

PT & Training Hybrid Program

What is an FMA?

- The Functional Movement Assessment is a functional movement screen plus additional assessment data used to objectively identify movement patterns, asymmetries and or deficiencies.
- The FMS (Functional Movement Screen) is a series of 7 movement patterns that generates a score which is used to target problems and track progress
- This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns

Injured Patients



PHYSICAL THERAPY

Patient comes to the clinic injured or in pain. A formal round of Physical Therapy will be performed.



CLEARED FOR ACTIVITY

Once patient has completed formal Physical Therapy they are discharged from Physical Therapy and cleared for Physical activity and personal training

Non-Injured Clients



PERSONAL TRAINING CONSULT

Client meets personal trainer and goes over any goals they may have. Scheduling, past programs, and any specific needs.



FITNESS TESTING

Client will do a general fitness assessment to determine strengths and weaknesses and establish a baseline for future tests.



FMA

Patient does a functional movement assessment (FMA) by a physical therapist. The FMA identifies movement faults that could cause injury and pain



PROGRAM CREATION

Results then used to prescribe in a post-rehabilitative exercise program in collaboration with the personal trainer



TRAINING

Training will incorporate the corrective exercises. The corrective exercises will be progressed per personal trainers guidance. This will be supplemental to clients primary training program goals (ex. strength, speed, stability)



RE - TEST

Patient ideally check and re-test their progress quarterly



Email info@tfipt.com or submit a form and mention “hybrid program” to get signed up!