

Mobile: +27 83 410 9089

Tel: +27 11 477 5866

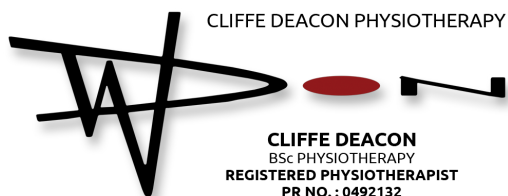
Email: [cliffedeacon@cdphysio.co.za](mailto:cliffedeacon@cdphysio.co.za)

Web: [www.cdphysio.co.za](http://www.cdphysio.co.za)

By: Bret Contreras

There are indeed some credible and valuable functional movement experts out there – this article isn't about them. Every year, the strength & conditioning and physical therapy industries see several new pseudoscientific movement gurus emerge onto the scene. I like to call these guys, "*Self-Proclaimed Functional Movement Specialists (SPFMS)*," and after studying their methods, I've realized that becoming one is actually quite easy. The public seems to have desperate, undying needs to 1) be labeled as dysfunctional, 2) have a bold leader telling them how to stand, walk, sit, and move, 3) be told exactly which exercises are acceptable and which ones are not, and 4) adhere to a polarizing system that allows them to feel superior to all those who don't adhere to the same system. Fulfilling these needs will lead to instant success. If you're hurting for cash and would like to step it up and become a *SPFMS*, I've got you covered. Just follow these simple 40 steps: How to Become a Functional Movement Guru in 40 Easy Steps

- 1 Attend a functional anatomy course and memorize the names of all the muscles – if you know the names of muscles like the back of your hand, people will have a very hard time not taking you seriously even if you don't adequately understand their function
- 2 Read the book *Anatomy Trains* and memorize the names of Thomas Myers' list of arbitrary fascial patterns that exist throughout the body – this will wow nearly everyone interested in exercise, even if nobody can seem to come up with any good reasons as to how it alters normal established strength & conditioning practices
- 3 Create an arbitrary ideal standing posture and system for analyzing/critiquing it – remember, the more dysfunction you can manufacture, the more people will rely on you
- 4 Create an arbitrary ideal gait and system for analyzing/critiquing it – it will behoove you to play on people's fears by attacking the way they walk. The more stringent the standards, the better
- 5 Commit approximately 10 common dysfunctions to memory – you will want to recite them frequently when criticizing individuals' mechanics and speculating about the negative adaptations imposed by certain exercises...possibilities include:
  - lower crossed syndrome
  - upper crossed syndrome
  - gluteal amnesia
  - anterior pelvic tilt & lumbar hyperextension
  - posterior pelvic tilt & lumbar flexion
  - kyphosis
  - medial knee displacement
  - pronated feet/collapsed arches
  - winged scapula
  - shoulder internal rotation
  - forward head posture
  - leg length discrepancy
  - inhibited TVA/multifidus/psoas/diaphragm
  - breathing dysfunction
  - pelvic floor dysfunction
- 6 Formulate a list of "bad" exercises and a list of "good" exercises – it doesn't really matter which way you go here, all that matters is that you are confident in your lists
- 7 Speculate as to which negative adaptations the "bad" exercises could impose – do not consult the literature or investigate anecdotes involving pro athletes and competitors, just conjure up some possibilities, and remember, the more severe, the better
- 8 Develop unique, special ways to perform various movements – be confident and claim that any deviation from this form is inefficient and dysfunctional
- 9 When editing videos, make liberal use of the slow-motion function – anything done in slow-mo will appear hardcore



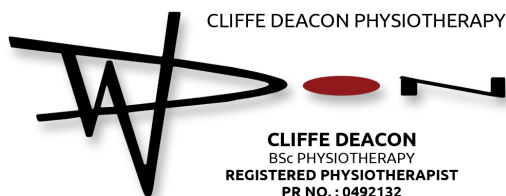
Mobile: +27 83 410 9089

Tel: +27 11 477 5866

Email: [cliffedeacon@cdphysio.co.za](mailto:cliffedeacon@cdphysio.co.za)

