

**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

**Janet H. Carr**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Functional Movement Screen Scoring Sheet:**

**Functional Testing in Human Performance** Michael P. Reiman, Robert C. Manske, 2009 Functional Testing in Human Performance offers clinicians the first ever compilation of information on clinical and data based functional testing for sport exercise and occupational settings This unique text serves as a primary resource for accurate assessment of individuals functional abilities in order to develop program prescriptions to enhance their performance Functional Testing in Human Performance is a comprehensive learning tool for novices and an essential reference for advanced clinicians The text defines the role of function in physical performance and how it can be appropriately tested Especially helpful for novices the text explains testing criteria testing terms relevant to research and selecting the most appropriate test and testing sequence Common testing mistakes are also presented as well as pitfalls to avoid when testing The text also includes case studies that illustrate a variety of situations including testing for a client recovering from a lower extremity injury discussing preseason testing for a large group of athletes and presenting the study of a client in an occupational setting These cases include detailed statistical analysis and normative data offering clinicians the opportunity to consider the application of functional testing and implementation strategies adaptable to their specific practice setting After laying a foundation the text progresses to detailed testing procedures for discrete physical parameters and specific regions of the body Tests are organized from least to most complex and each test is presented in a step by step manner outlining the purpose of the test equipment needed testing procedure and recommendations for performing the test interpretation of results and the data to suggest normative values reliability and validity for each test This formatting facilitates quick reference to testing information for on the spot use whether in the clinic athletic training room gym or job site Throughout the text the functional tests are accompanied by photos for visual clarity To enhance understanding a companion DVD features live action demonstrations of 40 of the most advanced tests Icons on those test pages indicate they are modeled on the DVD In addition the DVD may be loaded onto a computer to offer convenient print on demand access to reproducible forms for recording data from selected tests Functional Testing in Human Performance offers a unique and comprehensive reference for assessment of physical activities in sport recreation work and daily living By presenting the theory and detailing the practice this text assists clinicians in understanding and incorporating functional testing to identify their patients or clients limitations and enhance their performance rehabilitation and daily functioning

*Physical Preparation for Ice Hockey* Anthony Donskov, 2016-12-27 This book was written for both hockey player and coach Hockey has been a passion of mine since early childhood I was born and raised in Canada and relocated to the United States in 1990 Hockey has been the fabric of our family tree From youth hockey to having the opportunity to play at the minor professional level I have enjoyed this great game and the life lessons it has instilled along the way It was during my career in university where coaching became a passion I loved the weight room the preparation and the process It was and still is a place of solace for me a classroom My

love for strength and conditioning was born in the sweaty confines of the Miami OH strength and conditioning facility located in Oxford Ohio and run by then strength and conditioning coach Dan Dalrymple Coach D instilled pride work ethic and belief in his athletes Our two thousand square foot weight room was a place of preparation competition and embodied the team first spirit At that instant I knew my calling was to serve as a coach I owe much gratitude and appreciation to Coach D He was a mentor to me Thanks Coach your imprint has left an indelible mark

Fitness Trainer Essentials: for the Personal Trainer with Online Study Tools 12 Months Tony Attridge, Martine Felice, 2015-10-12 Beat your personal best by working the core to becoming a Fitness Trainer This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification studying to become personal or fitness trainers The text contains core and elective units to support a range of fitness specialisations Fitness Trainer Essentials 3e teaches the basics of fitness and nutrition principles covers more on functional testing and nutritional assessment and guidelines With a shift to full colour throughout and an abundance of new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices Fitness Trainer Essentials 3e assumes that the reader has acquired the Certificate III in Fitness qualification Therefore the topics covered in the text by Marchese have not been repeated in this text Additional review questions are also available to retouch on key points from a Certificate III perspective

*Journal of Special Operations Medicine*, 2007

**Physical Rehabilitation of the Injured Athlete E-Book** James R. Andrews, Gary L. Harrelson, Kevin E. Wilk, 2012-02-01 Physical Rehabilitation of the Injured Athlete is a medical reference book that equips you to apply today's hottest strategies in non operative sports rehabilitation so you can help your patients return to play as quickly and fully as possible Send your players back to the field fast with the latest strategies in non operative sports rehabilitation Get balanced dependable guidance on sports rehabilitation from a multidisciplinary author team that contributes perspectives from orthopaedics and sports medicine athletic training and physical therapy Ensure effective treatment planning with a stronger emphasis on evidence based practice Master the latest with brand new chapters on Developing Treatment Pathways Biomechanical Implications in Shoulder and Knee Rehabilitation Temporomandibular Rehabilitation Thigh Rehabilitation Gait Assessment Functional Movement Assessment and Plyometric Training Drills Access the fully searchable text downloadable image bank and 9 online only appendices at [www.expertconsult.com](http://www.expertconsult.com)

