing Movement

Gray's premise is beautiful in its simplicity: Training movement can fix muscles, but training muscles rarely fixes movement. Since all of sport is movement, his 80/20 approach is then astounding in its effectiveness.

There are common truths and principles that should be the building blocks of any philosophy, program or system that considers physical development or rehabilitation. See if you agree with me on these statements. I believe strongly in them: We cannot develop ourselves, or others, better than nature. We can develop ourselves and others safer and faster than nature. Proper progression is mastery of one level of development before proceeding to the next. These are the basic concepts of living within an environment; not taking more than is needed. It is wrong when it tends otherwise. Oh yeah, and they were difficult for me to cleanly express and even harder for you to remember. As much as I believe all ten still apply and keep reading. I realized that I had assembled a collection of movement maxims that point to a consistent theme. That theme needed to be clearly identified and ridiculously simple. They are simple, yet contain every aspect of physical development to better our understanding and guide our efforts: Principle 1 states that we should first move well, then move often Seek a qualitative minimum before we worry about quantities. If moving well is the standard, moving often is the foreseeable outcome. Principle 2 directs us to protect, correct, and develop the movement of those in our care Guided by the Hippocratic Oath, first do no harm and then progress in direction of independence and sustainability Principle 3 tells us to create systems that enforce our philosophy Implement of standard operating procedures, practice intelligent selection, always matching the risk: If you believe in Principle 1, you honor it with Principle 2. To take action on Principle 2, implement Principle 3. These are simple statements, but they should force us to contemplate how we currently look at development. We can have diverse backgrounds and occupations; our commonality is found in our shared principles. What we do and how we do it are always fairly easy to determine, but why is often lacking or even forgotten. The why statement behind all we do is in these three principles. Learn them, contemplate them, vet them and implement them. That done, we are well on the way to finding and developing solutions. First move well, then move often Principle 1 tells us to move well, then move often. I firmly believe this is the life lesson that nature teaches us; I see it in animals and those people who are the physically and spiritually healthiest. Principle 1 is our natural principle. I hope that protecting this beautiful interplay between competencyâ€”moving wellâ€”and capacityâ€”moving often, is why you go to work each day. We must protect it because, despite what many current fitness philosophies say, the principle does not work in reverse. It is not natural to build capacity on incompetence. You may have noticed that we have incorporated the first principle into the FMS logo. The lack of punctuation after move often is not an oversight, but an insight. The period following move well means that we need a biomarker before progressing to capacity. The lack of a closing period symbolizes sustainability. Moving well enables us to adapt. It gives us opportunities to develop. Moving often keeps us in contact with environment. We should move well enough to respond and often enough to adapt. Moving well allows us to respond appropriately to environmental signals. It sets up the feedback that is vital for progressive movement learning. Moving often adds volume across time which allows our patterns and tissues to adapt. We need to see movement for what it isâ€”the most distinguishable sign of lifeâ€”a true vital sign. If we look at the developmental model, we are born with mobility and earn stability. We transition from fundamental to functional movements. Even the most highly developed running and climbing skills have roots in our primal patterns. Understanding this amazing process is understanding that movement is driven through perception and behavior. If we look at movement today, what do we see? The current outlook is a decline of fundamental movement patterns. We see a population that lacks quality in movements that should be a birthright. We can look at the Kraus-Weber tests of in which This decline is a sign that our environments are now adapted for comfort and convenience. We have stopped adapting to the environment and have instead decided to change the environment to fit our needs. But industry is currently pushing a fitness solution to a health problem, and the populace is usually glad to accept. Likewise, we should not have to add the word functional to movement. Whether through vitamins or un-focused exercise, supplementation is rarely the answer and it is surely not a

