



FMS

FUNCTIONAL MOVEMENT SCREEN SCORE SHEET

NAME: _____

DATE: _____

DOB: _____

TIBIA HEIGHT: _____

HAND LENGTH: _____

AGE: _____

GENDER: _____

SCREEN		RAW SCORE	FINAL SCORE	COMMENT
DEEP SQUAT				
HURDLE STEP	R			
	L			
INLINE LUNGE	R			
	L			
ANKLE CLEARING - PASS	R			
	L			
+L ANKLE CLEARING - MOBILITY R-Y-G	R			
	L			
SHOULDER MOBILITY	R			
	L			
SHOULDER CLEARING	R			
	L			
ACTIVE STRAIGHT-LEG RAISE	R			
	L			
TRUNK STABILITY PUSHUP				
EXTENSION CLEARING +P				
ROTARY STABILITY	R			
	L			
FLICFLON CLEARING +P				
TOTAL SCREEN SCORE				

Functional Movement Screen Manual German

N Noddings



Functional Movement Screen Manual German:

This book delves into Functional Movement Screen Manual German. Functional Movement Screen Manual German is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Functional Movement Screen Manual German, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Functional Movement Screen Manual German
 - Chapter 2: Essential Elements of Functional Movement Screen Manual German
 - Chapter 3: Functional Movement Screen Manual German in Everyday Life
 - Chapter 4: Functional Movement Screen Manual German in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Functional Movement Screen Manual German. The first chapter will explore what Functional Movement Screen Manual German is, why Functional Movement Screen Manual German is vital, and how to effectively learn about Functional Movement Screen Manual German.
 3. In chapter 2, the author will delve into the foundational concepts of Functional Movement Screen Manual German. This chapter will elucidate the essential principles that need to be understood to grasp Functional Movement Screen Manual German in its entirety.
 4. In chapter 3, the author will examine the practical applications of Functional Movement Screen Manual German in daily life. This chapter will showcase real-world examples of how Functional Movement Screen Manual German can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Functional Movement Screen Manual German in specific contexts. The fourth chapter will explore how Functional Movement Screen Manual German is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Functional Movement Screen Manual German. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Functional Movement Screen Manual German.

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