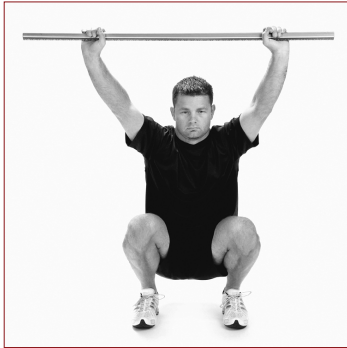
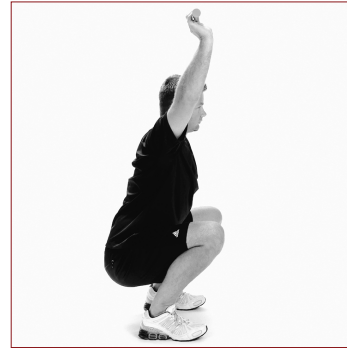


## FMS SCORING CRITERIA

## DEEP SQUAT



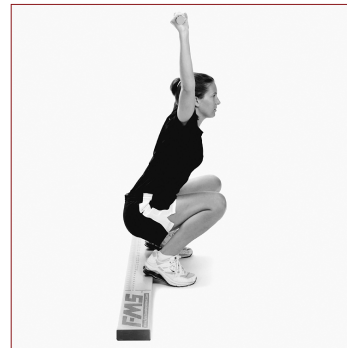
3



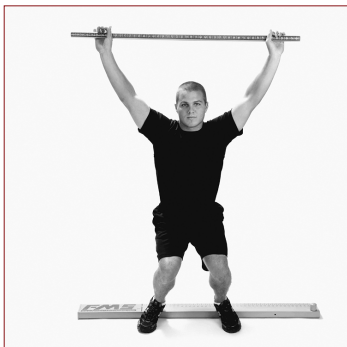
Upper torso is parallel with tibia or toward vertical | Femur below horizontal  
Knees are aligned over feet | Dowel aligned over feet



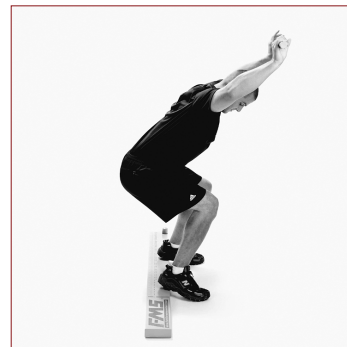
2



Upper torso is parallel with tibia or toward vertical | Femur is below horizontal  
Knees are aligned over feet | Dowel is aligned over feet | Heels are elevated



1



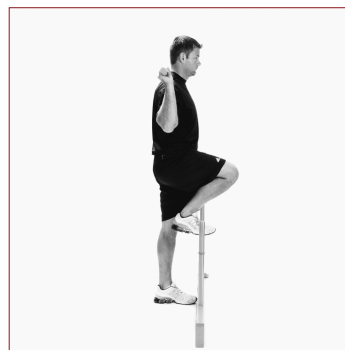
Tibia and upper torso are not parallel | Femur is not below horizontal  
Knees are not aligned over feet | Lumbar flexion is noted

The athlete receives a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

## HURDLE STEP



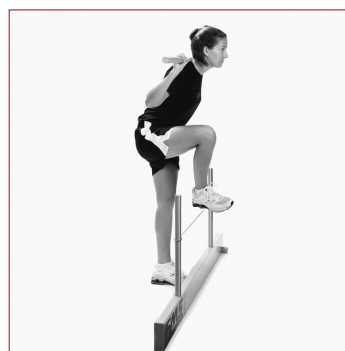
3



Hips, knees and ankles remain aligned in the sagittal plane  
Minimal to no movement is noted in lumbar spine | Dowel and hurdle remain parallel



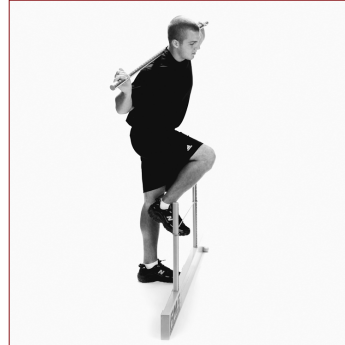
2



Alignment is lost between hips, knees and ankles | Movement is noted in lumbar spine  
Dowel and hurdle do not remain parallel