sustainable solution. Protect, correct, and develop If we lack fundamental movements, the path to fitness and health does not begin with supplementary exercise. That is the paradigm that puts quantity before quality—it attempts to build fitness on dysfunction—it focuses on parts. And movement problems will only get worse when compounded by frequency. The solution is simple—we need to quit lowering fitness standards. We can meet the old ones just fine if we raise movement standards. We also need to quit focusing on parts; reductionism, the breakdown of movement into isolated segments, has not reduced our musculoskeletal injuries nor has it made us healthier or more fit. Patterns and sequences remain the preferred mode of operation in biological organisms, and that is where our focus is. Why does the first principle work? Why do we move? Because movement affords us opportunity. It is on the foundation of movement that development occurs through the SAID principle: Specific Adaptation to Imposed Demand. Moving well before moving often—this order offers us the greatest exposure to opportunities and risk. It is not as scary as it sounds if we invoke our second principle: Nature is big and it can be harsh. The second principle requires us to develop a non-failure environment. The SAID Principle should never be used as the sole excuse to lift more weight, run faster, climb farther, swim harder or fight bigger opponents. That thinking puts more before better. This statement should not sound negative to you in any way. Our pursuits of success create large amounts of risk and failure. Better to focus on non-failure at each level, ensuring a stable base for each new ability. Nothing in motor science supports early specialization—but that is now the norm. Correct feedback by magnifying misread obstacles within the learning path. Develop progressions with rich sensory experience and clear, robust feedback to foster independence and productive self-regulation. You do not move to the next level of development until you are competent and independent at your current level—and can sustain it. Principle 2 is our ethical principle, and we would rather injure your pride than your body. Create systems that enforce your philosophy When discussing progressive levels of development, we believe that we can develop you faster and safer than nature. This belief guides us to Principle 3, directing us to create systems that enforce our philosophy. Principle 3 is the practical principle. Standard operating procedures and intelligent selection protect those who entrust their health and fitness to us. But where should a system start? It should recognize that we cannot know anything without perspective—that we cannot progress without baselines. Earlier I mentioned movement as a vital sign of life, and along with blood pressure and body temperature and many others, it absolutely is. Unlike that long list, we currently have no baseline for understanding movement as a vital sign. If we can have a system that looks at fundamental movement patterns, we can create a baseline. With that baseline, we can identify and demonstrate the fundamental movements that are missing, deficient or dysfunctional. We can communicate these states to colleagues and medical professionals in a common language that, in itself, will enforce responsibility and accountability. With a common language and knowledge of the movement issues, we can help the individual regain these fundamentals. We can use those metrics to determine our protective, corrective and development strategies. The FMS can be used on intake at fitness—to establish a baseline upon which to build fitness and identify health problems for proper medical referrals. The Functional Movement Screen can set a baseline upon discharge from rehabilitation: Is this individual healthy enough to move often? Do you know the number one risk factor for injury? Yep, previous injury—too many individuals are cleared for activity before they are free from the vital signs that demonstrate lack of competency—resulting from poor adaptation, previous injury or poor environmental choices.

Chapter 3 : 19 - The FMS & The Functional Capacity Screen; with Gray Cook - Movement Fix

Join the movement. Get Started Schedule. FMS equips fitness, healthcare and performance professionals with actionable steps to help people around the world to first, move well.

I spent a day distilling the content into a couple of sentences per chapter to help you decide if this is the right book for you. I can say with confidence: Anyone who trains, coaches or treats individuals or teams will find value in this text. Chapter 2â€™’Anatomical Science versus Functional Science The next 16 pages expand on the differences between authentic movement and scientific anatomical function. The functional systems of muscles, joints and ligaments are covered, as are the fascial matrix, breathing and the neuromuscular network. Understanding movement deficiency and dysfunction and how these develop will illuminate your work, and clarify your explanations to your athletes, clients and patients. Chapter 4â€™’Movement Screening Where in your intake process should you screen? Can you screen an injured client or athlete? This section will help you place movement screening in your existing business model, or it will show you where your program structure might be improved. Chapter 6â€™’Functional Movement Screen Descriptions The chapter used to cover the FMS will teach you the seven basic screens in detail, including where to stand, what to watch for during the movements and how to plan your modifications. The seven elements of the top-tier will direct you to the breakout tests found in Chapter 8. Chapter 8â€™’SFMA Assessment Breakout Descriptions and Flowcharts Taking 58 pages and 66 photographs to cover the SFMA breakouts will serve to remind medical professionals of the individual assessments, and at the same time make fitness trainers and strength coaches aware of the tests used by professionals to whom they refer clients and athletes. The rationale for each of the breakout regions will pull the process together for you as it simplifies the overall approach. Chapter 9â€™’Analyzing the Movements in Screens and Assessments Chapter 9 teaches how to analyze the various test results. What do you do with the resulting screen and assessment information? The 20 pages of Chapter 10 comprise the performance pyramid and how to use it to form your corrective strategies. Understanding the differences between correct and corrective exercises, between challenging versus difficult, and having a selection of self-limiting exercises in your exercise menu will give you confidence as you assign and program exercises. Chapter 12â€™’Building the Corrective Framework This chapter provides a checklist for your corrective decisions: Chapter 13â€™’Movement Pattern Corrections Chapter 13 builds on your knowledge of basic mobility and stability corrections and movement pattern retraining. Understanding stability and motor control, transitional postures and using facilitation techniques such as reactive neuromuscular training will give you the tools to challenge that new mobility. This is how corrective exercise actually works in the human body, and the thorough discussion found in this chapter will teach you how to create this for your clientele. These principles will guide you in learning and training authentic movement. Introduction to Breathing Gray Cook:

