



FUNCTIONALMOVEMENT.COM



## WHAT IS FMS?

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.