LEARNING NEVER STOPS
THE THREE ON-RAMPS
OF GRAY INSTITUTE

PART 1
3DMAPS (3D Movement Analysis & Performance System)

By Doug Gray
FAFS, FMR, NG360° GPS, CAFS, 3DMAPS
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TRADITIONAL EDUCATION VS. FUNCTIONAL LEARNING

Arthur Ashe is quoted as saying, “Success is a journey, not a destination. The doing is often more important than the outcome.” The same can be said about learning ... it, too, is a journey and not a destination. Gray Institute® exists because our learning should never stop.

There is a drastic difference between traditional education and functional learning. Functional learning is also another way of saying Applied Functional Science® (AFS). AFS is the common thread to all that Gray Institute® delivers. AFS is based on scientific truth – not theory – that strategically links to the most effective and efficient techniques for the individual.

How can you learn more about AFS? No matter where you are in your career, Gray Institute® has various on-ramps to this learning highway. These on-ramps will enhance your learning, challenge your education, and equip you to better serve the individuals who entrust you in their prevention, performance, and rehabilitation.

In this white paper, you will find an introduction to the 3D Movement Analysis & Performance System (3DMAPS) offered through Gray Institute®. This information is part one of a three-part white paper series covering the 3DMAPS, Certification in Applied Functional Science® (CAFS), and Gray Institute for Functional Transformation (GIFT) learning on-ramps.
3D MOVEMENT ANALYSIS & PERFORMANCE SYSTEM (3DMAPS)

How is assessment traditionally performed in the Movement Industry? Is your assessment functional? Does it involve movement?

What truly is functional? 3DMAPS equips you with the “Functional Spectrum” in order to identify what is functional and what is not. Function is individualized. Function is context-dependent. This spectrum is scientifically grounded in the Physical Sciences (Environment, Gravity, Ground Reaction Force, Mass, and Momentum), Biological Sciences (Motion, Reaction, Proprioceptors, Muscles, Joints, Task, Specificity, Mobility, and Stability), and Behavioral Sciences (Success, Encouragement, Control, Empowerment, Relevance, and Significance).

Are the movements relevant to global human function? 3DMAPS leverages movements that are authentic to everyday life (overall global function of the human body) in both the analysis movements and the performance movements. 3DMAPS analyzes the entire body in all three planes of motion in the context of both mobility (flexibility, range of motion) and stability (strength, control of motion).

Our bodies have primary complexes, eleven (11) to be exact - right subtalar / ankle, left subtalar / ankle, right knee, left knee, right hip, left hip, lumbar spine, thoracic spine, cervical spine, right shoulder, left shoulder. Each complex moves in three (3) planes of motion, two (2) motions in each plane. Therefore, there are sixty-six (66) motions that should (and need to) be considered (for both mobility and stability). 3DMAPS accomplishes this feat in succinct, functional movement patterns.
3DMAPS CERTIFICATION

This certification equips you, the movement professional, with the content, competence, and confidence to meet the needs, wants, and goals of all of your patients and clients. Unlike any other movement screen, 3DMAPS is a movement analysis and performance system that efficiently analyses the three-dimensional movements and abilities of all individuals in all of human function.

“...When you start to think about your athletes or the general population, you can start to get creative with different movement patterns.”

Nicole Amsberry
FAFS, PTA, 3DMAPS
“Applied Functional Science has given me [the] tools to be able to draw conclusions.”

**Scott Kneller**
PT, DPT, OCS, FAFS

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**LEARN MORE & GET CERTIFIED**

3DMAPS is the most innovative and comprehensive certification available and empowers you to analyze the entire three-dimensional Chain Reaction® function of the human body, as well as equips you with a powerful, ongoing performance system.

To learn more about 3DMAPS and/or to take advantage of this certification, please go to [https://www.grayinstitute.com/courses/maps](https://www.grayinstitute.com/courses/maps).

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