

# The Functional Movement Screen

A **Functional Movement Screen** should be completed by a professional certified to perform the Functional Movement Screen.

The Functional Movement Screen (FMS) tests seven different movement patterns, scoring them on a scale from 0 to 3.

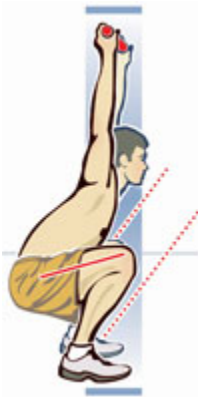
0 — Movement was painful, requiring a referral to a healthcare professional.

1 — Inability to perform or complete a functional movement pattern.

2 — Ability to perform a functional pattern, but with some degree of compensation.

3 — Unquestioned ability to perform the functional movement pattern.

## 1. DEEP SQUAT: USED TO SCREEN HIP, SHOULDERS, KNEES, SPINE AND ANKLES.



You'll be asked to hold a dowel rod directly above your head to keep your hands and arms in place, and **squat** as low as you can with good form.

***What the specialist is looking for:*** Ideally, the upper torso will be parallel to the shins, thighs will be below horizontal, and the knees and dowel will be aligned over the feet. In faulty movement patterns, the

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heels might be off the ground, the dowel might fall forward, the squat might be too high, or there's twisting, leaning or other asymmetries.

## 2. HURDLE STEP: USED TO SCREEN HIPS, KNEES AND ANKLES.



You'll be asked to step over a hurdle that's a little below knee height. While holding the dowel across your shoulders, step over with one leg. Touch the heel down on the other side. Return to starting position.

***What the specialist is looking for:*** Ability to balance; shifting in the level of the hips; how neutral the upper body remains.

## 3. IN-LINE LUNGE: USED TO SCREEN ANKLE AND KNEE STABILITY, AS WELL AS ABDUCTOR OR ADDUCTOR WEAKNESS.



Once the administrator positions your feet, you'll do a [basic lunge](#) while holding the dowel behind your back, one hand near the

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neck, one hand near the lower back. Feet are pointed straight forward and in line with each other, until your back knee hits the floor. Return to starting position.

***What the specialist is looking for:*** The rear knee must touch the board just behind the forward foot, and the dowel must remain vertical. Also, the dowel must maintain contact with the head, upper back and butt during the entire move. Faulty movement patterns include the feet turning in or out, the torso tilting forward or backward, or an inability to balance.

## 4. SHOULDER MOBILITY: USED TO SCREEN THE SHOULDER'S RANGE OF MOTION, EXTERNAL AND INTERNAL ROTATION, AND POSTURE.



You'll be asked to make thumbs-in fists and put both hands behind your back at the same time — one hand goes over the shoulder while the other comes from the bottom and reaches up the back. The closer together your hands are to one another, the better. Repeat on other side.

***What the specialist is looking for:*** Rounded shoulders, how close together your hands are, symmetry between sides.

## 5. ACTIVE STRAIGHT-LEG RAISE: USED TO SCREEN HAMSTRING AND CALF FLEXIBILITY, HIP MOBILITY, AND PELVIC STABILITY.

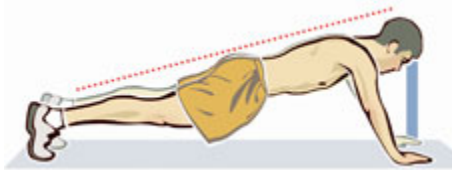
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While lying on your back, arms at your sides, you'll be asked to raise one leg as high as it can go without bending the knee, while leaving the other leg on the floor.

***What the specialist is looking for:*** The angle of your raised leg, if it's bent, the alignment of your ankle in relation to the mid-thigh.

## 6. TRUNK STABILITY PUSHUP: USED TO SCREEN TRUNK STABILITY AND CORE STRENGTH.



You'll be asked to [perform a pushup](#) with your hands aligned with the top of the forehead for men and the chin for women.

***What the specialist is looking for:*** The movement should be a simultaneous, full-body movement; watch for hyperextension of the spine, or saggy hips.

## 7. ROTATIONAL STABILITY: USED TO SCREEN CORE STABILITY AND ASYMMETRY.



You'll be asked to get down on all fours. Raise your right arm and leg until they are parallel to the floor, then touch your right elbow to your

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right knee, extend the leg and arm again and return under control to the start position. Repeat with the left side.

***What the specialist is looking for:*** Elbow knee alignment, trunk rotation, and differences between right and left sides.