



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

I currently have, or I have had in the past 2 years an affiliation or financial interest with TPI, FMS, OnBaseU and RacquetFit around this presentation, including:

- Stockholder

The Body-Sport Connection

Linking Physical Attributes to Athletic Skill

What's My Thing?

*Making Players and Coaches Understand the Link
Between their Body and their Sport*



RACQUETFIT



What are Vital Signs?



FMS™
The image shows a person's lower leg and foot on a device, with a red resistance band attached to the foot and a white FMS measurement board in the foreground. The background is a gym with red walls and various equipment like kettlebells and a blue exercise ball.

FMS sets a Movement Baseline for Fundamental Movement Competency “Your Movement Vital Sign”

FMS™
The image shows a person's lower leg and foot on a device, with a red resistance band attached to the foot and a white FMS measurement board in the foreground. The background is a gym with red walls and various equipment like kettlebells and a blue exercise ball.

www.functionalmovement.com





TFPI

2003



Greg Rose, D.C.
The Body Sport Connection

2022 NSCA
NATIONAL





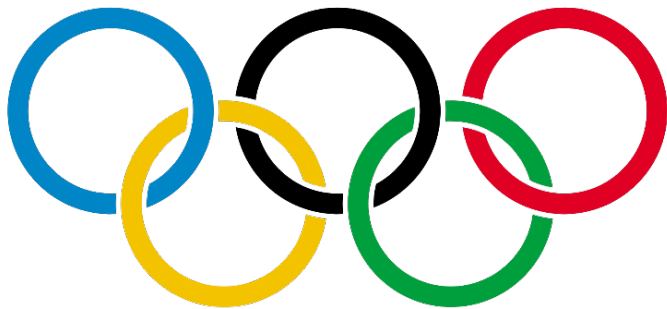
2009





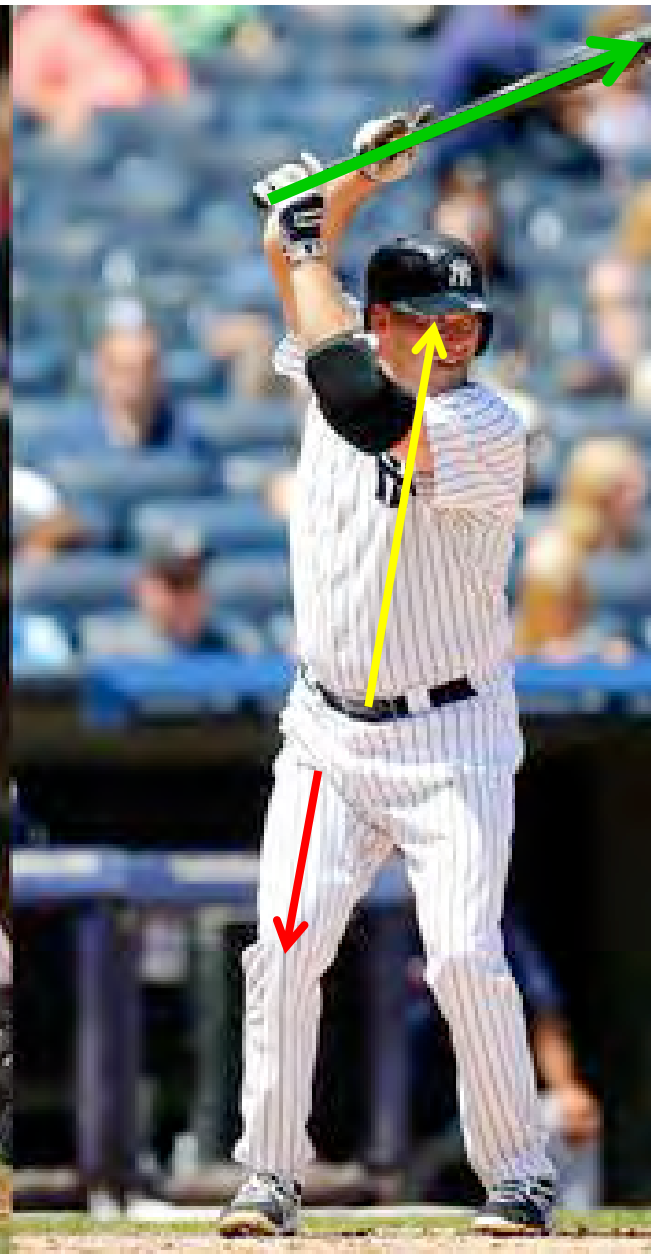
2011





PHILOSOPHY





The Body-Sport Connection

First Example: Maintaining Posture

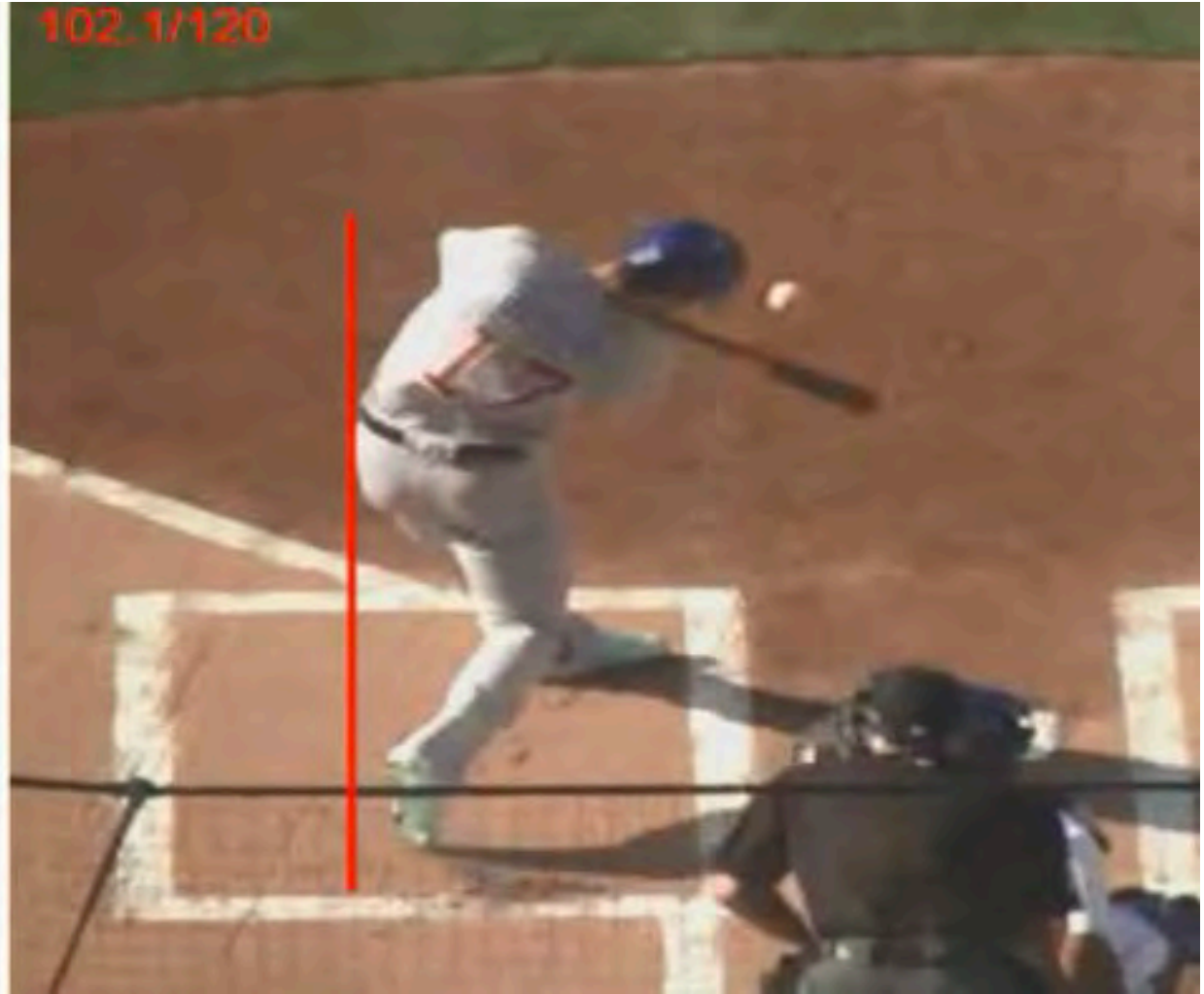
