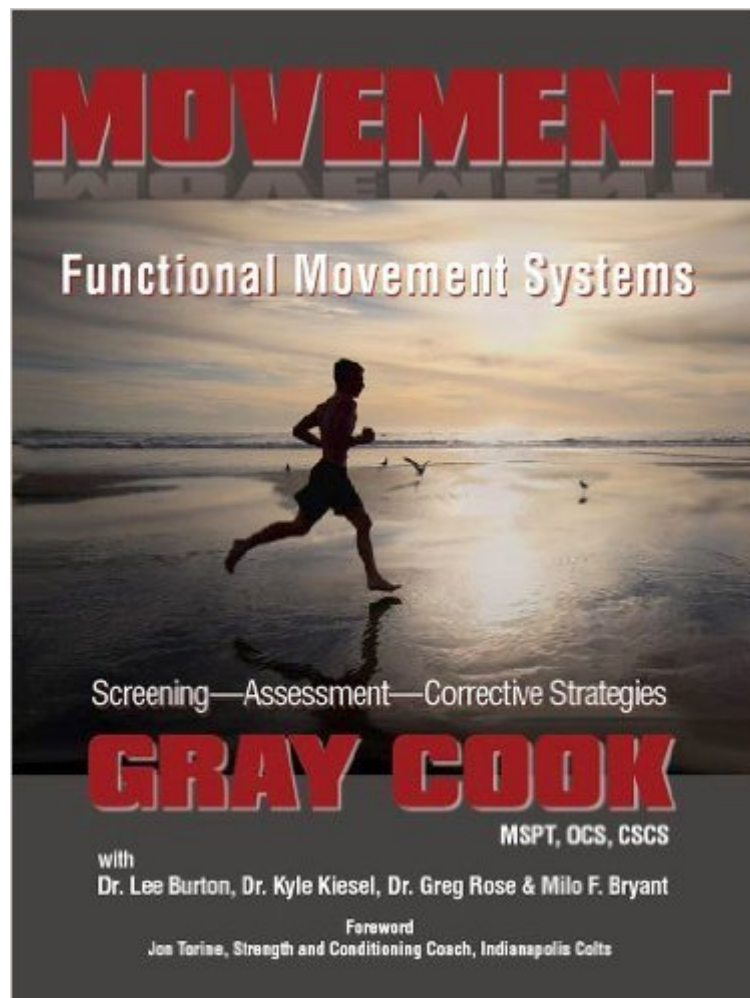




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Movement Functional Movement Systems: Screening, Assessment, Corrective Strategies



Synopsis

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. By using systematic logic and revisiting the natural developmental principals all infants employ as they learn to walk, run and climb, Gray forces a new look at motor learning, corrective exercise and modern conditioning practices. The discoveries, lessons and approaches you'll learn * How to view and measure movement quality alongside quantity * How to ascertain dysfunctional patterns with the Functional Movement Screen * What clinicians need to know about the Selective Functional Movement Assessments * When to apply corrective strategies and how to determine which strategies to use * How to map movement patterns and understand movement as a behavior and not just as a mechanical idea This book is not simply about the anatomy of moving structures. Rather, it serves a broader purpose to help the reader understand authentic human movement, and how the brain and body create and learn movement patterns. Our modern dysfunctions are a product of our isolated and incomplete approaches to exercise imposed on our sedentary lifestyles. A return to movement principles can create a more comprehensive exercise and rehabilitation model, a model that starts with movement.

--This text refers to an out of print or unavailable edition of this title.

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Customer Reviews

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. For the time invested, the FMS and its cousins are the best tools I've seen for producing bullet-proof athletes and pain-free non-athletes in record time. --Tim Ferriss, author of the #1 NY Times bestseller, *The 4-Hour Workweek* Exercise and rehabilitation time is valuable too valuable not to use a system. Preparation is built on a systematic evaluation of everything we can control. This book uses a systematic approach to exercise and rehabilitation built on the fundamentals of authentic human movement. --Peyton Manning, Indianapolis Colts We have integrated many of Gray's movement principles and corrective strategies into our programs to help accomplish our mission of preserving and maintaining the Commander's combat power. The FMS screening and assessment tools are very useful in establishing the baseline for our performance training system. --Mike Strock, US NAVY, Human Performance Consultant Once a decade comes out a book that you will keep reading, rereading, and crowding with notes until it falls apart. Then you buy a new copy and enthusiastically start over. In the 1990s it was Verkhoshansky and Siff's 'Supertraining.' In the 2000s McGill's 'Ultimate Back.' Enter the 2010s and Cook's 'Movement.' It is a game changer. --Pavel Tsatsouline, author of *Enter the Kettlebell!* --Pavel Tsatsouline, author of *Enter the Kettlebell!* Once a decade comes out a book that you will keep reading, rereading, and crowding with notes until it falls apart. Then you buy a new copy and enthusiastically start over. In the 1990s it was Verkhoshansky and Siff's 'Supertraining.' In the 2000s McGill's 'Ultimate Back.' Enter the 2010s and Cook's 'Movement.' It is a game changer. --Pavel Tsatsouline, author of *Enter the Kettlebell!* We have integrated many of Gray's movement principles and corrective strategies into our programs to help accomplish our mission of preserving and maintaining the Commander's combat power. The FMS screening and assessment tools are very useful in establishing the baseline for our performance training system. --Mike Strock, US NAVY, Human Performance Consultant --This text refers to an out of print or unavailable edition of this title.

