

Financial Disclosure

I do not have any affiliation (financial or otherwise) with a commercial organization that may have a direct or indirect connection to the content of my presentation(s).



“Setting Your Sights on Injury Prevention Through Functional Movement”

...Taking Care
of Your Darn Self!!



By: George Matos, CAT(C), CSEP-CPT, RCRT, BA Kin
Musculoskeletal Injury Prevention Specialist
Occupational & Environmental Health & Safety – HSC Unit

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- **Ashley Brissette¹ MD, MSc; Timothy Ratzlaff¹ MD; Mark Bona¹ MD, FRCSC; Kashif Baig² MD, MBA, FRCSC; Leslie MacKenzie³ PhD. ¹Department of Ophthalmology, Queen's University; ²Department of Ophthalmology, University of Ottawa; ³Department of Anatomical Sciences, Queen's University.**



WHAT IS FUNCTIONAL MOVEMENT (FM)?

- “of or having a special activity, purpose, or task; relating to the way in which something works or operates.”
- “designed to be practical and useful, rather than attractive”





WHAT IS FUNCTIONAL MOVEMENT TRAINING?

- Different disciplines will apply this term differently to serve their “purpose”
- Who is to say they are correct? (Personal Trainers, Strength Coaches, Physical Therapist)
- Bottom Line...What is the Application?
- SAID Principle aka...Principle of Specificity



FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY

- What are the *Risk Factors* associated with the job?

Awkward Posture

(is any deviation from the ideal working posture)

- Reaching behind
- Twisting
- Working overhead
- Kneeling
- Forward or backward bending
- Squatting



FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY

- What FM patterns can be performed to mitigate risk?
 - Body awareness of position
 - Replicate motions that mimic or work in opposition



FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY

- What are the Risk Factors associated with the job?
 - **Static Loading / Sustained Exertions**



FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY

- What FM patterns can be performed to mitigate risk?
 - Body awareness of position
 - Replicate motions that mimic or work in opposition

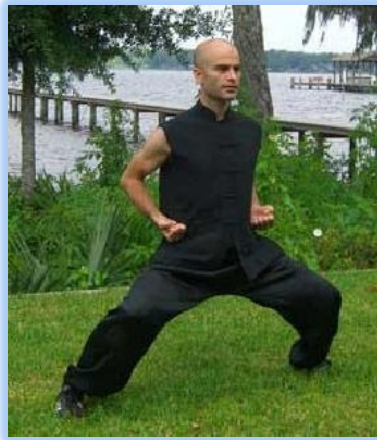


FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY



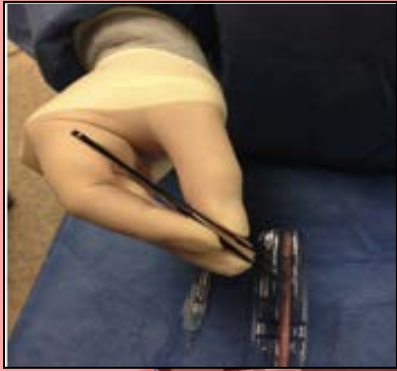


FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY



FUNCTIONAL MOVEMENT RELATED TO OPHTHALMOLOGY

- What are the Risk Factors associated with the job?
 - **FORCE – Pinching & Gripping / Delicate Manipulation**



CAN YOU SPOT THE INJURY POTENTIAL



DOING IT RIGHT



PHYSICAL ACTIVITY GUIDELINES...

- To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous intensity physical activity per week, in bouts of 10 minutes or more
- Canadian Society of Exercise Physiology

<http://www.csep.ca>

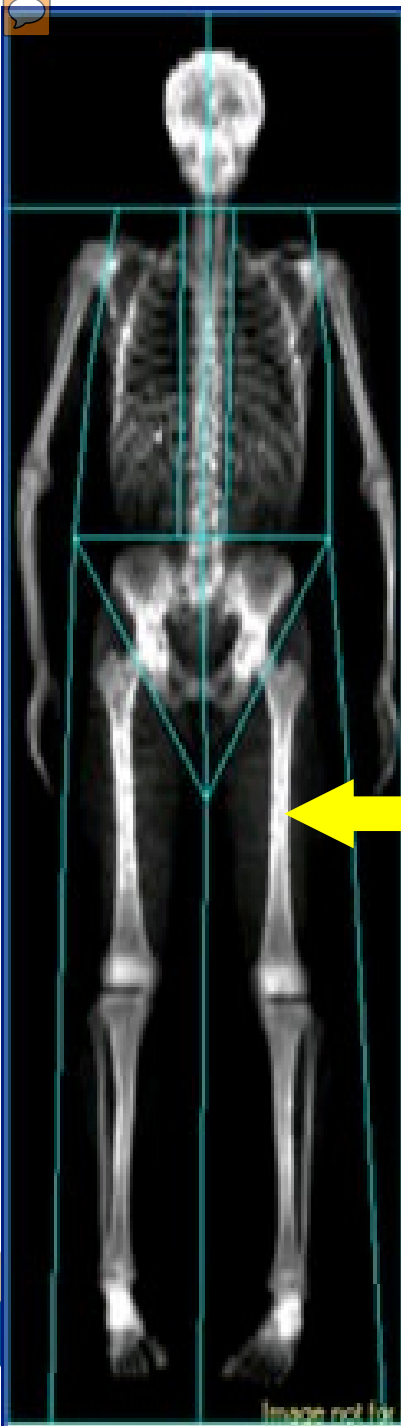


IS YOUR EXTRA-CIRRICULAR ACTIVITY PHYSICAL?