Chapter 4 : Movement | Gray Cook, Physical Therapist, Lecturer, Author

Screening, assessing and improving movement can reduce injury risk and help people unlock their performance potential. In Movement, Gray Cook outlines his systematic approach for evaluating and improving movement quality so you can create better exercise and rehabilitation programs.

The distinction between a screen and an assessment is this: The screen is done by health and fitness professionals on normal populations, whereas the assessment is performed by a medical or rehabilitation professional already aware of an abnormal condition. Pain is usually the primary complaint, which may or may not be complicated by movement dysfunction. Whether the patient has pain, is referred to a healthcare professional following a movement screen, or seeks medical advice directly, a systematic breakdown of the pain relative to movement is the first order of business. My passion for trying to maximize physical performance and increase durability based on science and practical application has formulated the basis of our system, which has led us to become harsh critics with a tough filter for programs. We have no margin for error, and do not have the luxury of trial and error when that may mean the difference in millions of dollars and in wins and losses. Gray Cook was a keynote speaker My orthopedic education was straightforward and it applied the basic principles of kinesiology and biomechanics. My learning regarding the neurological system further broadened the scope of my understanding and reasoning as I started to consider movement and its many unique aspects. [Read More Although the methods we use in Functional Movement Systems have been known for a while, our understanding and explanations have improved greatly over that time. Functional Movement Systems brings all of that work together into one text, a culmination of our efforts to date. They demand greater engagement and produce greater physical awareness. Self-limiting exercises do not offer the easy confidence or quick mastery provided by a fitness machine. The earliest exercise forms were self-limiting—they required mindfulness and technique. Idiot-proof equipment and the conditioning equivalent of training wheels did not exist. Great lifters learned to lift great; great fighters learned to fight great; great runners learned to run great. Their qualities and quantities were intertwined. Individuals in the group with minimum of 2 on all movement patterns and no asymmetries would do well with a general movement preparation warm-up based on the FMS. With this template you can expect it to provide a adequate review of functional and fundamental movement patterns. This has been the topic of lots of discussion, but here is the pearl: Our modern bodies have started developing tendencies. Those of us who are sedentary, as well as those of us who are active, seem to migrate to a group of similar mobility and stability problems. Of course you will find exceptions, but the more you work in exercise and rehabilitation, the more you will see these common tendencies, patterns and problems. It will determine the greatest areas of movement deficiency, demonstrate limitations or asymmetries, and eventually correlate these with an outcome. Once you find the greatest asymmetry or deficiency, you can use measurements that are more precise if needed. Jumping Rope My goal is to make the tests and exercises in this book practical and efficient. Collateral benefits complement the musculoskeletal system, improve posture, and simulate the reactions and speed of any chosen sport. Jumping rope fits the bill perfectly. We discuss the notion in the context of exercises that naturally impose simultaneous yet paradoxical physical demands like strength and balance, or power and control, performance outcomes. Simply stated, these activities force superior mental and physical engagement. They require basic body knowledge—movement competency—alongside appropriate physical capacity and technical competency.

Chapter 5 : Review: "Exploring Functional Movement" Featuring Gray Cook and Erwan Le Corre | Breaking

The three movement principles you've just read are the critical thinking you need to observe, screen, assess, treat and develop movement. The original ten principles still apply as maxims or action points, so use them when appropriate—but let the simple principles drive everything.

It must have been several years ago but, at the time, it was still only in fragments. Nowadays, he is everywhere. Even when the name is not mentioned, if you are observant, you will recognise his methods and his logic in the work of coaches and physical therapists. That was the reason I decided to read the book. Go to the source. Functional Movement Systems is heaven. I will probably go through Movement again at some point but I should first let it settle a bit. It is a big book, packed with information. Gray Cook does not disappoint. Functional Movement Systems is written beautifully. Despite being repetitive at times, Cook gets his points across without fail. Anyway, the only minus is the format I read it in. If I were a professional, I would ditch the Kindle version I got and invest in the paperback despite the price. Kindle is fine for some books, just not this one. To really profit from Movement, some wear and tear is in order. First, it droned on and on and was repetitive. Basically, everything from the first book was repeated with a bit more detail thrown in. But the "added extras" are not enough to justify the over dbl cost of the first book. Second, FMS cannot be used for some of the more complicated cases. Third, some of the "corrective exercises" I just have to shake my head at.