*High-performance Sports Conditioning* Bill Foran, 2001 This guide starts with a conditioning programme before tailoring the training exercises and drills to the development of sport specific performances The training programme is designed for peak performance during the competitive season

Musculoskeletal Interventions: Techniques for Therapeutic Exercise, Fourth Edition Barbara J. Hoogenboom, Michael L. Voight, William E. Prentice, 2021-05-06 The definitive resource for designing and implementing evidence based rehabilitation programs using therapeutic exercise Written and edited by top experts in their fields Musculoskeletal Interventions provides the rehabilitation techniques strategies and considerations you

need to effectively treat patients of all ages abilities and functional levels With expanded coverage of movement systems along with clinical pearls and hundreds of illustrations this edition has been fully revised to reflect a contemporary movement system approach patient care It focuses on the practical application of theory in a clinical setting making it ideal for students and experienced physical therapists alike Designed to make finding what you need quickly and easily Musculoskeletal Interventions is organized into five sections Foundations of the Rehabilitation Process Introduces the human movement system the Guide to Physical Therapist Practice and the clinical reasoning process Provides grounding on tissue healing the Neuromuscular Scan Examination pain posture and function Treating Physiologic Impairments During Rehabilitation Details general impairments that require attention throughout the rehabilitation process Covers muscle performance endurance and aerobic capacity mobility range of motion and neuromuscular control Tools of Rehabilitation Explains how to achieve optimal outcomes using various tools including plyometric exercise open and closed kinetic chain interventions proprioceptive neuromuscular facilitation techniques joint mobilization postural stability and balance interventions core stabilization training aquatic therapy functional movement screening and more Interventions Strategies for Specific Regions Describes applications of techniques and interventions related to common movement based overuse traumatic and postoperative musculoskeletal dysfunction Provides guidance on conditions common to the shoulder complex elbow wrist hand digits groin hip thigh knee lower leg ankle foot and spine Discusses pathomechanics and injury mechanisms while focusing on rehabilitation strategies and concerns for specific injuries and providing example protocols Special Considerations for Specific Patient Populations Provides application of all previous intervention strategies and how these may need to be selected adapted and utilized for geriatric patients pediatric patient and physically active females Musculoskeletal Interventions is filled with features that help you understand and retain critical information Learning aids include objectives tables clinical pearls figures video links summary points chapter ending treatment guidelines and references

**Wireless Mobile Communication and Healthcare** Balwant Godara, Konstantina S Nikita, 2013-04-03 This book constitutes the refereed proceedings of the Third International Conference on Wireless Mobile Communication and Healthcare MobiHealth 2012 and of the two workshops Workshop on Advances in Personalized Healthcare Services Wearable Mobile Monitoring and Social Media Pervasive Technologies APHS 2012 and Workshop on Advances in Wireless Physical Layer Communications for Emerging Healthcare Applications IAWWPLC 2012 all held in Paris France in November 2012 The 39 revised full papers presented were carefully reviewed and selected from 66 submissions The papers are organized in topical sections covering wearable outdoor and home based applications remote diagnosis and patient management data processing sensor devices and systems biomedical monitoring in relation to society and the environment body area networks telemedicine systems for disease specific applications data collection and management papers from the invited session Implants papers from the IAWWPLC and APHS workshops

**Programmdesign im Functional Training** Eberhard Schlömmers, Dennis

Sandig, 2021-03-21 Du willst mithilfe von Functional Training fit stark und beweglich werden und beim Training Verletzungen vorbeugen Du willst als Coach Athleten helfen ihre sportliche Leistung zu steigern und schmerzfrei zu trainieren Dann brauchst du ein Programm das so individuell wie dein eigener Fingerabdruck ist Deine Ziele wirst du nur dann erreichen wenn das Training auf deinen aktuellen körperlichen Zustand abgestimmt ist und sich an deinen persönlichen Stärken und Schwächen orientiert Die Sportwissenschaftler Eberhard Schlömer und Dennis Sandig zeigen dir worauf es beim Programmdesign eines funktionellen Trainings wirklich ankommt Mit 30 Tests kannst du deine motorischen Fähigkeiten analysieren und herausfinden welche Trainingsinhalte du benötigst Du lernst Methoden kennen um deine Workouts sinnvoll aufzubauen und kannst aus über 60 Übungen auswählen mit denen du deine Schwächen beseitigst und Kraft Mobilität und Stabilität optimierst Egal ob du dein Fitnesslevel steigern oder einen sportartspezifischen Trainingsplan erstellen willst mit diesem Programmdesign holst du das Beste aus deinem Training heraus Training & Conditioning, 2002