EARLY EXTENSION



120



102.1/120





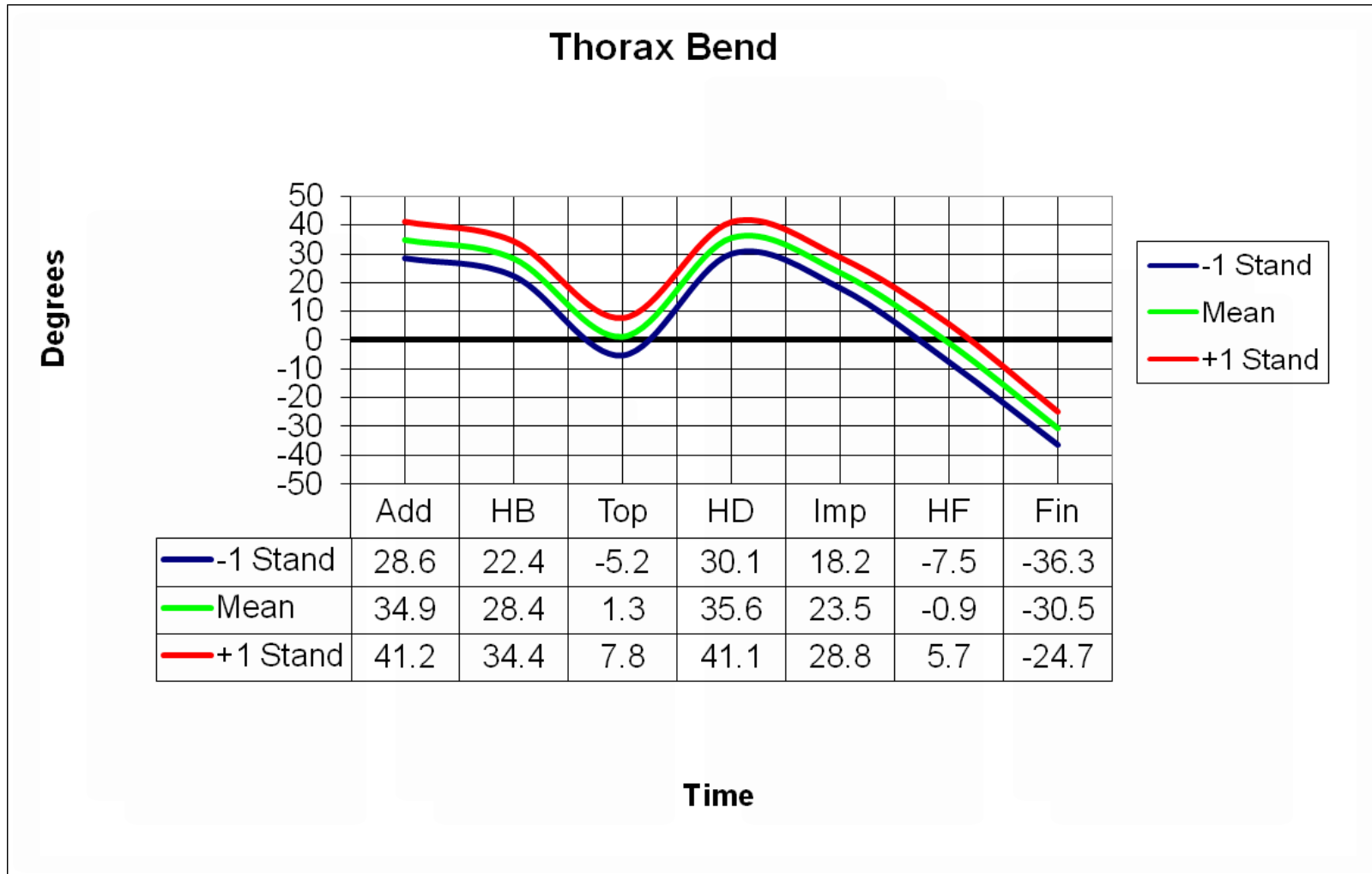
Neutral Posture



Neutral vs. S-Posture



Thorax Bend For Golfers



Extension – For Posture Control

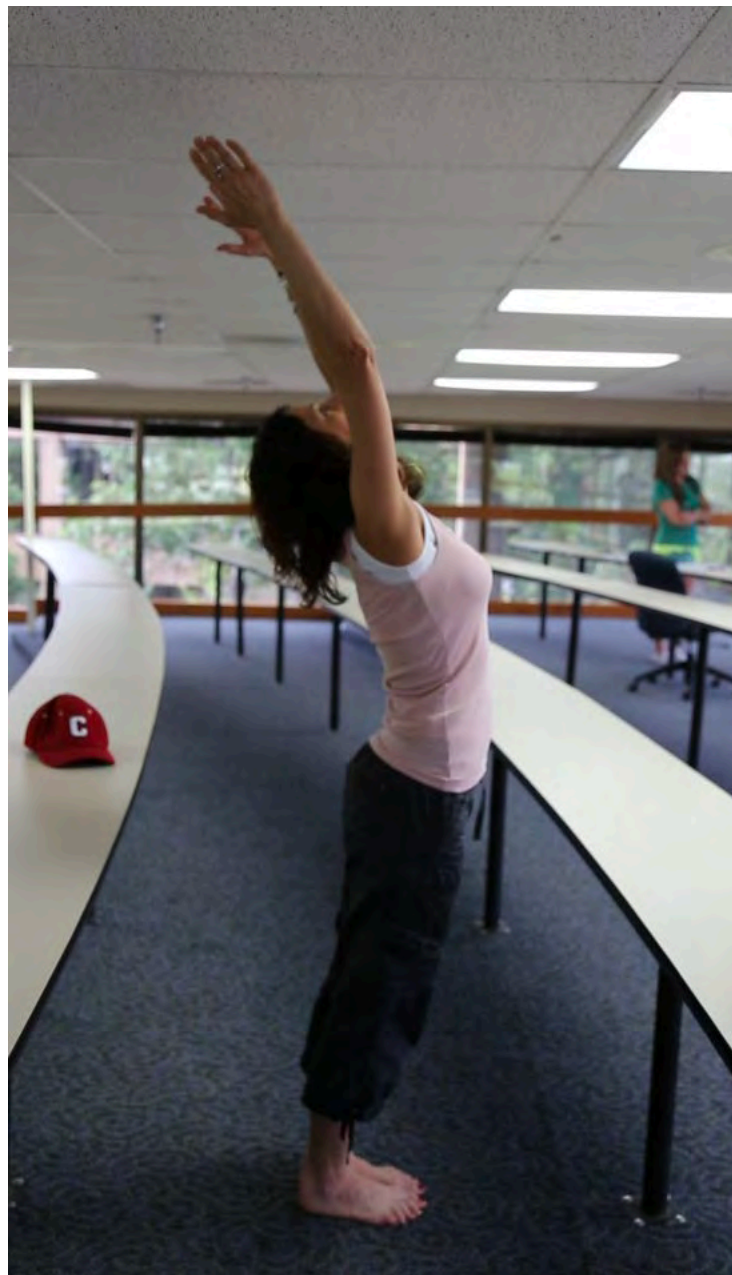




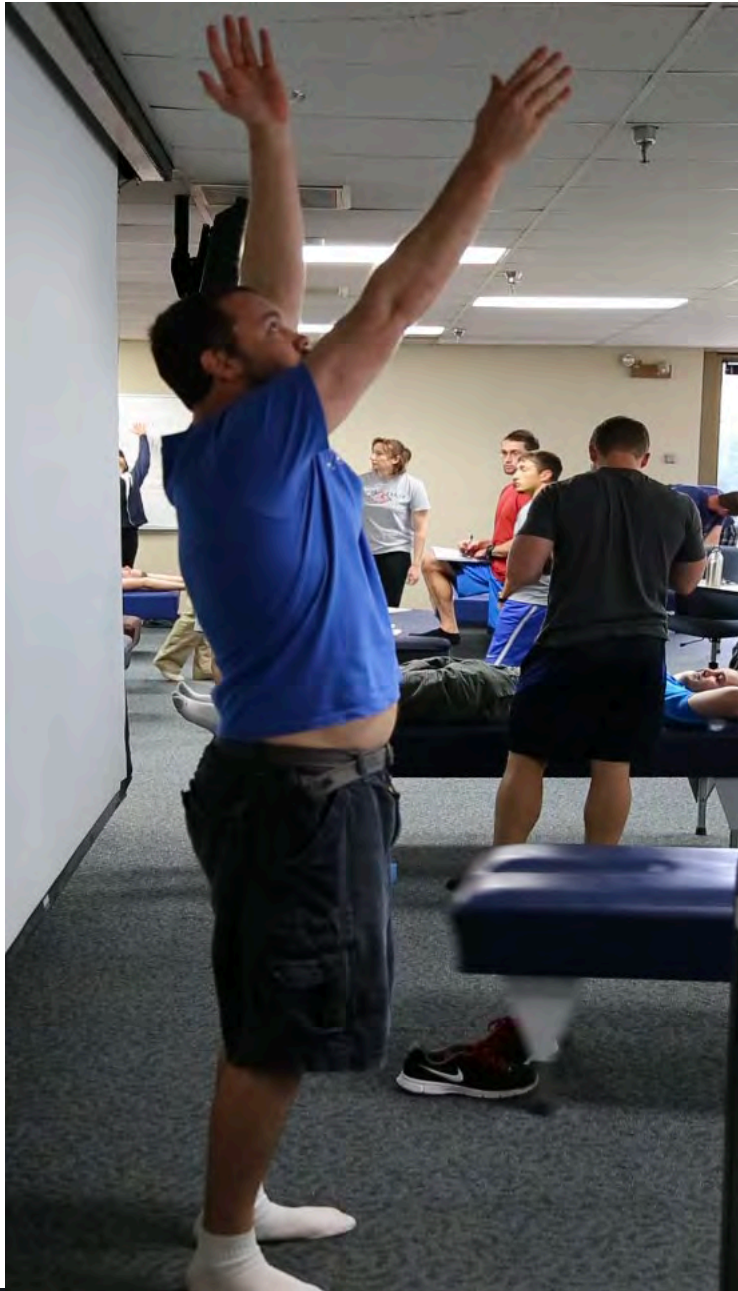
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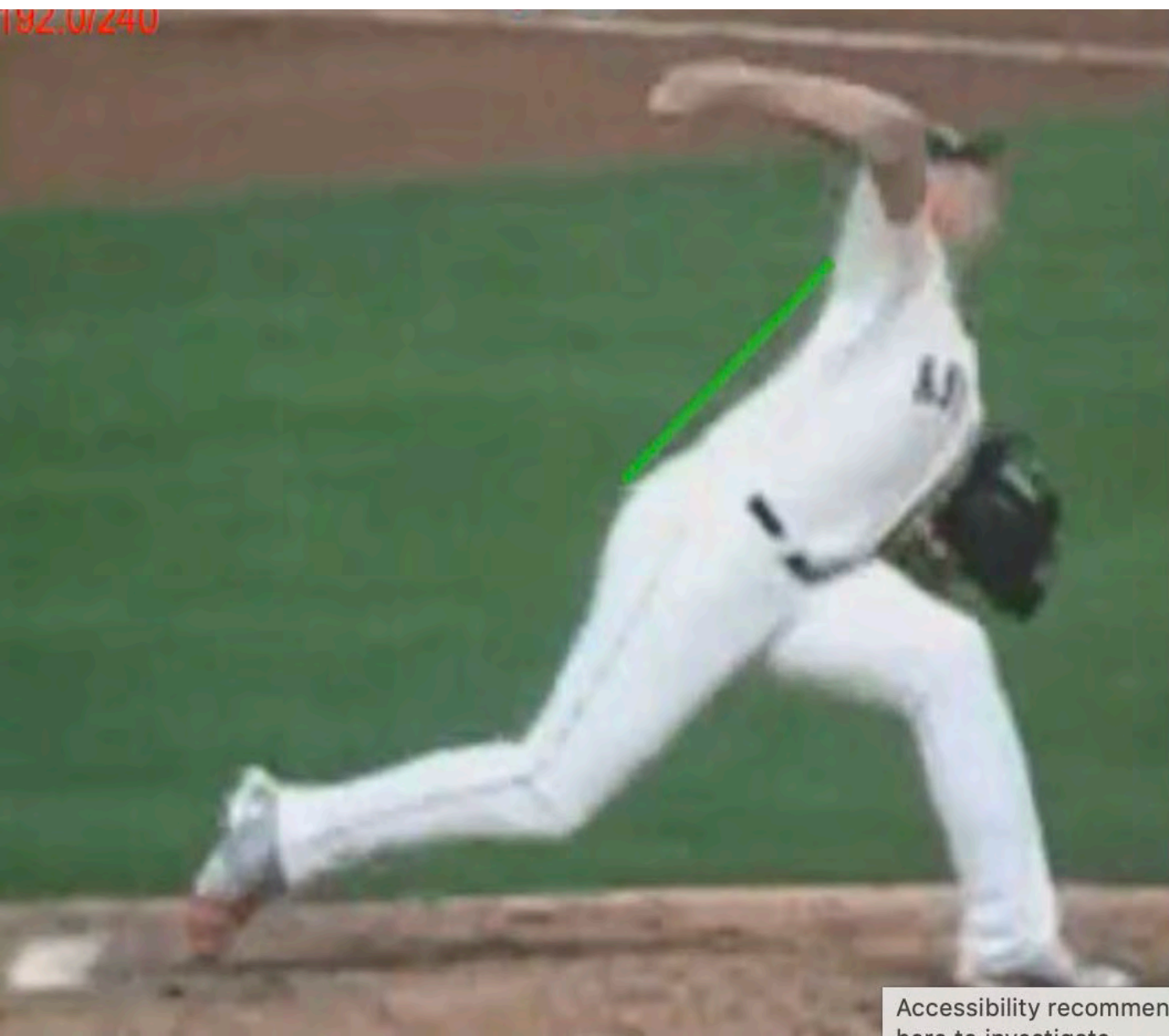


