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Health Group

Everyone is an athlete....we just have different events

Pre-Season Exercise Management: Assessing optimal movement patterns of young athletes.

by Matthew Lynagh, Sports Physiotherapy, Physioworks Cranbourne & Pakenham (February 2016)

Physioworks Health Group have long been involved in Research Studies to assist the preparation of athletes prior to their season or event.

Recently I went back to Adelaide to the SANFL U18 Combine where myself and health care colleagues did Functional Movement Screen (FMS) testing on all the players at the Adelaide Oval Indoor Training Centre.

Over the last two seasons we have been researching injuries within the SANFL Under 18's competition. We use the Functional Movement Screen (FMS) to assess optimal movement patterns of these young athletes. We then track the players throughout the year, monitoring injury rates and severity.

The FMS looks to pick up asymmetries and poor movement patterns that may leave players vulnerable to injury. Asymmetries is the difference of strength, mobility or control from one side to the other, for example the mobility of the left hamstring compared to the right hamstring.

By being able to identify these risk factors early, we can look to implement tailored corrective exercises for individuals (which could also be applied across the team), before any problems arise – extremely important in the pre-season preparation of the athlete.



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Research data and articles are soon to be published. One finding shows that an athlete showing asymmetries in testing were over 3 times more likely to get injured through the season, thus highlighting the importance of the preventive management exercises.

FMS can be applied to any athlete – football, netball, or casual runner - any person wanting to reduce the risk of injury with correct preparation. It can also be applied to anyone coming back from injury to make sure that they have been rehabilitated well and are now moving well.



About the Author: [Matthew Lynagh is Sports & Musculoskeletal Physiotherapist](#) at Physioworks Health Group Cranbourne and Pakenham. Matthew is accredited with Function Movement System (FMS) Level 1 Certification. He is the currently the team physiotherapist for Cricket Victoria U15 and U18 Victorian Woman's Cricket team. In 2016 he will again will be the match day physiotherapist for the Tooradin-Dalmore Football Club in the SEFNL.

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Physioworks Health Group are the Medical & Allied Health Care partner of the EDFL for the 2016 season.

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