



Presented by:
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Functional Movement Screen (FMS)

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

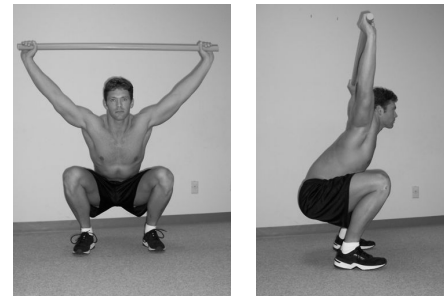


Functional Movement Screen (FMS)

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



Deep Squat: 3



Deep Squat: 2



Deep Squat: 1



Hurdle Step: 3



Hurdle Step: 2



Hurdle Step: 1



In-line Lunge: 3



In-line Lunge: 2



In-line Lunge: 1



Active Straight Leg Raise

1 2 3

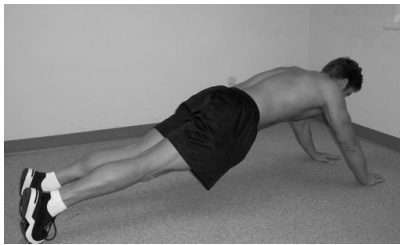


Shoulder Mobility

1 2 3



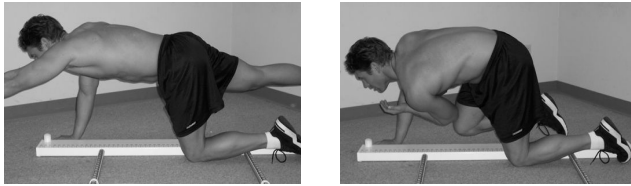
Push Up



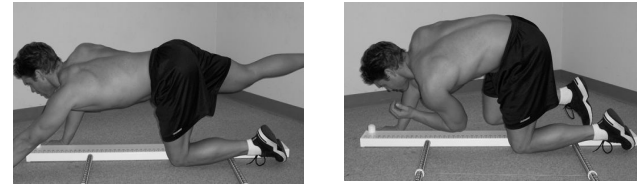
Rotary Stability: 3



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...