Web: [www.cdphysio.co.za](http://www.cdphysio.co.za)

- 10 Wear Vibrams around the clock – this will establish credibility and help you appear more functional than others
- 11 Don't wear a shirt when creating your videos – functional bro's don't wear shirts
- 12 Incorporate plenty of nifty unstable training devices into your training arsenal – use plenty of Bosu balls, TRX systems, Vipers, Indian Clubs, kettlebells, stability balls, and body blades – the more unstable, the better
- 13 Denounce popular exercises and methods, possibilities include:
  - machine exercises
  - isolation/targeted exercises
  - bilateral exercises
  - supine/prone exercises
  - unilateral exercises
  - axial loaded exercises
  - sagittal plane exercises
  - dynamic core exercises
  - core stability exercises
  - explosive exercises
  - the powerlifts and their variants
  - the Olympic lifts and their variants
  - barbell exercises
- 14 Heavily promote unconventional exercises, possibilities include:
  - standing exercises
  - unstable surface training exercises
  - crawling exercises
  - rolling around on the ground
  - balancing exercises
  - rotational exercises
  - core stability exercises
  - cable column exercises
  - gymnastics exercises
  - dancing exercises and routines
  - mixed martial arts exercises and routines
- 15 When showing off your methods, flow seamlessly from one exercise to the next – this will make you appear fluid and artistic, thereby increasing your appeal
- 16 Make people feel guilty for training in the sagittal plane or lifting heavy weight – make them feel like inferior unfunctional two dimensional rejects so they'll hail you as the superior top functioning three dimensional legend
- 17 Overhype the importance of fascia and its role in functional movement – fascia is indeed interesting and potentially valuable, but muscles are much more valuable. Nevertheless, who cares about that? Make movement all about the fascia, and use words like slings, planes, trains, and meridians to make fascia seem even cooler
- 18 Ignore and denounce the importance of muscular hypertrophy and its role in functional movement – hypertrophy is for the meatheads. It is true that muscles convert chemical energy into mechanical energy and produce high levels of tension to pull on bones and create joint torque, but never mind this. Your system needs to hone in on the magic of fascia
- 19 Create your own subjective definition of functional training – don't utilize accepted industry definitions, create your own, and make sure it's polarizing and divisive
- 20 Do not actually study biomechanics or delve into the mathematics and physics behind movement – data is for geeks – you're an artistic, creative genius. However, be sure to mention the word "biomechanics" over and over when speaking or writing since people are easily fooled



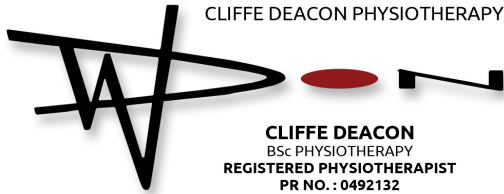
Mobile: +27 83 410 9089

Tel: +27 11 477 5866

Email: [cliffedeacon@cdphysio.co.za](mailto:cliffedeacon@cdphysio.co.za)

Web: [www.cdphysio.co.za](http://www.cdphysio.co.za)

