

Selective Functional Movement Assessment (SFMA):

Evaluating Movement Dysfunctions for Targeted Treatment

The Selective Functional Movement Assessment (SFMA) is a comprehensive evaluation system used by healthcare professionals to assess movement dysfunctions, identify underlying causes of pain or injury, and develop targeted treatment plans. This assessment process helps to address movement impairments and restore optimal function, ultimately improving performance and reducing the risk of future injuries.

How Does the Selective Functional Movement Assessment Work?

The SFMA involves a systematic approach to assessing movement patterns, identifying dysfunctions, and determining the root causes of musculoskeletal pain or dysfunction. Here's how it works:

1. **Comprehensive Assessment:** The session begins with a thorough evaluation of your movement patterns, posture, and mobility. The practitioner may inquire about your medical history, previous injuries, and any symptoms or limitations you may be experiencing.
2. **Functional Movement Tests:** You will be asked to perform a series of functional movement tests that assess various movement patterns, including squatting, lunging, bending, twisting, and reaching. These tests evaluate mobility, stability, coordination, and motor control.
3. **Analysis and Interpretation:** The practitioner analyzes your performance on each movement test, looking for dysfunctions, asymmetries, compensations, or limitations. This helps to identify specific areas of impairment and determine the underlying causes of pain or dysfunction.
4. **Treatment Planning:** Based on the findings of the SFMA, the practitioner develops a targeted treatment plan to address the identified movement dysfunctions and underlying impairments. This may include manual therapy

techniques, corrective exercises, neuromuscular re-education, and other interventions tailored to your individual needs.

Benefits of the Selective Functional Movement Assessment

- **Comprehensive Evaluation:** The SFMA provides a comprehensive evaluation of movement patterns, allowing for a thorough assessment of musculoskeletal function and performance.
- **Identification of Dysfunctions:** By identifying movement dysfunctions and impairments, the SFMA helps to pinpoint the underlying causes of pain or injury, guiding targeted treatment interventions.
- **Individualized Treatment Planning:** Based on the findings of the SFMA, personalized treatment plans are developed to address specific movement dysfunctions and restore optimal function.
- **Improved Performance:** Addressing movement dysfunctions and impairments can lead to improved movement quality, performance, and overall physical function.
- **Injury Prevention:** The SFMA helps to identify and address movement dysfunctions before they lead to injury, reducing the risk of future musculoskeletal problems.

Who Can Benefit from the Selective Functional Movement Assessment?

The Selective Functional Movement Assessment is beneficial for individuals of all ages and activity levels, including:

- Athletes and fitness enthusiasts looking to optimize performance, prevent injuries, and address movement dysfunctions
- Individuals experiencing musculoskeletal pain, discomfort, or limitations in functional movements
- Those with chronic pain conditions, previous injuries, or recurrent musculoskeletal problems
- Rehabilitation patients seeking to improve movement quality, function, and mobility
- Anyone interested in identifying and addressing movement dysfunctions to improve overall physical health and well-being

What to Expect During Your Visit

During your Selective Functional Movement Assessment session, the practitioner will conduct a thorough evaluation of your movement patterns and functional mobility. Based on the findings, personalized treatment recommendations will be provided to address any identified movement dysfunctions or impairments.

These recommendations may include a combination of manual therapy techniques, corrective exercises, neuromuscular re-education, and other interventions aimed at restoring optimal movement patterns and function. Regular follow-up visits may be scheduled to monitor progress and make necessary adjustments to your treatment plan, ensuring optimal results and long-term musculoskeletal health.

If you have any questions or would like to schedule a Selective Functional Movement Assessment session to assess and address movement dysfunctions, please contact us today. Our team is dedicated to providing you with the highest quality of care in a comfortable and welcoming environment.