







Rating	Reference Photographs		Testing Criteria
3			<ul style="list-style-type: none"> - Upper torso is parallel with tibia or toward vertical - Femur is below horizontal - Knees are aligned over feet - Dowel is aligned over feet
2			<ul style="list-style-type: none"> - 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			<ul style="list-style-type: none"> - Tibia and upper torso are not parallel - Femur is not below horizontal - Knees are not aligned over feet - Lumbar flexion is noted
0	Participant receives a score of zero if pain is associated with any portion of the test.		

Functional Movement Screen Manual

Leon Chaitow



Functional Movement Screen Manual:

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