

Functional Movement Program



Regardless of your activity level, the Functional Movement (FM) program is designed to...

- ◆ Identify and address functional limitations and asymmetries in key movement patterns, strength, stability, and postural deficits
 - ⇒ Determine potential risk of injury due to limited and/or altered movement patterns which conventional programs overlook
 - ⇒ Act as a total body evaluative screening for those with a history of recurrent injuries (but not to replace skilled physical therapy/therapeutic care/rehabilitation)
- ◆ Enhance individualized post-injury, personal fitness, and performance enhancement training
 - ⇒ Create an objective functional baseline score to mark progress,
 - ⇒ Easily reproducible to evaluate and track progress

Who would benefit from the FM Program?

- ◆ Athletes and physically active persons of all ages
- ◆ Persons who have completed their physical therapy plan with hopes of returning to their pre-injury activity level
- ◆ Persons with physically demanding occupations such as: law enforcement professionals, firefighters, armed services, warehouse and factory workers, and construction workers and laborers
- ◆ Persons with history of recurrent and/or chronic injuries (but not to replace skilled physical therapy/therapeutic care/rehabilitation)

Robert Wood Johnson University Hospital Sports Physical Therapy and Performance offers two options for those wishing to obtain an assessment:

Functional Movement Screen (FMS) - \$60

- ⇒ Enhances individualized fitness and performance enhancement training, involves a traditional FMS and additional screening tests directly related to functional activity.

Selective Functional Movement Screen (SFMA) - \$75

- ⇒ Specialized total body functional assessment for those with history of recurrent and/or chronic injuries, geared toward addressing functional non-painful movement patterns via a developed corrective exercise plan

To schedule your FM appointment, contact
Ryan Stevens, MPS, LAT/ATC, CSCS:
Email: RStevens@somerset-healthcare.com
Phone: (908) 284-5195



SPORTS MEDICINE

Please note: This is a direct pay service, and your insurance company will not be billed by Robert Wood Johnson University Hospital. In some cases, you may be able to receive reimbursement from your insurance company if a wellness benefit is included in your healthcare plan.

www.SomersetSportsPerformance.com