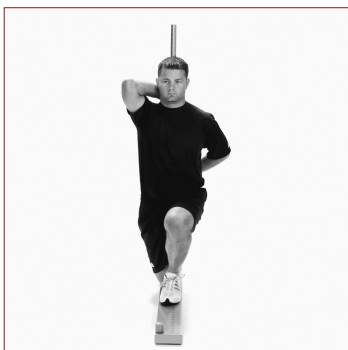
1



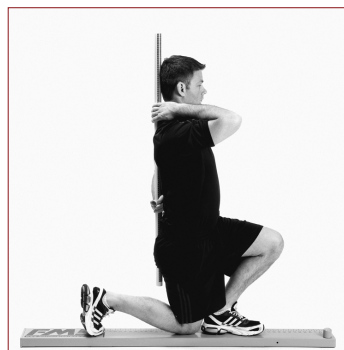
Contact between foot and hurdle occurs | Loss of balance is noted

The athlete receives a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

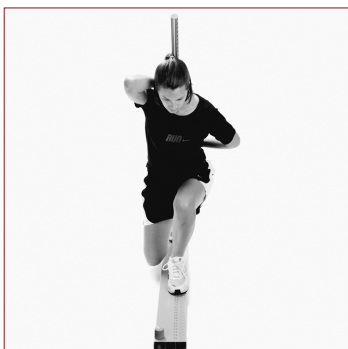
## INLINE LUNGE



3



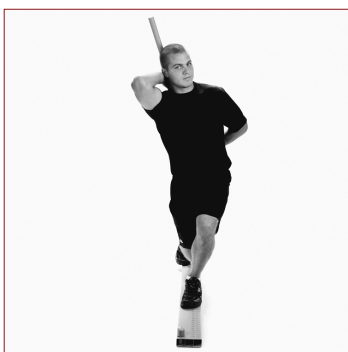
Dowel contacts maintained | Dowel remains vertical | No torso movement noted  
Dowel and feet remain in sagittal plane | Knee touches board behind heel of front foot



2



Dowel contacts not maintained | Dowel does not remain vertical | Movement noted in torso  
Dowel and feet do not remain in sagittal plane | Knee does not touch behind heel of front foot



1

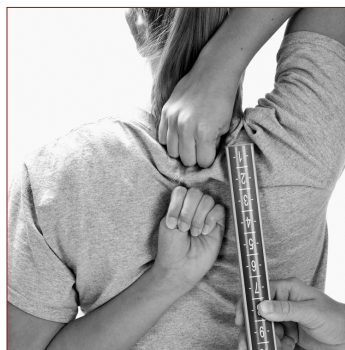


Loss of balance is noted

The athlete receives a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

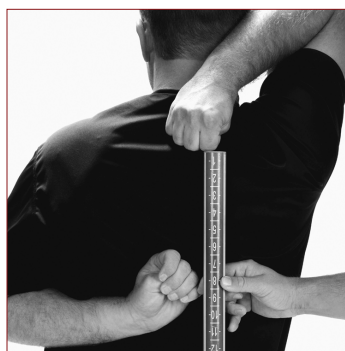
## SHOULDER MOBILITY

3



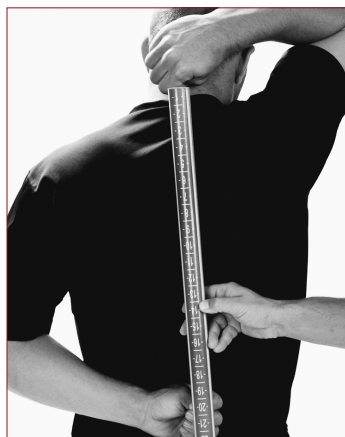
Fists are within one hand length

2



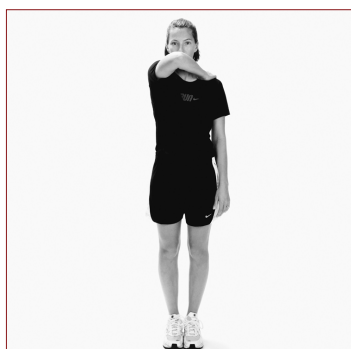
Fists are within one-and-a-half hand lengths

