

Important Tests Can Determine Whether an Athlete is Moving Efficiently--Part II



Dr. Robert Silverman

My last article discussed how a functional movement assessment is an innovative system used to evaluate movement pattern quality in athletes. Additionally, we spoke of how the overhead squat was

a key movement test as well as the best starting point for movement assessment. This week I'll describe four more key movement tests and what they reveal.

Test 1: Modification to the Overhead Squat (hands-on-hip squat)

Placing your hands directly on the hips removes the stretch placed on the lats and pectorals and coracobrachialis. It requires less demand from the intrinsic core stabilizers. Summing it up, the hands-on-hip squat assessment evaluates the influence of the upper body on the squat movement.

Test 2: Single-leg Squat (also called Pistols)

The single-leg squat (SLS) is used because

it assesses lower body dynamic flexibility and neuromuscular control, as well as balance from a unilateral standing position. The SLS provides a greater challenge to the lumbo-pelvic-hip complex as the base of support for the body. This position forces the core and proprioception mechanisms to work harder than when squatting on two legs.

The SLS also assesses functional movements (squatting and balancing) that are used in everyday activities.

and general leg strength and muscle endurance. This test can be used when deciding whether to allow an athlete to return to action or to further advance in a rehabilitation progression.

Test 3: Core Stability Push-up

This is used to assess core strength in the sagittal plane while a symmetrical upper extremity motion is performed. The athlete performs this in a typical push-up position; however, the thumbs are in line with the forehead. The body should be lifted as one unified unit. Many athletic activities require the core to transfer force symmetrically between both the upper and lower extremities. If an athlete's core is not strong during these specific activities,

kinetic energy will be dispersed, leading to poor functional performance as well as increased potential for injury. (See my Core Power I and II articles on my web site.)

Test 4: Shoulder Flexibility Test

This is a method for assessing the bilateral flexibility of the shoulders. The athlete is asked to scratch his or her back while reaching over the head with one hand, and behind the back with the other hand. This test requires abduction and external rotation of one shoulder and adduction and internal rotation of the other shoulder. Additionally, the test evaluates both normal scapular mobility and thoracic spine extension.

Poor performance during this test could be due to several causes. Internal rotation is decreased in many overhead-throwing athletes; excessive shortening of the pectorals and lat may cause a forward or rounded shoulder presentation; and an athlete's scapular movement dysfunction that results in decreased shoulder mobility.

The functional movement assessment was designed to determine the source of an athlete's movement dysfunction.

Once determined, exercise rehabilitation, soft-tissue and proper nutrition should be integrated to improve the athlete's movement patterns. When accomplished and they can move more efficiently, their performance will improve. Finally, addressing a functional movement assessment dysfunction has the potential to prevent injuries and improve performance.

To schedule a complimentary functional movement assessment, call Dr. Robert Silverman at 914-287-6464.

Dr. Rob

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Ice Cats Dominate as Fox Lane's Losing Skid Continues

By A.J. Martelli

The Fox Lane hockey team was looking to put an end to its four-game losing streak on Friday night at the Brewster Ice Arena.

Too bad the Mt. Pleasant Ice Cats didn't cooperate. They added to the Foxes' recent misery by overcoming a sluggish start and cruising to a 7-0 victory.

"I think we started a little slow and were playing sloppy, but got better as the game went on," said Ice Cats coach Erik Kallio afterwards. "We got a lot of guys into the game that played well when they got their chance to play."

The Ice Cats did a nice job demonstrating some teamwork, as all seven of their goals were notched by different players. Following an unassisted goal in the first period by senior forward and captain Justin Cassinelli, Matt Cassinelli and Ben Scher each scored in the second, giving Mt. Pleasant a three-goal cushion as the two teams headed off the ice for the intermission before the final period.

Mt. Pleasant was able to maintain its momentum, getting a goal from Vincent Catucci just 57 seconds into the third period. Chris Hahn, Oscar Marchi and Shane Coolen each added goals as the Ice



Kevin Meyers of the Mt. Pleasant Ice Cats controls the puck in the 7-0 win over Fox Lane.



The Ice Cats' Chris Hahn (9) and Vincent Catucci celebrate a third-period goal in the win over Fox Lane.

Cats soon turned the game into a rout. Coolen's goal was the first he recorded at the varsity level and Kallio was happy to see the freshman forward put the puck in the back of the net.

"It was Shane's first varsity goal," he said. "It's always nice to see that."

Ryan Smedley contributed a pair of assists for the Ice Cats, while Scher, Hahn, Catucci, Marchi and Jacob Kramer each chipped in with one. Between the pipes,

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Jack Costello of Fox Lane (left) and Justin Cassinelli of Mt. Pleasant race for the puck in Friday night's game.

Lucien Orza and Eric Berg split time and combined to stop all nine Fox Lane shots they faced. Kallio was pleased with the effort of his players on both ends of the ice.

"I thought they skated hard," he said. "They moved the puck at different points and I thought our guys did a good job of pressuring them and forcing them into some mistakes."

Though the Foxes were unable to put the puck in the net, coach Charles Berger felt his entire squad played hard and never gave up.

"I thought that our team kept battling," he said. "We didn't give up in the third period. In fact, we had three shots in the first two

periods combined and six in the third period, so it really showed improvement. The guys battled."

Conor Bunyan and Dom Bastone split time in front of the net for the Foxes. Bunyan stopped 21 shots and Bastone halted six. Berger had praise for each of them.

"I thought both of our goalies stood on their head when they were in there," said Berger, whose 2-6-1 team faces New Rochelle on Thursday. "Bunyan is just a phenomenal goaltender who brings it every night and I can't say enough about him. Dom Bastone just started playing last year and he's doing an unbelievable job. I thought both goaltenders did a nice job."



Fox Lane's Jack Alexander moves the puck up the left side of the rink in Friday's game at Brewster Ice Arena.