Functional Movement Screen (FMS)

- 7 steps
  - Deep Squat
  - Hurdle Step
  - In-line Lunge
  - ASLR
  - Shoulder Mobility
  - Push up
  - Rotary Stability

Functional Movement Screen (FMS)

- Easy grading system
  - 3-point scale; total = 21
  - 3 attempts
  - Score low
  - Pain = 0

Deep Squat: 3
Deep Squat: 2

Hurdle Step: 3

Deep Squat: 1

Hurdle Step: 2
Active Straight Leg Raise

1
2
3

Shoulder Mobility

1
2
3

Push Up

Rotary Stability: 3
Rotary Stability: 2

Rotary Stability: 1

Functional Movement Screen (FMS)

- Easy grading system
  - 3-point scale; total = 21
  - 3 attempts
  - Score low
  - Pain = 0
- Don’t take your score personal...