

PRINCIPLES VERSUS METHODS

The purpose of this work is to promote closer adherence to fundamental movement principles by providing methods that redirect or broaden our considerations when we seek to—

1. Recognize, rate and rank movement pattern dysfunction to standardize communication and promote systematic management of the movement behaviors produced by exercise and rehabilitation
2. Predict movement behaviors associated with increased level of injury in active populations
3. Develop more authentic exercise programs that naturally apply checks and balances to the development of physical capacity alongside fundamental movement-pattern competency
4. Develop corrective exercise strategies to target, manage and remedy movement-pattern dysfunction
5. Develop practices that clearly separate movement patterns that display dysfunction from those associated with pain provocation
6. Improve the functional diagnostic practices that identify and organize movement-pattern problems and their relationship to movement-impairment problems

The addition of movement-pattern screening as a routine standard operating procedure within organized exercise practices will address points one through four.

The addition of movement-pattern assessment as a routine standard operating procedure within organized rehabilitation practices will address points four through six.

Finally, the addition of movement pattern screening at the end of the rehabilitation process will reinforce points one through four.

This creates a theoretical net that captures poor movement patterns at every turn. By doing this, our practices fall in line with natural principles of movement.

Principle—

fundamental rule or law, usually unaffected by time or technology

Method—

how to do or make something, usually improved over time or with technical advances

In the first three chapters of this book, you read of how intense focus and development of exercise and rehabilitation methods has cast a shadow over some of our fundamental principles. In our rush to advance technical aspects of measurement and output, we forgot reductionism, and generalization in the form protocols has caused us to overvalue or undervalue certain aspects of human movement. We have learned if we step back and look at movement behaviors in the form of movement patterns, we add an important variable to measure the value of all the methods we debate and defend. We should defend principles and let the methods justify themselves. We hope this book will serve to redirect focus on the fundamental principles that preside over the way we learn to move.

On the surface, this book actually looks like a text dedicated to methods because it presents methods of applying screening and assessment to human movement patterns. However, if you look deeper, these methods only serve to keep us closer to principles of movement that have been devalued in recent exercise and rehabilitation. That is not to say the individuals who provide us with physical exercise and rehabilitation don't appreciate or promote fundamental principles. It simply suggests that we have not developed objective systems to manage human movement patterns with the same level of appreciation and organization that we approach physical performance and isolated measurements in biomechanics and physiology.

These are Gray Cook's 10 Movement Principles described in his book, *Movement*.

To learn more about the book and get more post-publication insights, please visit movementbook.com.

For more from Gray, visit him at graycook.com, and for more on movement screening, see functionalmovement.com.

FUNCTIONAL MOVEMENT SYSTEM PRINCIPLES

PRINCIPLE # 1

Separate painful movement patterns from dysfunctional movement patterns whenever possible to create clarity and perspective.

PRINCIPLE # 2

The starting point for movement learning is a reproducible movement baseline.

PRINCIPLE # 3

Biomechanical and physiological evaluation does not provide a complete risk screening or diagnostic assessment tool for comprehensive understanding of movement-pattern behaviors.

PRINCIPLE # 4

Movement learning and relearning has hierarchies fundamental to the development of perception and behavior.

PRINCIPLE # 5

Corrective exercise should not be a rehearsal of outputs. Instead, it should represent challenging opportunities to manage mistakes on a functional level near the edge of ability.

PRINCIPLE # 6

Perception drives movement behavior and movement behavior modulates perception.

PRINCIPLE # 7

We should not put fitness on movement dysfunction.

PRINCIPLE # 8

We must develop performance and skill considering each tier in the natural progression of movement development and specialization.

PRINCIPLE # 9

Our corrective exercise dosage recipe suggests we work close to the baseline, at the edge of ability, with a clear goal. This should produce a rich sensory experience filled with manageable mistakes.

PRINCIPLE # 10

The routine practice of self-limiting exercises can maintain the quality of our movement perceptions and behaviors, and preserve our unique adaptability that modern conveniences erode.

These are Gray Cook's 10 Movement Principles described in his book, *Movement*.

To learn more about the book and get more post-publication insights, please visit movementbook.com.

For more from Gray, visit him at graycook.com, and for more on movement screening, see functionalmovement.com.