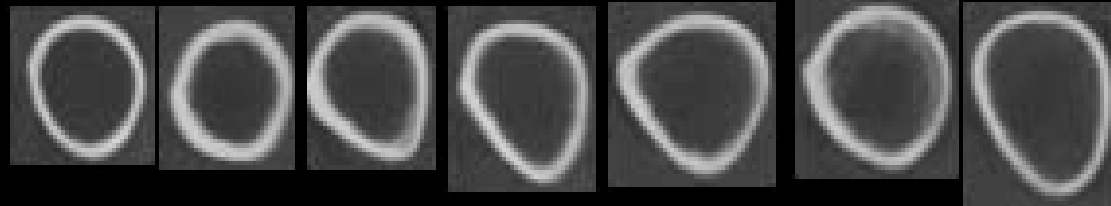
In 2013, just over 2 in 10 adults and 1 in 10 children and youth met the [Canadian Physical Activity Guidelines](#)



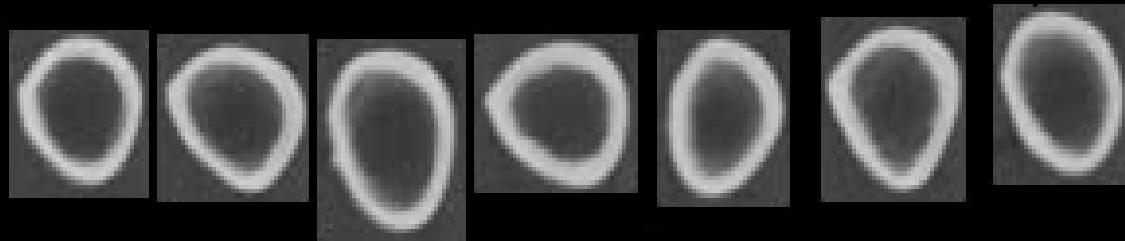
PHYSICAL INACTIVITY AND BONE



1 2 3 4 5 6 7



Inactive

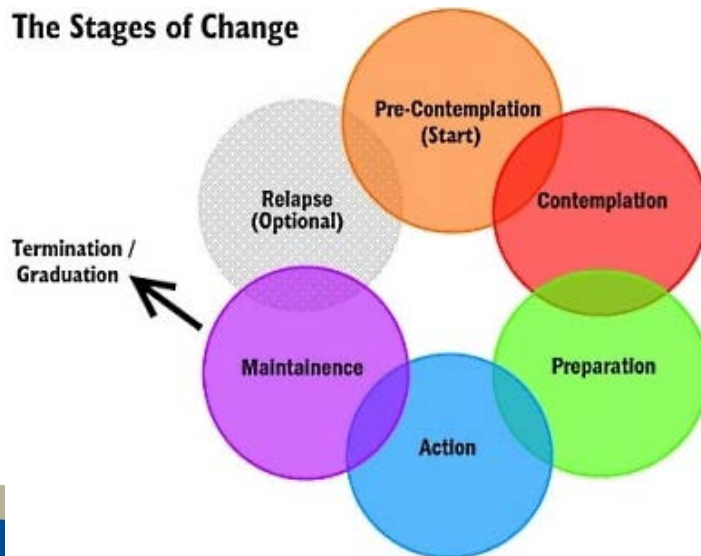


Active

PHYSICAL ACTIVITY GOALS...

- Do you have a personal physical goal , and what is it?
- What are you currently doing to achieve it?
- What do you need to do?
- What are your barriers?
- What stage of change are you at?

The Stages of Change



BREATHING DIFFERENTLY

❖ PRANAYAMA BREATHING

- “Prana” breath or vital energy
- “ayama” means control
- ...therefore it is “CONTROL OF BREATH”
 - Focus breathing through abdominal/diaphragm – inhale while drawing abdominals outward
 - AFFIRMATION
 1. “I AM”
 2. Body Scan
 3. Begin Breathing (INHALE NOSE – EXHALE MOUTH) 1min
 4. Body Scan



FUNCTIONAL MOVEMENT/ STRETCHING/CONDITIONING

- Make it functional and “do-able”
- Stretch muscles in the opposite direction than work demanded of them
- Focus on muscle groups stressed performing work tasks