- 21 Do not conduct controlled experiments, publish research, or even read research for that matter – this is counterproductive to guruism, you cannot have doubts as a know-it-all
- 22 Do not take the time to get good at any of the exercises you denounce or pay attention to the positive functional effects that they lead to – your claims need to be purely theoretical, but don't worry, this will satisfy the masses. What's crazy is that it'll satisfy your cult-like following even if it flies in the face of peer reviewed published randomized controlled trials
- 23 Push your subjective form of "functional training" on everyone regardless of their goals – everyone in the world, including Olympic and professional athletes from all sports, powerlifters, bodybuilders, Olympic weightlifters, strongmen, bikini competitors, and the elderly, should train according to your superior system
- 24 Scoff at people who have aesthetics or strength sport goals – these pedestrians with their lowly, vain strength and physique goals – the noble and aristocrats train purely for subjective function
- 25 Pretend to be the only one in the world that truly understands movement – essentially, you are Neo in the Matrix when it comes to movement
- 26 Ignore the considerable amount of variation found in ordinary human movement – do not consider how individual variation in anatomy and anthropometry influences movement; this complicates things way too much
- 27 Do not study pain research – however, do claim to know the secrets to getting out of every type of pain, and make sure each of these solutions are purely biomechanical, postural, and structural in nature (and not psychological or sociological)
- 28 Incorporate spiritual and holistic components into your methods – this will make you appear holier than your competition
- 29 Make sure your training methods do not require participants to max out in load or effort – your training needs to appear effortless while claiming to produce superior results
- 30 Make sure your methods appeal to people's obsession with human evolution -Use homo erectus and cro magnon man to your advantage. How humans evolved to get to where we are now doesn't really dictate how we should best train for various goals, but don't worry, they don't know that nor will they question it
- 31 Use your subjective interpretation of human evolution to predict how we're supposed to move as time advances – make your followers believe that it's up to you to direct the future of human movement evolution from here on out!
- 32 Be sure to incorporate plenty of exciting ancillary methodologies – even if some methods show lackluster results in the literature, appeal to people's affinity to magic, so the more exotic the better, possibilities include:
  - kinesiotape
  - active release techniques (ART)
  - cupping
  - dry needling
  - whole body vibration (WBV)
  - electric muscle stimulation (EMS)
  - crystal healing
- 33 Speak in riddles and vague but quotable sound bytes – this will make you seem like an all-knowing, wise owl
- 34 Be black and white and don't consider any gray area – you need ample enemies so that you can emerge as the hero
- 35 Make sure you use plenty of impressive vocabulary to win over the common newbie – you can easily do this by pairing up a word from the first list below with a word from the second list:
  - structural, fascial, primal, functional, asymmetric, rotational, contralateral, rhythmic, compensatory, 3D, tissue, serape, synergistic, diaphragmatic, postural, distortion, kinetic, reciprocal, myofascial, proprioceptive, sensorimotor, energy, elastic, kinaesthetic, spiral, dynamic, neuromuscular



CLIFFE DEACON PHYSIOTHERAPY

Mobile: +27 83 410 9089

Tel: +27 11 477 5866

Email: [cliffedeacon@cdphysio.co.za](mailto:cliffedeacon@cdphysio.co.za)

Web: [www.cdphysio.co.za](http://www.cdphysio.co.za)

- integration, integrity, evolution, movement, planes, trains, meridians, slings, fabric, reciprocation, sequencing, flow, release, mobilization, tensegrity, effect, dominance, breathing, inhibition, linkage, patterns, transmission, leak, syndrome, chain, lines, stabilization, facilitation
- 36 When formulating your methods, create 3 word acronyms and make sure to trademark them – use the lists directly above; an example could be Dynamic Proprioceptive Patterning, or DPP™
- 37 Frequently name drop physical therapy and holistic gurus and systems – however, be sure to misapply their methods to high performance training, possibilities include:
- Janda, Sahrmann, McGill, Myers, McKenzie, Maitland, Mulligan, Kendall, Jull, Cyriax, Richardson, Lewit, Chaitow, Travell, Cook, Chek, Chopra, Dyer
- 38 Build a cult-like following – do not encourage them to be free thinkers
- 39 Conduct seminars around the world and certify trainers with your methods – this is a vital step in your transformation
- 40 Become a monster and judge the hell out of everyone else's movement patterns, gait, posture, and exercise selection – when you've reached this step, congratulations, you have arrived!

Bonus: Kicking Things into Overdrive in Just 6 More Steps!

If you're looking for some next level shit, I'm going to tell you how you can ramp things up a notch.

- 1 Lease a facility
- 2 Paint it all black
- 3 Put a giant logo on the wall
- 4 Put grid lines and random markings on the ground surface
- 5 Make liberal use of neon/fluorescent colors

Don't allow any loaded barbells in site (refer back to #16 above)