SFMA

Selective Functional Movement Assessment (SFMA) is a system to assess and classify movement patterns in order to appropriately direct exercise and manual therapy treatments. The system is designed to get to the root of what is causing faulty movement patterns, and therefore your pain.

The SFMA begins by thoroughly observing and assessing movement patterns throughout the entire body, including movements of the neck, arms/shoulders, forward bend, backward bend, trunk rotation, single leg balance, and a deep squat.

Each of these movements is classified as either functional or dysfunctional and painful or non-painful. Each movement pattern that is classified as dysfunctional and non-painful is then broken down further into simpler movements to efficiently identify what may be the cause of movement deficiency, e.g., motor control or stability problems, joint restriction, or soft tissue tightness/restriction.

The SFMA does not only address the painful joint, but the entire body. By correcting dysfunctional movement patterns throughout the body, you are more likely to prevent any future pain or injuries. It is appropriate for anyone who is experiencing pain. It can aid in treating any injury or condition.

https://www.functionalmovement.com/articles/893/sfma_case_study_the_realities_we_encounter

https://www.frontiersin.org/articles/10.3389/fpsyg.2020.02010/full

https://digitalcommons.bridgewater.edu/cgi/viewcontent.cgi?article=1002&context=honors_projects

https://www.physio-pedia.com/Selective_Functional_Movement_Assessment_(SFMA)

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