

# Important Test Can Determine Whether an Athlete is Moving Efficiently



**Dr. Robert Silverman**

A functional movement assessment is an innovative system used to evaluate movement pattern quality for athletes. It seems more of today's young athletes are working harder to become stronger and perform better. These young men and women are constantly looking to improve their athletic output via increasing flexibility, strength and power.

A tremendous number of athletes are

performing at high levels even though their functional movements may be inefficient. These individuals then create poor movement patterns and train around a pre-existing problem, or they simply do not train to correct their weaknesses. In today's ever-evolving sports performance market, athletes have access to a large arsenal of equipment. However, the best equipment cannot produce quality results if functional movements are impaired.

Evaluating an athlete's entire movement system takes us to a new frontier of athletic assessment and performance. Imagine how much the athletes are able to maximize their potential if this area is addressed and corrected.

The movement assessment places the athletes in extreme positions where weaknesses and muscle imbalances become noticeable. I have observed that many individuals who perform at very high levels during athletic activities are unable to perform these simple movements correctly. These athletes typically utilize compensatory movement patterns during their activities, sacrificing efficient movement for inefficient movement in order to complete their athletic tasks. If these compensatory and poor movement patterns continue, they will head to poor mechanics and

ultimately injury.

I believe that a functional movement assessment should be implemented for all local athletic teams to determine movement deficits and performance evaluations. Unfortunately in many cases, I've seen many flexibility and strength imbalances associated with previous injuries that have not been identified or properly addressed. These issues, which have been acknowledged as significant risk for injuries, will be identified using the movement assessment. When these risk factors are identified and addressed then a decrease in future injuries and improved performance will ensure.

**Main Test: The Overhead Squat**

The overhead squat is a movement that is essential for most athletic events. This movement is a two-legged squat performed with the arms held overhead. It was selected because it assesses total body structural alignment, dynamic flexibility and neuromuscular control from a bilateral standing posture. It is also an essential position for most power and lifting movements.

The breakdown of each area is as follows:

Arms overhead stresses musculature surrounding the shoulder complex as well as the thoracic spine. It also increases the demand upon the core stability muscles. Most importantly, the overhead squat tests bilateral and symmetrical motion in the ankles, knees, and hips and assesses a functionally applicable movement (the squatting motion) used in everyday activities.

Let's go test function and movement. To schedule a complimentary functional movement assessment, call Dr. Robert Silverman at 914-287-6464.

## Dr. Rob

Chappaqua resident Dr. Robert G. Silverman is a certified nutrition specialist, certified clinical nutritionist and certified strength and conditioning specialist. He is also a chiropractor and sports injury consultant with a practice in White Plains and serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon and multiple international Iron Man events and local sports venues. Dr. Silverman can be reached at 914-287-6464 or by e-mail at [info@DrRobertSilverman.com](mailto:info@DrRobertSilverman.com). Also visit [www.DrRobertSilverman.com](http://www.DrRobertSilverman.com).

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