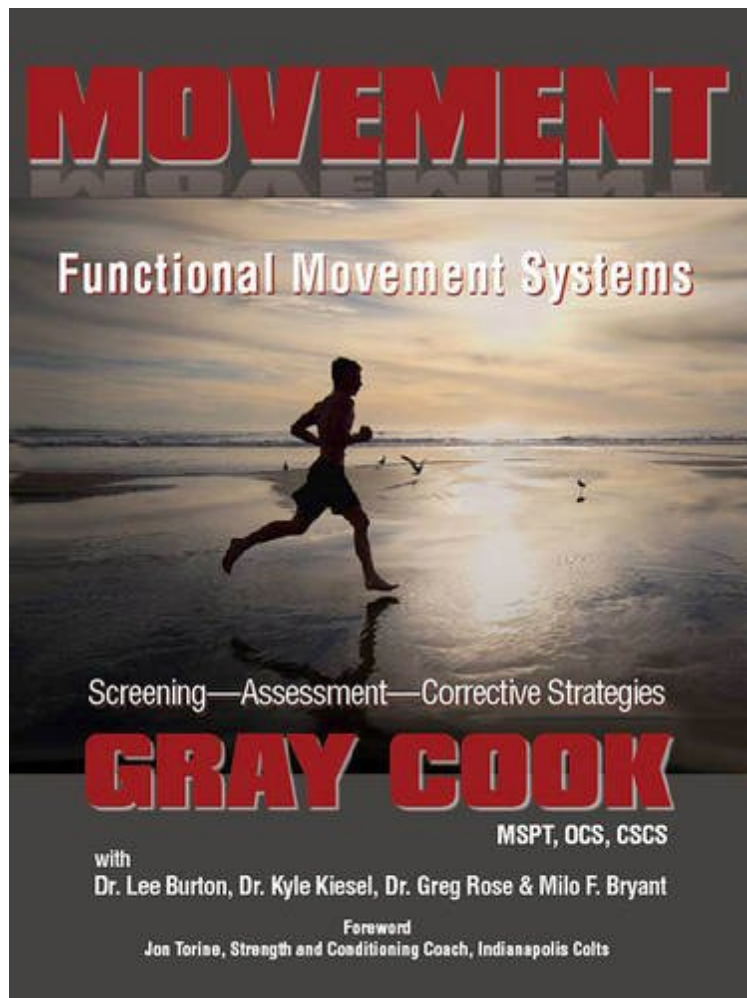


Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies

Gray Cook

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Gray Cook : Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies before purchasing it in order to gage whether or not it would be worth my time, and all praised Movement: Functional Movement Systems: Screening, Assessment, Corrective Strategies:

0 of 0 people found the following review helpful. Get out and move!By NateGreat book!.Tons of content, but all of it is simplified to achieve a single goal, to move our bodies.This not a book with a list of corrective exercises, nor does it have an anatomy map to pick on isolated muscles.It's all about moving with full (normal) range of mothion in all joints, in all postures and positions.I would recomend this book to all trainers, PT's and coaches. Who want their clients to move faster, move efficiently, move for longevity and for rehab.1 of 1 people found the following review

helpful. Five StarsBy Jenny JohnsonLOVE this book. Great information0 of 0 people found the following review helpful. It is a 10 in my book! If anyone ...By C. Thomas Kulla-AbbottIt is a 10 in my book! If anyone thinks they can teach without this and keep players on the field/court they are back in the dark ages!

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.

"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* "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!* About the Author 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.