1



Fists are not within one and half hand lengths

The athlete will receive a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

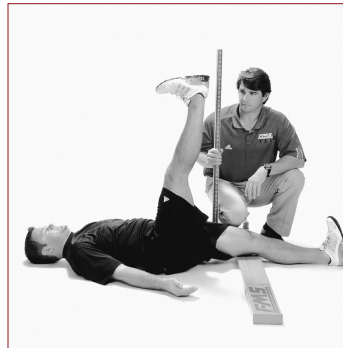


### CLEARING TEST

Perform this clearing test bilaterally. If the individual does receive a positive score, document both scores for future reference. If there is pain associated with this movement, give a score of zero and perform a thorough evaluation of the shoulder or refer out.

## ACTIVE STRAIGHT-LEG RAISE

3



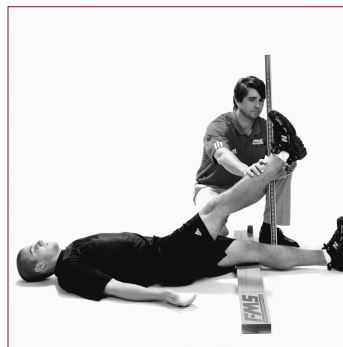
Vertical line of the malleolus resides between mid-thigh and ASIS  
The non-moving limb remains in neutral position

2



Vertical line of the malleolus resides between mid-thigh and joint line  
The non-moving limb remains in neutral position

1



Vertical line of the malleolus resides below joint line  
The non-moving limb remains in neutral position

The athlete will receive a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

# TRUNK STABILITY PUSHUP

## 3

The body lifts as a unit with no lag in the spine

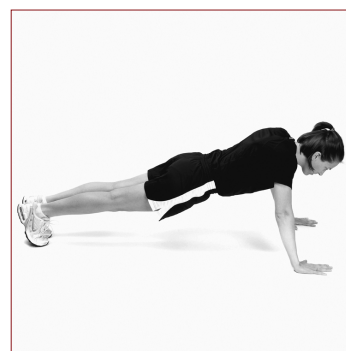


Men perform a repetition with thumbs aligned with the top of the head

Women perform a repetition with thumbs aligned with the chin



## 2



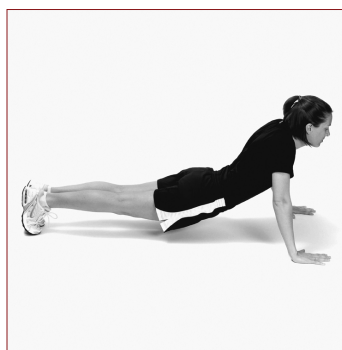
The body lifts as a unit with no lag in the spine

Men perform a repetition with thumbs aligned with the chin | Women with thumbs aligned with the clavicle

## 1

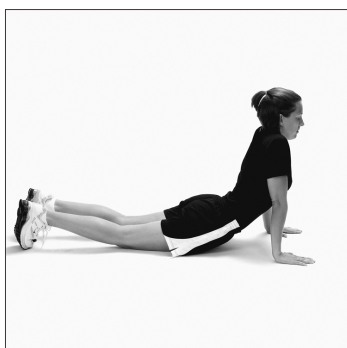
Men are unable to perform a repetition  
with hands aligned with the chin

Women unable with thumbs aligned with the clavicle



The athlete receives a score of zero if pain is associated with any portion of this test.

A medical professional should perform a thorough evaluation of the painful area.



## SPINAL EXTENSION CLEARING TEST

Spinal extension is cleared by performing a press-up in the pushup position. If there is pain associated with this motion, give a zero and perform a more thorough evaluation or refer out. If the individual does receive a positive score, document both scores for future reference.

