Ineffective Skiing Movements or Deficient Movement Patterns?
A Look at the Functional Movement Screen in Alpine Skiing

As professional ski instructors, our ability to make effective movements on our skis is directly correlated to our ability to move efficiently through basic movement patterns off our skis. We're all aware that alpine skiing doesn't require optimum athletic ability to be moderately proficient. However, there's a strong correlation between on and off-snow movement patterns that may be the missing link to your next certification level, proficiency in more challenging terrain or accurate movement analysis of your students. Certainly there are many options to enhance equipment, and exponentially more options to enhance specific movements made throughout a turn. As developing experts in movement analysis, it’s paramount we learn to recognize potential signs alerting us of our student’s ability, or inability, to make certain movements on their skis. The most well appointed drill, with the best of intentions, might not yield the result we’re looking for. In my experience, there is nothing more frustrating then attempting to create effective movements on my skis when I’m unable to make basic movements off my skis. An assessment tool that effectively measures our ability to move through basic movement patterns is the Functional Movement Screen. FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, FMS identifies functional limitations, asymmetries and movement deficiencies. These deficiencies cause a person to compensate and eventually leads to excessive joint wear. These are issues that may reduce the effects of skill training, physical conditioning and distort body awareness. FMS generates the Functional Movement Screen Score using 7 movements. These 7 movements aren’t specific to any one sport, but identify basic movements that, if the person is lacking, will cause them to be less efficient during movements performed in their sport. Each of the 7 movements receives a score of 0, 1, 2 or 3, yielding a maximum score of 21. 15 and under represents enough deficient movement to place the person at risk for various injuries. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. Exercise professionals monitor FMS scores to target problems and track progress by implementing specific exercises that will be most effective in restoring proper movement to bring the score above 15. As a person improves, re-screening establishes where attention needs to be given to improve performance. In September 2008, FMS was offered at PSIA-E’s Fall Master Teacher Indoor event as an optional course. Registration closed quickly as 20 members took advantage. Since 2008, FMS has been offered each year at this event, totaling nine courses, as well as at Snow Pro Jam as one of the optional sessions. Over 155 members have taken advantage of FMS at our PSIA-E events thus far. Addressing your own movement patterns assists you in becoming a more effective instructor by identifying deficiencies in your students. Instructors interested in more information or to be screened can visit www.functionalmovement.com or contact PSIA-E’s main office for upcoming events offering the FMS.

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