



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			
FLICFLAC CLEARING +P				
TOTAL SCREEN SCORE				

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