

# Training Movement Patterns

In this workshop we will incorporate current/updated research plus utilize the vital information from muscle assessments to create more effective, efficient and beneficial programs for your participants. A healthy body is a strong body that can function without injury, and the skills you learn in this session will ensure your exercise programs are building strength, improving function, and reducing injury risks. Learn how to apply your enhanced knowledge and skills in innovative and inspirational ways. Jess will review myofascial lines, planes of movement, mobility, motor control and functional patterning to provide you with the tools to incorporate essential movement patterns in your program design. **Get 'POWERED UP' with Jess!**

## The System for Functional Movement

1. Identify Corrective Patterns (FMS L1)
2. Mobility Competency
3. Static Motor Control Competency
4. Dynamic Motor Control Competency
5. Performance



## The Corrective Exercise Concept

1. Mobility
2. Stability
3. Movement Pattern Retraining



## Levels of Movement



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## What Creates Poor Movement Biomechanics and Injury?

1. Previous Injury!
2. Asymmetries
3. Neuromuscular Control
4. Body Size/BMI
5. Multifactor?



## Things to consider:

1. Habits: Daily Activities
2. Poor Training
3. Poor Rehab
4. Soft Tissue Restrictions
5. Mobility/Motor Control Restrictions
6. Movement Dysfunction

## Fascial Meridians

Superficial Back Line

Superficial Front Line

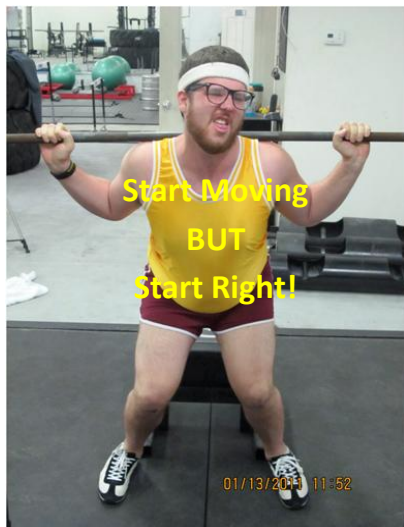
Lateral Line

Spiral Line

Arm Lines

Functional Lines

Deep Frontal Line



EVERYTHING ELSE SHOULD BE DEVELOPED BEFORE MOVING HERE

THEN MOVE HERE

START HERE!

SKILL

PERFORMANCE

MOVEMENT

Variety is for the bored trainer, movement patterns are for the effective trainer – Vaun Mehling