

MSP Coaching Tips

Mobility and Stability for Performance

MOVEMENT ASSESSMENT & COACHING — REFERENCE CARD

1 — OBSERVE

Watch them move. Can they perform the movement?

Are they **successful, safe, and efficient**? Efficient movement looks **clean and easy**: moving segments move smoothly, stable segments stay stable, and the breath is easy.

2 — DECIDE

YES Clean & easy

Check the other side. Repeat the questions.

If still clean and easy, **progress**: move up in postures to similar movements.

TIP You're testing whether they can **EXPRESS** or **CONTROL** flexion, extension, and rotation in that posture. If they can, check it in other postures. Inability at low postures is magnified at higher ones — reducing success, efficiency, and safety. Connect this consequence to something that matters to **THEM PERSONALLY**.

NO Not clean & easy

Don't jump to coaching the movement. First rule out two upstream causes that disrupt the nervous system's "inputs":

→ **Bad energy** (health) → **Blocked energy** (mobility)

Only after both are improved should you attempt to improve the movement mistake with **coaching the movement mistake**.

3 — IF "NO", WORK DOWN THIS LADDER

1 Bad energy?

A health problem interfering with their inputs. Enquire, refer, or help.

→ **Improve health, then recheck.**

2 Blocked energy?

A mobility problem affecting the nervous system's inputs. Check it.

→ **Improve mobility, then recheck.**

3 Movement mistake

An inability to express full movement somewhere, or to stabilise somewhere else. Coach it — see below.

COACHING THE MOVEMENT MISTAKE

- 1 Obtain feedback about how they **feel** when they do the movement poorly.
- 2 Give **knowledge of the result** via magnitude and direction of the error.
- 3 If giving knowledge of **performance**: bring attention to a key element, then add a cue.
- 4 Apply **auditory, visual, tactile** (compression/distraction), and/or **task/constraint** cues to improve the movement.
- 5 Obtain feedback about how they feel when they do the movement **better**.
- 6 Do a small amount of **blocked practice**, then randomise with a similar pattern, a different posture, or the other side.
- 7 Then add **serial scheduling**.
- 8 When the movement is satisfactory, **move up a posture** or **add load**.

REMEMBER Always connect the consequences of poor movement to something that matters to the individual personally — and to the organisation. That's what creates buy-in.

Why this matters: Reduced success, efficiency, and safety — for the individual and the organisation.

MSP Coaching Tips