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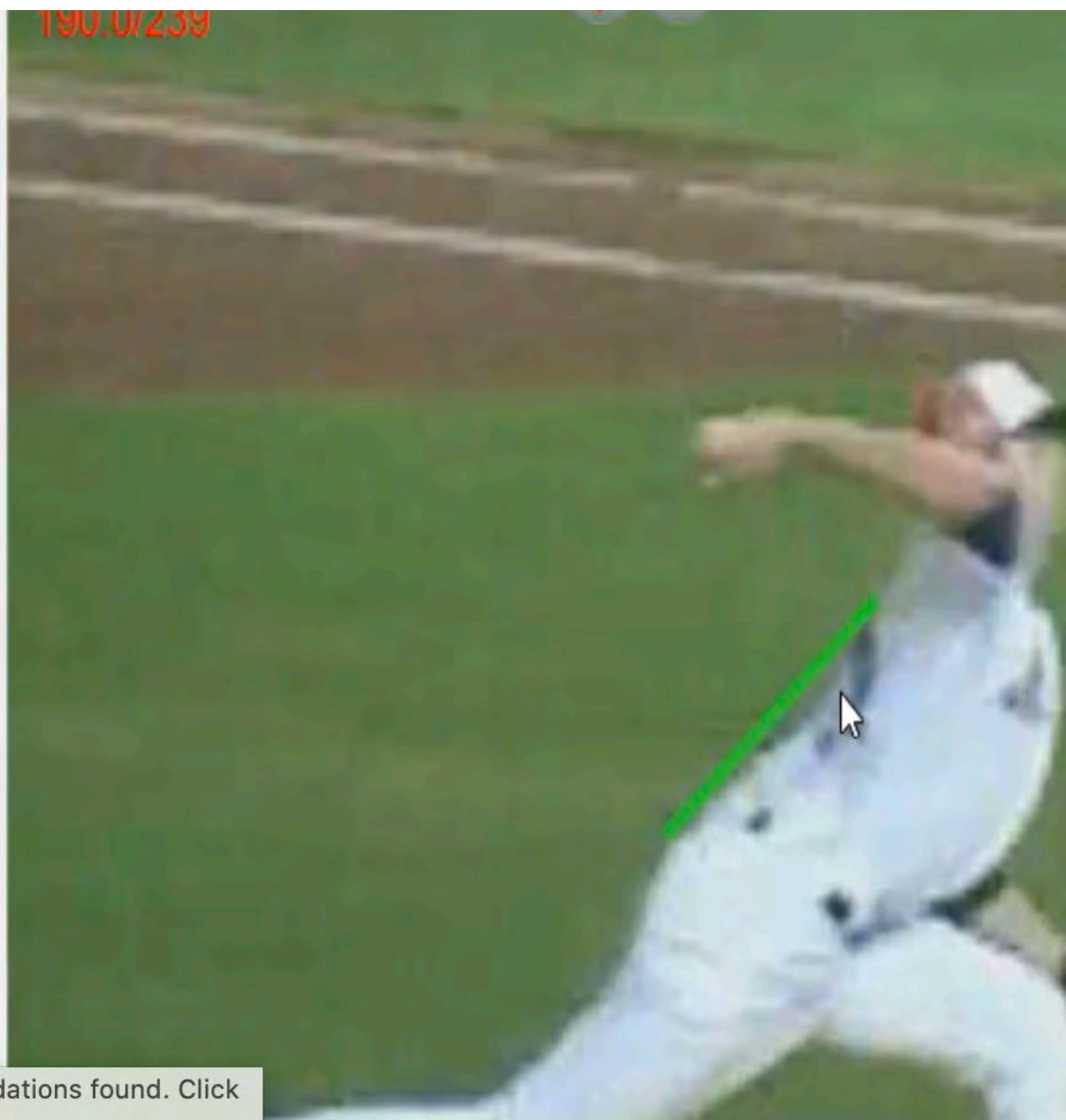
Early Flexion