# ROTARY STABILITY



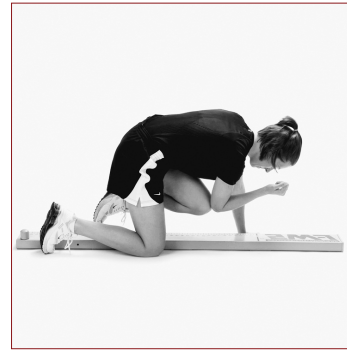
## 3



Performs a correct unilateral repetition



## 2



Performs a correct diagonal repetition

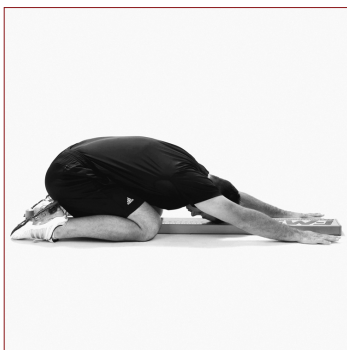


## 1



Inability to perform a diagonal repetition

The athlete receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.



## SPINAL FLEXION CLEARING TEST

Spinal flexion can be cleared by first assuming a quadrupedal position, then rocking back and touching the buttocks to the heels and the chest to the thighs. The hands should remain in front of the body, reaching out as far as possible. If there is pain associated with this motion, give a zero and perform a more thorough evaluation or refer out. If the individual receives a positive score, document both scores for future reference.



# THE FUNCTIONAL MOVEMENT SCREEN

## SCORING SHEET

NAME	DATE	DOB
ADDRESS		
CITY, STATE, ZIP		PHONE
SCHOOL/AFFILIATION		
SSN	HEIGHT	WEIGHT
AGE		GENDER
PRIMARY SPORT		PRIMARY POSITION
HAND/LEG DOMINANCE		PREVIOUS TEST SCORE

TEST		RAW SCORE	FINAL SCORE	COMMENTS
DEEP SQUAT				
HURDLE STEP	L			
	R			
INLINE LUNGE	L			
	R			
SHOULDER MOBILITY	L			
	R			
IMPINGEMENT CLEARING TEST	L			
	R			
ACTIVE STRAIGHT-LEG RAISE	L			
	R			
TRUNK STABILITY PUSHUP				
PRESS-UP CLEARING TEST				
ROTARY STABILITY	L			
	R			
POSTERIOR ROCKING CLEARING TEST				
TOTAL				

**Raw Score:** This score is used to denote right and left side scoring. The right and left sides are scored in five of the seven tests and both are documented in this space.

**Final Score:** This score is used to denote the overall score for the test. The lowest score for the raw score (each side) is carried over to give a final score for the test. A person who scores a three on the right and a two on the left would receive a final score of two. The final score is then summarized and used as a total score.



## APPENDIX 10

### VERBAL INSTRUCTIONS FOR THE FUNCTIONAL MOVEMENT SCREEN

---

The following is a script to use while administering the FMS. For consistency throughout all screens, this script should be used during each screen. The bold words represent what you should say to the client.

**Please let me know if there is any pain while performing any of the following movements.**

#### DEEP SQUAT

---

**EQUIPMENT NEEDED: DOWEL**

#### INSTRUCTIONS

- **Stand tall with your feet approximately shoulder width apart and toes pointing forward.**
- **Grasp the dowel in both hands and place it horizontally on top of your head so your shoulders and elbows are at 90 degrees.**
- **Press the dowel so that it is directly above your head.**
- **While maintaining an upright torso, and keeping your heels and the dowel in position, descend as deep as possible.**
- **Hold the descended position for a count of one, then return to the starting position.**
- **Do you understand the instructions?**

Score the movement.

The client can perform the move up to three times total if necessary.

If a score of three is not achieved, repeat above instructions using the 2 x 6 under the client's heels.

## HURDLE STEP

---

EQUIPMENT NEEDED: DOWEL, HURDLE

### INSTRUCTIONS

- Stand tall with your feet together and toes touching the test kit.
- Grasp the dowel with both hands and place it behind your neck and across the shoulders.
- While maintaining an upright posture, raise the right leg and step over the hurdle, making sure to raise the foot towards the shin and maintaining foot alignment with the ankle, knee and hip.
- Touch the floor with the heel and return to the starting position while maintaining foot alignment with the ankle, knee and hip.
- Do you understand these instructions?

Score the moving leg.

Repeat the test on the other side.

Repeat two times per side if necessary.

