

FMS

FUNCTIONALMOVEMENT.COM



WHAT IS FMS?

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The Functional Movement Screen is an innovative system used to evaluate movement pattern quality for clients and athletes.

The screen is comprised of seven fundamental movement patterns that require a balance of mobility and stability and place the individual in extreme positions where weaknesses and imbalances become noticeable.

BENEFITS

- A consistent and reliable testing method
- Easily identifies movement limitations and dysfunction
- Improves efficiency, durability, and performance
- Provides an enhanced foundation for exercise and performance programming

GET MOVING!

To learn more about Functional Movement Systems or for information on getting certified please visit [FunctionalMovement.com!](http://FunctionalMovement.com)

THE 7 TESTS

OF THE

FUNCTIONAL MOVEMENT SCREEN

LEARN WHETHER YOU SHOULD TRAIN OR CORRECT EACH MOVEMENT PATTERN.



Deep Squat
(Functional Movement)

- Assess bilateral, symmetrical and functional mobility of the hips, knees, and ankles.



Hurdle Step
(Functional Movement)

- Assess the bilateral functional mobility and stability of the hips, knees, and ankles.



In-Line Lunge
(Functional Movement)

- Assess torso, shoulder, hip and ankle mobility and stability, quadriceps flexibility and knee stability.



Shoulder Mobility
(Fundamental Mobility)

- Assess bilateral shoulder range of motion, combining internal rotation with adduction and external rotation with abduction.



Active Straight Leg Raise
(Fundamental Mobility)

- Assess active hamstring and gastroc-soleus flexibility while maintaining a stable pelvis and active extension of opposite leg.



Trunk Stability Push Up
(Fundamental Core Strength)

- Assess trunk stability in the sagittal plane while a symmetrical upper-extremity motion is performed.



Rotary Stability
(Fundamental Core Stability)

- Assess multi-plane trunk stability during a combined upper and lower extremity motion.