**Musculoskeletal Interventions** Michael L. Voight, Barbara J. Hoogenboom, William E. Prentice, 2006-12-26 The definitive A to Z overview of evidence based rehab programs using therapeutic exercise In this exceptional evidence and guide based clinically oriented resource you will learn everything you need to know about the design implementation and supervision of therapeutic exercise programs for orthopedic injuries and disorders The book's logical five part organization begins with an instructive look at the foundations of the rehabilitation process then covers the treatment of physiologic impairments during rehabilitation rehabilitation tools intervention strategies and special considerations for specific patient populations Features Helpful review of the foundations of the rehabilitation process thorough coverage of managing the healing process through rehabilitation and an algorithm based approach to musculoskeletal rehabilitation Complete survey of rehabilitation tools from isokinetics aquatic therapy and orthotics to a four step clinical model for the essentials of functional exercise Full chapters on functional progressions and functional testing and unique coverage of core stabilization training impaired function and impaired muscular control Unique coverage of a functional movement screen A practical system for history taking and scanning Unique coverage of how to treat special segments of the population including geriatric and pediatric patients amputees and the active female An easy to follow body region approach to intervention strategies Handy appendices covering the American College of Sports Medicine position statements on strength training and fitness development An abundance of study enhancing illustrations plus clinical pearls and protocols designed to speed clinical decision making **Movement Science** Janet H. Carr, 1987 A theory plus practice guide with new therapeutic strategies and treatment models case examples and photographs Discusses balanced standing balanced sitting reaching manipulation walking and other basic skills Shows how to identify short term goals provide instruction practice and feedback **The New Adapted Physical Education** Janet A. Seaman, Karen P. DePauw, 1989 **The Harriet Lane Handbook E-Book** The Johns Hopkins Hospital, Lauren Kahl, Helen K Hughes, 2017-04-02 Written by residents for residents and reviewed by expert faculty

at The Johns Hopkins Hospital Lauren Kahl MD and Helen K Hughes MD MPH The Harriet Lane Handbook 21st Edition remains your 1 source of pediatric point of care clinical information Updated and expanded content as well as increased online coverage keeps you fully current with new guidelines practice parameters and more Easy to use concise and complete this is the essential manual for all health care professionals who treat children Trusted by generations of residents and practitioners offering fast accurate information on pediatric diagnosis and treatment The trusted and comprehensive Pediatric Drug Formulary updated by Carlton K K Lee PharmD MPH provides the latest in pharmacologic treatment of pediatric patients Modified outline format ensures you ll find information quickly and easily even in the most demanding circumstances Updated and expanded content includes relevant laboratory workup for genetic conditions sexually transmitted infections and pelvic inflammatory disease nail disorders and disorders of pigmentation treatment of acne and fever of unknown origin lymphadenopathy and viral infections Expanded coverage of pediatric procedures including more ultrasound and ultrasound guided procedures online Restructured Fluids and Electrolytes chapter helps you perform rapid calculations at the bedside *Popular Mechanics* ,1964-04 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

**Backpacker** ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured The Harriet Lane Handbook: First South Asia Edition-E-Book The Johns Hopkins Hospital,2017-09-23 Written by residents for residents and reviewed by expert faculty at The Johns Hopkins Hospital Lauren Kahl MD and Helen K Hughes MD MPH The Harriet Lane Handbook First South Asia Edition remains your 1 source of pediatric point of care clinical information Updated and expanded content keeps you fully current with new guidelines practice parameters and more Easy to use concise and complete this is the essential manual for all health care professionals who treat children Trusted by generations of residents and practitioners offering fast accurate information on pediatric diagnosis and treatment The trusted and comprehensive Pediatric Drug Formulary updated by Carlton K K Lee PharmD MPH provides the latest in pharmacologic treatment of pediatric patients Modified outline format ensures you ll find information quickly and easily even in the most demanding circumstances Society for Neuroscience Abstracts Society for Neuroscience. Meeting,2001 *World Aluminum Abstracts* ,1971 A New English Dictionary on Historical Principles Sir William Alexander Craigie,Charles Talbut Onions,1933

## Unveiling the Magic of Words: A Report on "**Functional Movement Screen Scoring Sheet**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Functional Movement Screen Scoring Sheet**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

<https://staging.conocer.cide.edu/public/detail/default.aspx/issues%20of%20political%20development.pdf>

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