Chapter 6 : Functional Movement Systems

of 19 results for "gray cook movement" Movement Functional Movement Systems: Screening, Assessment, Corrective Strategies by Gray Cook and Lee Burton.

Yet, two major problems often hold these professions back from achieving this shared goal. A surgeon, a physician and a physical therapist see problems through eyes biased by their training. One sees a surgical solution based on structure; one considers which medication to manage pain and inflammation, while the other looks for mechanical issues to rehabilitate. Coaches and trainers, on the other hand, often focus on fitness and performance without first screening for movement dysfunctions that might cause movement compromises or predispositions to injury. This leaves people open to risk of injury, pain and performance inefficiencies that could otherwise be avoided. Not having a common language to communicate with each other Coaches, trainers and clinicians have different skillsets, different areas of expertise, and different educational backgrounds. But because they treat the same clients, they must be able to effectively communicate with each other. In the absence of a common language, these different professions often speak past each other to the detriment of the client. In *Movement*, Gray outlines the movement system that is aimed at solving these problems. A system that is now being used across the world in NFL teams, NHL teams, the military, universities, and countless other clinics and training centers. This system gives you a standard operating procedure and common language for movement-pattern screening, assessment and correction in fitness and rehabilitation. Then you buy a new copy and enthusiastically start over. It is a game-changer. Because of Gray, the Functional Movement Screen is now the gold standard screening tool in our industry. Screening Movement Where in your intake process should you screen? Can you screen an injured client or athlete? Movement will show you where to place movement screening in your existing business model, and where your program structure might be improved. And how is it different from the SFMA? Understanding Corrective Strategies What do you do with the resulting screen and assessment information? Understanding the differences between correct and corrective exercises, between challenging versus difficult, and having a selection of self-limiting exercises in your exercise menu will give you confidence as you assign and program exercises. Movement Pattern Corrections Build on your knowledge of basic mobility and stability corrections and movement-pattern retraining. Learn about stability and motor control, transitional postures and how to use facilitation techniques such as reactive neuromuscular training to challenge newfound mobility. Advanced Corrective Strategies Learn how to make corrective exercise an experience. This is how corrective exercise actually works in the human body, and the thorough discussion found in this chapter will teach you how to create this for your clientele. Introduction to Screening and Assessment Understand the purpose of screening movement and learn how to recognize movement patterns in action. Training movement can fix muscles, but training muscles rarely fixes movement. You might not know it, but things are different now. Why does this hurt when I do that? Gray has the answer in his new book, *Movement*. First move well, and then move often. His performance pyramid alone is worth the time and energy to read the book. But my favorite part of the text is idea of self-limiting activities. If you understand what I wrote, bless you. Otherwise, read the section! Power to the People and Return of the Kettlebell? Push your bookends out a little wider. Chapter 2 "Anatomical Science versus Functional Science The next 16 pages expand on the differences between authentic movement and scientific anatomical function. The functional systems of muscles, joints and ligaments are covered, as are the fascial matrix, breathing and the neuromuscular network. Understanding movement deficiency and dysfunction and how these develop will illuminate your work, and clarify your explanations to your athletes, clients and patients. Chapter 4 "Movement Screening Where in your intake process should you screen? This section will help you place movement screening in your existing business model, or it will show you where your program structure might be improved. Chapter 6 "Functional Movement Screen Descriptions The chapter used to cover the FMS will teach you the seven basic screens in detail, including where to stand, what to watch for during the movements and how to plan your modifications. The seven elements of the top-tier will direct you to the breakout tests found in Chapter 8. Chapter 8 "SFMA Assessment Breakout