Layback

192.0/240



190.0/239



Accessibility recommendations found. Click [here to investigate](#)





LUNGE W/ EXTENSION TEST



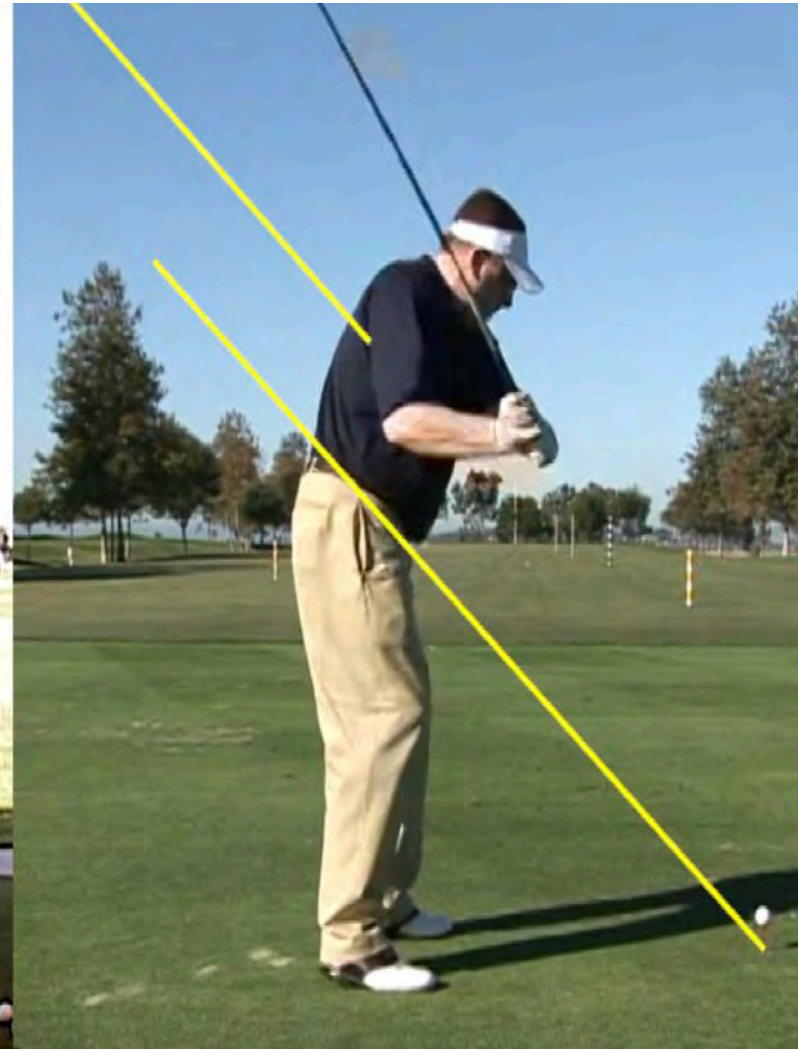




The Body-Sport Connection

Second Example: Disassociation

OVER-THE-TOP



CASTING THE HANDS



CASTING THE HANDS



EARLY RACQUET DROP



Pelvic Rotation Test



