DWMA
Dynamic Warm Up
Movement Assessment

October 4th, 2019
Jake Hesse MS, ATC, ATR, CSCS, EMT, FMS-2, RPR-1
Operations Manager, Olmsted Medical Center
Objectives

• Basic overview of DWMA
• Experience DWMA
• Compare/Contrast with other movement assessments
• Able to make an informed choice on which tool to use
Dynamic Warm-Up Movement Assessment

• Built for athletes and coaches, the DWMA is the fastest and easiest way to execute a movement screen with an entire team at once in the same time it takes to do a dynamic warmup.
DWMA-History

- Mike Bewley MA, CSCS*D, SSN, USAW-I
- Clemson Strength
- Georgia Tech
- University of Dayton
- Georgia Southern University
- Mike also owns Critical Reload
DWMA Goals

- Movement Improvement
- Dynamic Warm Up
- Faster method to conduct movement assessment with a large number of athletes
- Assess athletes without loss of training time daily, weekly etc
- Gauge improvement over time
- Improve mobility, stability, and balance
DWMA Movements

• 10 Movements
• Each movement is a warm-up and movement assessment
• Correctives for inefficiencies.
• Observe each of the movements and tell me what you notice.
DWMA vs FMS

Tell me what you learned about FMS?
Inch Worm
Hip Hinge/Toe Touch
Push up, Down Dog, Leg Up and Through
Frankenstein
Leg Up and Out (45 degrees)
Lunge and Reach
Table Top
Warrior
Overhead Squat
Cossack Squat
DWMA

Volunteers?!
Assessment Time!!
DWMA vs. FMS

Tell me the + and – of DWMA and FMS

Positives?

Negatives?
DWMA Positives

• Short time commitment
• Warm Up and Assessment
• Larger Group assessment
• No Certification required
DWMA Negatives

• Not as specific as other assessments
  – cause vs compensation

• Some movements difficult at first
Questions?

Contact:
Name – jhesse@olmmed.org