

- 1  **Keeping Our Athletes Safe: Functional Assessments**  
Presented by:  
Jacky Arrow PT, DPT, SCS  
SPORTS Physical Therapist
- 2  **Objectives**
  - Define why functional assessments are useful in conjunction with traditional methods
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  - Identify "red flags" that may call for a referral to an orthopedist or physical therapist
  
  - Describe three functional assessments that can be used by healthcare professionals, athletic trainers, and coaches to determine functional limitations.
- 3  **What is it?**
  - Looking at how the athlete moves
  - Quality not quantity
- 4  **When would I use these?**
- 5  **All the puzzle pieces...**
- 6  **Subjective Reports**
  - Subjective Reports
    - Open to interpretation
  -
- 7  **All the puzzle pieces...**
- 8  **ROM, Strength, Flexibility**
  - ROM, Strength, Flexibility
    - Isolated to body segment
    - Important to know any major limitations
    - However, do not have strong correlation to functional ability<sup>1</sup>
- 9  **All the puzzle pieces...**
- 10  **Performance Tests**
  - Performance Tests
    - Do not evaluate efficiency<sup>4</sup>
- 11  **All the puzzle pieces...**
- 12  **All the puzzle pieces...**
- 13  **Red Flags**
  - When to refer?
    - Injury or pain
    - Movement abnormalities
- 14  **Functional Assessments**
  - Lateral Plank
  - Broad Jump
  - Functional Movement Screen

- 7 tests
  - Indicative of injury risk<sup>3,8</sup>
    - Deep squat
    - Active SLR
- 15  **Lateral Plank**
- Core strength and endurance<sup>9,14</sup>
  - Looking at:
    - Straight body
    - Neutral spine
    - Scapular positioning
- 16  **Broad Jump<sup>10</sup>**
- Ability to produce power, absorb force
  - Looking at:
    - Take off position
    - Landing position
    - Control in air
- 17  **Deep Squat<sup>4</sup>**
- Symmetrical mobility of hips, knees, ankles, thoracic spine, shoulders and
  - Looking for:
    - Upright trunk
    - Past parallel
    - Knees over feet
    - Heels on ground
- 18  **Active SLR<sup>5</sup>**
- Ability to maintain trunk stability during leg movement, as well as hamstring and gastroc-soleus flexibility
  - Looking for:
    - Both legs straight
    - Head down
- 19  **More resources?**
- Other FMS tests<sup>4,5</sup>
    - <http://www.functionalmovement.com/>
  - Modified NFL Combine Tests<sup>10</sup>
  - Tuck Jumps
  - Many, many others!
- 20  **Then what?**
- Corrective exercise
    - Based on deficits discovered
    - Can use the test position as an exercise
  - PEP program
    - Warm up and strength/conditioning injury prevention program
  - FIFA 11+
    - Warm up and strength/conditioning injury prevention program

21  **References**

22  **References, cont'd**

23  **Thank you!**