Gray Cook, MSPT, OCS, CSCS, is a practicing physical therapist and orthopedic-certified specialist, and is certified as a strength and conditioning specialist, as an Olympic weightlifting coach and as a kettlebell instructor. The founder of Functional Movement Systems, Cook lectures extensively on the concept of movement pattern screening and assessment. His work and ideas are at the forefront of fitness, conditioning, injury prevention and rehabilitation. His first book, *Athletic Body in Balance*, continues to be a bestseller, and his lecture and workshop instructional DVDs are leaders in the field of rehabilitation and training techniques for therapists, coaches and personal trainers. --This text refers to an out of print or unavailable edition of this title.

LOVE this book. Great information

Great book, I would recommend for ATs

I would recommend this book to anyone interested in human movement patterns & wanting to look past the isolated ways anatomy is typically studied in higher education. Grey Cook connects functional movement patterns with intellectual/scientific knowledge and makes a strong argument for more cohesive analysis of human movement among various disciplines/professions. Maybe someday insurance policy writers will recognize these philosophies, so when someone comes in for back pain I don't have to work so hard to help them understand that neck/foot/whatever issues ARE related AND relevant!

I highly recommend this book for those who want to find new insights on ways to critique their athletic performance and improve their overall well-being. Both my long-distance running and yoga postural work is on a new and better qualitative plateau through implementing his approach on regaining fundamental movement skills through intelligent and dynamic whole-body exercises. I especially appreciate his philosophical discourse on human development and self-limiting exercises. I now use barefoot running as my default way to run. I happily engage in those mindful 'tune-ups' and energetic 'test runs' because I can see real improvements. I use my barefoot running and yoga postural work to gain new insights on how they compliment and improve each other. I have more understanding of my dysfunctions by studying this book. My guess is postural refinements can be made by everyone no matter how good these patterns may be as long we appreciate and respect nature's gift to us, 'movement'. Cook is especially aware of creating neural pathways when automatic resetting of fundamental movement skills fails to spontaneously emerge. I also like his pithy saying such as: Move well and move often...and don't build sports specific training on fundamental movement dysfunctions. New York Times writer Broad would not be so negatively criticized by the yoga community at large if they could temper their critiques by first evaluating their own and their students' basic movement skills to see how 'authentic' they really are. After all, Dr Loren Fishman during his webinar at "Yoga-U Online" mentions how injuries while doing 'Hero Pose' are mostly incurred by yoga teachers themselves. Postures that injure the hamstring tendon at the sit-bone are well known to be epidemic in the yoga community. Gray Cook's and Doug Keller's insights on muscular engagement and whole body movements go a long way to both identify

postural problems and apply remedial techniques to both heal and regain better postural health for both our sports and 'practices' and for our everyday movements in life.

Great Read. Grey is a wonderful communicator and I'd say you're behind if you're a doctor of alternative medicine and not reading his stuff

We use the FMS assessment all the time. It's what we base all our trainings on for each client. Great book and helpful videos at the website.

I have a ton of respect for Gray Cook. I previously had a poor view of his methods, but it was seeing his system put to use by practitioners who find it as an easier way to increase their volume. (Hand on PT takes time... Attention reduces net profits) But as I am reading his book, it is apparent there are some other sound methods for looking at movement and tying that into better treatments. I will always run a hands on practice, but this book will also change me for the better. Thanks Gray, Shawn

An essential item for anyone that works with helping humans move. An absolute great system. Some of the text gets a little redundant and boring, but I'm also a visual learner. Helped me to watch the video and use book for reference.

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