











Appendix A

<p>Selective Functional Movement Assessment (SFMA) Top-Tier Fundamental Movement Patterns: Remove your shoes for all movements. I will show you each movement and provide instructions on what to do. If you have pain during any of these movements, let me know.</p>	
	<p>Cervical Flexion: “Stand tall with your feet together and toes pointing straight ahead.” “Bring your chin down to your chest.”</p>
	<p>Cervical Extension: “Stand tall with your feet together and toes pointing straight ahead.” “Look up toward the ceiling.”</p>
	<p>Cervical Rotation: “Stand tall with your feet together and toes pointing straight ahead.” “Turns you head to the right/left as far as you can. Touch your chin towards your collarbone.”</p>
	<p>Upper Extremity Pattern 1 (UEP #1) (Medial Rotation Extension (MRE): “Stand tall with your feet together and toes pointing straight ahead.” “Reach behind your back with your right/left and touch the bottom of your opposite shoulder blade region.”</p>
	<p>Upper Extremity Pattern 2 (UEP #2) (Lateral Rotation Flexion (LRF): “Stand tall with your feet together and toes pointing straight ahead.” “Reach behind your back with your right/left and touch the bottom of your opposite shoulder blade region.”</p>

Appendix A (continued)

	<p>Multi-segmental Flexion: “Stand tall with your feet together and toes pointing straight ahead.”</p> <p>“Bend down and try to touch your toes. Keep your knees straight.”</p>
	<p>Multi-segmental Extension: “Stand tall with your feet together and toes pointing straight ahead.”</p> <p>“Reach both hands overhead and reach back as far as you can. Keep your knees straight.”</p>
	<p>Multi-segmental Rotation: “Stand tall with your feet together and toes pointing straight ahead.”</p> <p>“Keep your hands by your sides and rotate your entire body right/left trying to look behind you without moving your feet.”</p>
	<p>Single Leg Stance (eyes open, then eyes closed): “Stand tall with your feet together and toes pointing straight ahead.”</p> <p>“1st: Lift your right/left leg so your hip and knee are at 90-degree angles. Hold this position for 10 seconds.”</p> <p>“2nd: Now lift your leg to the same 90-degree position and close your eyes. Hold this position for 10 seconds.”</p>
	<p>Overhead Deep Squat: “Place your feet shoulder width apart with your toes pointing forward.”</p> <p>“Reach both hands overhead and slightly outside of your shoulders while keeping your elbows straight. Maintain this starting position as you squat down as far as you can toward the floor.”</p>