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Movement screening

Is designed to evaluate and identify human movement patterns that could increase ones risk to injury or could be causing recurrent injury.

Through assessment Movement Screening identifies functional limitations, body asymmetries and abnormal movement patterns that have developed over time. The development of poor movement patterns can be linked to several factors One of the main factors is a history of previous injuries. Individuals who have suffered previous injury may have a decrease in **proprioception** (the brains sensation of joint movement and joint position sense) input and if untreated or treated inappropriately could lead to reinjury.

Proprioceptors in each segment of the kinetic chain (trunk, pelvis upper and lower limbs) must function properly in order for efficient movement patterns to occur.

A disruption in **proprioceptive** performance will have a negative effect on the kinetic linking system (bones, ligaments, tendons and muscles). The result will be altered mobility, stability, and asymmetric influences, eventually leading to compensatory movement patterns. This may be a reason why prior injuries have been determined to be one of the more significant risk factors in predisposing individuals to repeat injury. In research a 2 year study of a screening programme started by Santa Monica Sports Medicine Foundation, showed a one year 88% decrease in ACL injuries and two year 74% decrease in ACL injuries among 3,000 female soccer players aged 14-18

Movement Screening involves assessing certain foundation movements and specific movements associated with your injury or sport. Your joints range of motion and their core control will be evaluated. Muscle length and muscle patterning will also be assessed. Sometimes video analysis is used.

Treatment may consist of a series of customised exercises aimed at stretching tissues, improving body balance and alignment plus strengthening. These can be fitted into your current training schedule.

Who will benefit. People who are suffering from recurrent injury. Typical injuries that may benefit from Movement screening include recurrent achilles tendon pain, knee pain, recurrent back pain and shoulder pain. Movement screening can be applied to any fitness level. Your Health Rooms Chartered Physiotherapist can provide you with a diagnosis and advice.

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