Square



Left Rotation



Right Rotation

Hip IR



The Body-Sport Connection

Third Example: Rotating for Power

SWAY



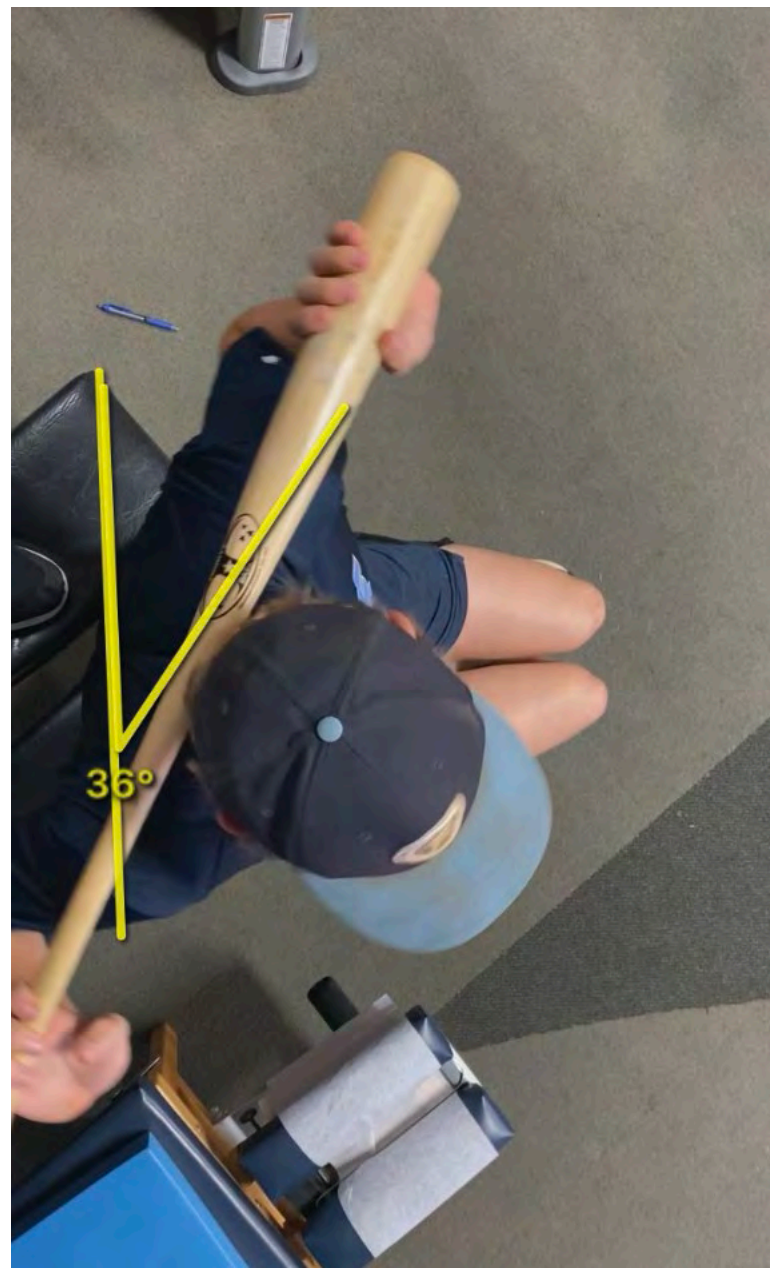


NO COIL



Seated Trunk Rotation





Thank You!

Dr. Greg Rose

greg.rose@mytpi.com

www.mytpi.com

www.functionalmovement.com

www.onbaseu.com

www.racquetfit.com