Descriptions and Flowcharts Taking 58 pages and 66 photographs to cover the SFMA breakouts will serve to remind medical professionals of the individual assessments, and at the same time make fitness trainers and strength coaches aware of the tests used by professionals to whom they refer clients and athletes. The rationale for each of the breakout regions will pull the process together for you as it simplifies the overall approach. Chapter 9â€”Analyzing the Movements in Screens and Assessments Chapter 9 teaches how to analyze the various test results. Chapter 10â€”Understanding Corrective Strategies This begins the wrap-up: What do you do with the resulting screen and assessment information? The 20 pages of Chapter 10 comprise the performance pyramid and how to use it to form your corrective strategies. Chapter 12â€”Building the Corrective Framework This chapter provides a checklist for your corrective decisions: Chapter 13â€”Movement Pattern Corrections Chapter 13 builds on your knowledge of basic mobility and stability corrections and movement pattern retraining. Understanding stability and motor control, transitional postures and using facilitation techniques such as reactive neuromuscular training will give you the tools to challenge that new mobility. These principles will guide you in learning and training authentic movement. Introduction to Breathing Gray Cook:

Chapter 7 : Movement by Gray Cook on Apple Books

Movement is a vivid discovery, a fundamental and explicit teaching in which the return to basics takes on a whole new meaning. In it, author Gray Cook crosses the lines between rehabilitation, conditioning and fitness, providing a clear model and a common language under which fitness and rehabilitation professionals can work together.

As a Rolfing practitioner a form of manual therapy , I sometimes feel like the cardiac surgeon who wishes she could instead become a nutritionist and then travel back in time to see her patients twenty years earlier - before they needed the bypass surgery. Although in my case, having a practice where I work mainly with people who are dealing with chronic pain, I wish I could go back in time to teach my clients smart movement interventions to help them avoid suffering down the road. Though, clearly, I do teach movement interventions with them. All hope is not lost. First, some depressing statistics: In the United States alone, musculoskeletal conditions such as back pain, arthritis, and osteoporosis are reported more than any other health condition far outpacing cancer, diabetes, and heart disease. So the question has to be why, and the simple answer is that we live in a time and a place where we no longer need to use our bodies in order to make sure we are fed, clothed, and sheltered. Instead we live in a time and a place where we earn money to buy what we need, work primarily in static positions hey look! This lack of natural human movement is causing a plague of chronic pain and physical dysfunction, as well as contributing hugely to the disease processes of contemporary culture. Since movement is a passion of mine, I was delighted to get the fantastic resource Exploring Functional Movement , which is a three-disc set or download created in partnership between Erwan Le Corre and Gray Cook. Erwan Le Corre, founder of MovNat , is one of the main people who I believe is a visionary leading the charge back to natural human movement. So seeing that they did this project together was basically a chocolate-meets-peanut-butter moment for me. Each of the three discs takes a slightly different approach: Le Corre points out that humans have a hierarchy of movement skills: And he says that in MovNat they always start with locomotive because we need to be able to stand up, run, walk, climb, and perform other basic movements before we progress. Le Corre and Cook begin their locomotive warm ups on the ground rolling and transferring weight in a number of planes. They then progress to kneeling, lunging, and transferring weight in more gradually upright positions. I made the humbling mistake of only watching this first section of Disc One a day before I re-watched it and actually went through the movements. While some of the movements came easily, others surprised me with fresh challenges and illuminated discrepancies side-to-side. If you get these DVDs, do be sure not to treat it like watching television. Clear some space and go through the movements. In the second part of Disc One, Le Corre and Cook progress to some manipulative skills, by using first a stick, and then a log balanced on one shoulder while squatting and eventually Le Corre kicks it up a notch by walking and running with the balanced log. We look at postural integrity and good efficient movement patterning Manipulating objects can be very helpful for feedback. It is clear that this balanced log is the best squatting teacher anyone could hope for. As soon as you lose spinal integrity, whoops! You have to be totally engaged in what you are doing. For example, when Le Corre is having the two students rock back and forth onto their spine with knees bent and no help from their extremities, Cook points out how this movement demonstrates limits of thoracic flexibility. Watching Le Corre and Cook take two people through movement progressions will steep you in their philosophy of quality first. Once quality has been attained, you do not increase volume or intensity, but complexity. This disc looks at each movement independently and deconstructs their relevance. The MovNat exercises are broken down by type: For those of you who utilize the Functional Movement Screen with your clients, this disc also lists the relevant FMS tests that correspond each movement, thereby correlating them directly to the screen. Okay, I kid - I have nothing negative to say.

Chapter 8 : IOL Strength and Conditioning Â» Gray Cookâ€™s new book, Movement

Gray Cook is an internationally recognized physical therapist, orthopedic certified specialist and certified strength and conditioning specialist. Cook is the founder of Functional Movement.

Chapter 9 : Movement, the book

Gray Cook and Stuart McGill take the stage at Stanford University in a six-hour discussion of their approaches to movement screening, assessment and spine stabilization.