



PROHEALTH CARE

Functional Performance



Training

Train with meaning



Philosophy

Get the functional edge.

The primary way to successful athletic improvement is through efficient function and movement of your body.

Conquering inefficiencies of your body's function and movement is the way to get the best performance out of your body.



Performance programs at ProHealth Care are developed on this philosophy and along with applied sports conditioning fundamentals with professional clinical perception to take your athleticism to a higher level.

The drive for improved sports performance while avoiding injury is the intent of all competitive individuals.

What is Functional Performance Training?

The main reason people work out is to get results! Sometimes the results are not achieved no matter how hard you work. To get the most out of your training and physical conditioning program, you have to start with FMS.

FMS, or Functional Movement Screen, is a dynamic exercise philosophy based on a system of documented movement patterns that are essential to normal function and performance. It will determine the areas of greatest movement deficiency, and demonstrate limitations or asymmetries. This screening of your normal movement patterns, can improve your



training by identifying road blocks that inhibit your improvement.

How does it work?

FMS is comprised of seven movement patterns tests that require a balance of mobility and stability. Patterns used provide observable

performance of basic, manipulative and stabilizing movements by placing clients in positions where weaknesses, imbalances, asymmetries and limitations become noticeable by a Certified Functional Movement Screen Professional. Once the initial test is completed, the screening generates a FMS score that is used to develop a personalized program of corrective exercises to help achieve your results.

FMS works for any fitness level to:

- provide a baseline to measure progress and performance
- Identify limitations and asymmetrical movement patterns
- Provide individualized training and conditioning programs
- Reduce potential injury
- Help set realistic and achievable goals