



## **Functional Wellness OBJECTIVES**

1. Define functional wellness.
2. Communicate the value of wellness to your patients and clients using language that reinforces holistic concepts.
3. Detail the interrelated and hierarchical nature of the eight domains and be able to screen them for opportunities for improvement.
4. Develop a management plan for dysfunctions and deficiencies identified by screening.
5. Use the Symmio app to manage wellness goals for yourself and your clients.
6. Use the Symmio movement self-screen to categorize and select corrective exercises for movement dysfunctions in multiple movement patterns.