

What are Functional Movements?

Disclaimer:

This information is intended for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider for information specific to your personal health situation.

Movements that mimic everyday tasks! Being strong with these functional movements increase the likelihood that you'll be able to be functionally independent longer. There are ways to adapt these movements to make them easier and safer for your current abilities. Here are 7 very important functional movements!

THE SQUAT



Helps with:

- Getting out of a chair
- Transferring without an overhead lift
- Reaching items on the bottom shelf

Primary muscles involved:
glutes, quads

THE LUNGE

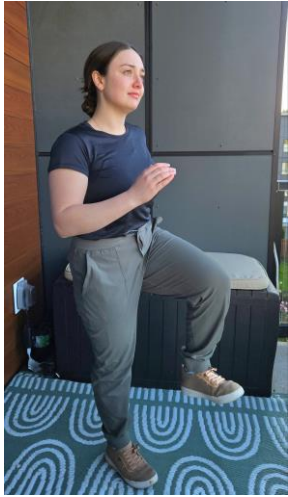


Helps with:

- Reaching items on the floor
- Getting up from the ground
- Going up stairs

Primary muscles involved: glutes, quads
(quadriceps)

THE MARCH

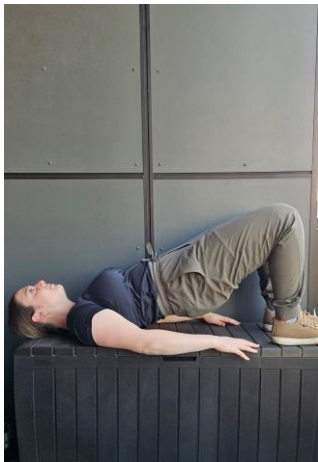


Helps with:

- Preventing catching your toes on the ground
- Stepping over items and stepping into a car
- Going up stairs

Primary muscles involved: Hip flexors

THE BRIDGE

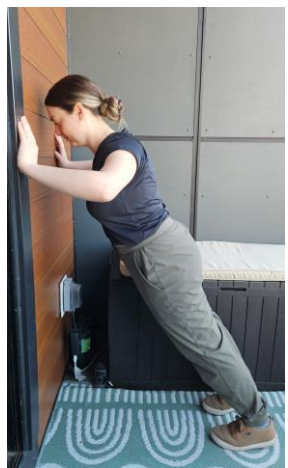


Helps with:

- Maintaining bed mobility
- Standing up straight

Primary muscles involved: glutes, hamstrings

THE PUSH-UP (PUSH)

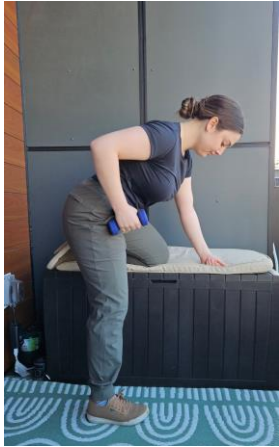


Helps with:

- Opening doors
- Getting up from the ground
- Pushing up from a chair

Primary muscles involved: pectorals, triceps

THE ROW (PULL)

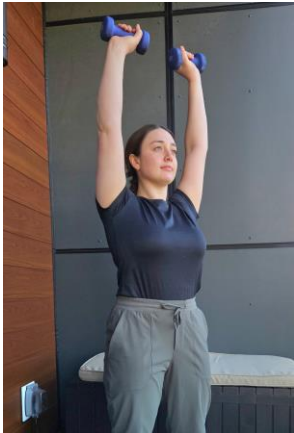


Helps with:

- Opening doors
- Pulling yourself up
- Rolling over in bed

Primary muscles involved: Lats (latissimus dorsi), biceps

THE OVERHEAD PRESS



Helps with:

- Reaching items from the top shelf
- Putting on a shirt or coat
- Brushing your hair

Primary muscles involved: delts (deltoids), triceps

Can you think of ways to make the exercise easier/safer or alternative exercises that work these same muscles?

Some ideas: Seated? Using bands? Holding onto a supportive surface?

