

DENISON UNIVERSITY MOVEMENT ASSESMENT

Here at Denison, we use a movement assessment to evaluate athletes for any sport. We have abbreviated and adapted some of Cook and Burton's Functional Movement Screen to fit our logistical needs and time constraints. We will perform movement assessments preceding our scheduled workouts at the beginning of a cycle for all first year athletes. Our movement assessments are done in conjunction with our teaching progressions and emphasis lifts during workouts.

We will perform additional functional movement screens upon the identification of a postural discrepancy. The following tests can be implemented if a problem is identified during an exercise or drill.

We will use these tests to further categories weak and/ or tight areas to be addressed during workout commitments. Some of the individual categories of commitment assignments can be based on prior injury, postural alignment, specific sport and / or position group. Postural alignment categories are separated into anterior pelvic tilt, posterior pelvic tilt, and thoracic spine mobility.

Athletes will be assigned commitments to address these issues. The commitments will be completed at the end of a workout in addition to any pre-habilitation exercises done in the beginning or the workout. These commitments include but are not limited to:

Postural Alignment

Thoracic Spine Mobility
 - (Upper Crossed Syndrome)
 Anterior Pelvic Tilt (APT)
 Posterior Pelvic Tilt (PPT)

Joint Mobility

Thoracic Spine Mobility
 Wrist Mobility
 - (Flexion, Extension, Ulnar & Radial Deviation)
 Hip Mobility
 Ankle Mobility
 - (Dorsi-flexion, Plantar-flexion, inversion & eversion)

Joint Stability

Neck
 Shoulder (Gleno-Humeral)
 Elbow
 Torso (Core Stability)
 Knee (ACL Pre-Hab)
 Foot (Pronation)

We will do our best to individualize workouts to address personal weak points and problem areas without jeopardizing team unity and causing logistical hindrances.

Postural Alignment

Force Coupling	Weak Muscle Groups	Tight Muscle Groups	Identification
Anterior Pelvic Tilt	Glutes Hamstrings Abs	Hip Flexors Quads Spinal Erectors	“PUTS” Overhead Squat Thomas Test Hruska Test
Posterior Pelvic Tilt	Hip Flexors Quads Spinal Erectors Tight Muscles	Glutes Hamstrings Abs	“Tail Tuck” Overhead Squat Popliteal SLR
Upper Crossed Syndrome	Posterior Deltoid Rhomboid Traps	Pectorals Latissimus Dorsi Anterior Deltoid	“Caveman” Overhead Squat Wall Slide

Denison University Strength & Conditioning
DYNAMIC WARM-UP, MOBILITY, & FLEXIBILITY

It is absolutely imperative that an athlete engages in a proper and thorough warm-up before strenuous physical activity such as speed & agility or strength training. Our warm-ups will usually consist of two or three different and consecutive segments.

Running Sessions

- 1.) Dynamic Warm-up –
This will be a “Form Run” type session, which will include high knees, butt-kicks, etc.
- 2.) Dynamic Flexibility –
This will consist of linear and lateral mobility drills including lunges, kicks, carioca, etc.
- 3.) Sprint Warm-Up –
This will include sprint and agility specific drills to further simulate speed-specific skills

Lifting Sessions

- 1.) Dynamic Warm-Up (General Warm-Up) –
This will be a collection of in-place or ground-based mobility drills such as bodyweight squats, scorpions, leg kicks, etc.
- 2.) Specific Warm-up –
We will have several basic specific warm-ups for our lifting sessions which include but are not limited to a barbell warm-up, plate warm-up and a dumbbell warm-up.
There are exercise description pages for both our dynamic and specific warm-ups.

Specific Goals of a Dynamic Warm-Up:

- Stimulate Blood Flow to Active Muscle Groups
- Increase Core Temperature
- Decrease Joint Viscosity
- Enhance Neurological / Biomechanical Efficiency
- Simulate Sport Specific Movements

STATIC FLEXIBILITY

There are several times we will use static stretching in our summer program. Static stretching is usually not part of our warm-up routine, especially preceding strength training. Increasing muscle and connective tissue elasticity before strength training can actually decrease force production in a muscle group. We will however use static stretching after a workout to address postural deficiencies i.e. anterior pelvic tilt, upper crosses syndrome, etc. If you feel you must stretch before a running or lifting session, please do so after the dynamic warm-up.

The times we will static stretch is:

- Immediately to 2 hours after a training session
- Right before going to bed
- Periodically throughout a non training day
- Briefly after a dynamic warm-up