

**FMS**

FUNCTIONAL MOVEMENT SCREEN SCORE SHEET

NAME: _____ DATE: _____ DOB: _____

ADDRESS: _____

CITY, STATE, ZIP: _____ PHONE: _____

SCHOOL/AFFILIATION: _____

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			
SHOULDER CLEARING TEST	+/-			
	+/-			
ACTIVE STRAIGHT-LEG RAISE	L			
	R			
TRUNK STABILITY PUSHUP				
	+/-			
ROTARY STABILITY	L			
	R			
FLEXION CLEARING TEST	+/-			
TOTAL SCREEN SCORE				

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.

Clearing Test: A positive indicates pain. A negative indicates no pain. If pain is present (+), the score for that test would result in a 0.

FMS

Functional Movement Screen Scoring Sheet

JS Bruner

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the JS Bruner text.

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Table of Contents Functional Movement Screen Scoring Sheet

1. Understanding the eBook Functional Movement Screen Scoring Sheet
 - The Rise of Digital Reading Functional Movement Screen Scoring Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Functional Movement Screen Scoring Sheet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Functional Movement Screen Scoring Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Functional Movement Screen Scoring Sheet
 - Personalized Recommendations
 - Functional Movement Screen Scoring Sheet User Reviews and Ratings
 - Functional Movement Screen Scoring Sheet and Bestseller Lists
5. Accessing Functional Movement Screen Scoring Sheet Free and Paid eBooks
 - Functional Movement Screen Scoring Sheet Public Domain eBooks
 - Functional Movement Screen Scoring Sheet eBook Subscription Services
 - Functional Movement Screen Scoring Sheet Budget-Friendly Options

6. Navigating Functional Movement Screen Scoring Sheet eBook Formats
 - ePub, PDF, MOBI, and More
 - Functional Movement Screen Scoring Sheet Compatibility with Devices
 - Functional Movement Screen Scoring Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Functional Movement Screen Scoring Sheet
 - Highlighting and Note-Taking Functional Movement Screen Scoring Sheet
 - Interactive Elements Functional Movement Screen Scoring Sheet
8. Staying Engaged with Functional Movement Screen Scoring Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Functional Movement Screen Scoring Sheet
9. Balancing eBooks and Physical Books Functional Movement Screen Scoring Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Functional Movement Screen Scoring Sheet
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Functional Movement Screen Scoring Sheet
 - Setting Reading Goals Functional Movement Screen Scoring Sheet
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Functional Movement Screen Scoring Sheet
 - Fact-Checking eBook Content of Functional Movement Screen Scoring Sheet
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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