



Selective Functional Movement Assessment (SFMA™)

The *Selective Functional Movement Assessment (SFMA™)* is a comprehensive assessment used to classify movement patterns and direct manual therapy and therapeutic exercise interventions.

The *SFMA™* is a system that helps rehabilitation professionals incorporate a movement pattern baseline into the musculoskeletal examination. It does not replace impairment measurements or other specialized testing. It simply creates a more pattern-specific perspective of how each individual patient moves in relationship to their anatomical information and their medical diagnosis. Anatomical information means that each patient has specific structural integrity that must be considered. Each patient also has a medical diagnosis that involves both indications and contraindications. However, anatomical information and medical diagnosis are not enough information to prescribe functional exercise.

The *SFMA™* helps the clinician identify individual movement pattern deficiencies and the provocation of pain within movement patterns that are unique to each individual. Patients can have different movement profiles, each demonstrating different levels of competency with movement pattern mobility and stability issues. It is important not simply to look at a patient's structure or medical diagnosis when trying to formulate the best, most efficient and effective path to musculoskeletal treatment and exercise intervention.

The *SFMA™* affords this opportunity, but it also creates an opportunity for reappraisal. This means when we treat a specific area of the body and work on a specific impairment we can quickly see if that intervention changed only local movement competency or actually had an effect on global or whole pattern movement competency.

“The observation of whole movements may redirect and broaden the clinical focus by revealing limitations unrelated to the medical diagnosis but pertinent to restoration of normal function.” – Gray Cook

Please contact **Tristan Boaldin, DPT, PT, FMS, SFMA, YBT** with any questions you may have regarding the *Selective Functional Movement Assessment (SFMA™)*.
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