## INLINE LUNGE

---

EQUIPMENT NEEDED: DOWEL, 2X6

### INSTRUCTIONS

- Place the dowel along the spine so it touches the back of your head, your upper back and the middle of the buttocks.
- While grasping the dowel, your right hand should be against the back of your neck, and the left hand should be against your lower back.
- Step onto the 2x6 with a flat right foot and your toe on the zero mark.
- The left heel should be placed at \_\_\_\_\_ mark. *This is the tibial measurement marker.*
- Both toes must be pointing forward, with feet flat.
- Maintaining an upright posture so the dowel stays in contact with your head, upper back and top of the buttocks, descend into a lunge position so the right knee touches the 2x6 behind your left heel.
- Return to the starting position.
- Do you understand these instructions?

Score the movement.

Repeat the test on the other side.

Repeat two times per side if necessary.

## SHOULDER MOBILITY

---

### EQUIPMENT NEEDED: MEASURING DEVICE

#### INSTRUCTIONS

- Stand tall with your feet together and arms hanging comfortably.
- Make a fist so your fingers are around your thumbs.
- In one motion, place the right fist over head and down your back as far as possible while simultaneously taking your left fist up your back as far as possible.
- Do not “creep” your hands closer after their initial placement.
- Do you understand these instructions?

Measure the distance between the two closest points of each fist.

Score the movement.

Repeat the test on the other side.

## ACTIVE SCAPULAR STABILITY (SHOULDER CLEARING)

---

#### INSTRUCTIONS

- Stand tall with your feet together and arms hanging comfortably.
- Place your right palm on the front of your left shoulder.
- While maintaining palm placement, raise your right elbow as high as possible.
- Do you feel any pain?

Repeat the test on the other side.

## ACTIVE STRAIGHT-LEG RAISE

---

**EQUIPMENT NEEDED: DOWEL, MEASURING DEVICE, 2X6**

### INSTRUCTIONS

- Lay flat with the back of your knees against the 2x6 with your toes pointing up.
- Place both arms next to your body with the palms facing up.
- Pull the toes of your right foot toward your shin.
- With the right leg remaining straight and the back of your left knee maintaining contact with the 2x6, raise your right foot as high as possible.
- Do you understand these instructions?

Score the movement.

Repeat the test on the other side.

## TRUNK STABILITY PUSHUP

---

**EQUIPMENT NEEDED: NONE**

### INSTRUCTIONS

- Lie face down with your arms extended overhead and your hands shoulder width apart.
- Pull your thumbs down in line with the \_\_\_\_ (forehead for men, chin for women).
- With your legs together, pull your toes toward the shins and lift your knees and elbows off the ground.
- While maintaining a rigid torso, push your body as one unit into a pushup position.
- Do you understand these instructions?

Score the movement.

Repeat two times if necessary.

Repeat the instructions with appropriate hand placement if necessary.

## SPINAL EXTENSION CLEARING

---

### INSTRUCTIONS

- While lying on your stomach, place your hands, palms down, under your shoulders.
- With no lower body movement, press your chest off the surface as much as possible by straightening your elbows.
- Do you understand these instructions?
- Do you feel any pain?

## ROTARY STABILITY

---

EQUIPMENT NEEDED: 2 X 6

### INSTRUCTIONS

- Get on your hands and knees over the 2x6 so your hands are under your shoulders and your knees are under your hips.
- The thumbs, knees and toes must contact the sides of the 2x6, and the toes must be pulled toward the shins.
- At the same time, reach your right hand forward and right leg backward, like you are flying.
- Then without touching down, touch your right elbow to your right knee directly over the 2x6.
- Return to the extended position.
- Return to the start position.
- Do you understand these instructions?

Score the movement.

Repeat the test on the other side.

If necessary, instruct the client to use a diagonal pattern of right arm and left leg.

Repeat the diagonal pattern with left arm and right leg.

Score the movement.

## SPINAL FLEXION CLEARING

---

### INSTRUCTIONS

- Get on all fours, and rock your hips toward your heels.
- Lower your chest to your knees, and reach your hands in front of your body as far as possible.
- Do you understand these instructions?
- Do you feel any pain?