FUNCTIONAL MOVEMENT SCREEN

FMS score sheet

FitnessPlanner

MEMBER _____ COACH _____ DATE _____

3 done as described	**2** done, but with compensation	**1** cannot complete it	**0** pain at any point

Five tests are scored on both sides, and the lower side counts. The deep squat and the push-up get one score. The maximum total is 21.

	TEST	L	R	SCORE
1	**Deep squat** **3** thighs below horizontal, torso parallel with the shins or more upright, and knees and dowel over the feet **2** only possible with the heels raised, for example on the kit's board **1** not possible even with the heels raised			
2	**Hurdle step** **3** hip, knee and ankle stay in line, the lower back barely moves, and dowel and hurdle stay parallel **2** hip, knee and ankle lose alignment, the lower back moves, or the dowel tilts **1** the foot touches the hurdle, or the member loses balance			
3	**In-line lunge** **3** the dowel keeps all three contacts, the torso stays still, and the knee touches down behind the heel **2** the dowel loses contact, the torso moves, or the knee doesn't reach the floor **1** the member loses balance			
4	**Shoulder mobility** **3** within one hand length **2** within one and a half hand lengths **1** more than one and a half hand lengths *Clearing test: Shoulder*			
5	**Active straight-leg raise** **3** the ankle passes the dowel, so beyond mid-thigh **2** the ankle ends up between mid-thigh and the knee **1** the ankle doesn't get past the knee			
6	**Trunk stability push-up** **3** done from that start position **2** done with the hands lower: thumbs level with the chin for men, with the shoulders for women **1** not done even then: the hips lag or the lower back sags *Clearing test: Spinal extension*			
7	**Rotary stability** **3** done with the arm and leg of the same side, back parallel to the floor **2** done only diagonally, with the arm and leg of opposite sides **1** not done even diagonally *Clearing test: Spinal flexion*			
	Total			/ 21

Clearing tests

Shoulder mobility, the push-up and rotary stability each come with a clearing test, a quick pain check in a related position. Pain there makes that test a 0.

Shoulder

→ SHOULDER MOBILITY

Hand on the opposite shoulder, then raise the elbow as high as possible.

☐ PAIN L ☐ PAIN R

Spinal extension

→ TRUNK STABILITY PUSH-UP

Face down, press the chest up with straight arms while the hips stay on the floor.

☐ PAIN

Spinal flexion

→ ROTARY STABILITY

From hands and knees, rock back until the buttocks rest on the heels and the chest on the thighs.

☐ PAIN

NOTES

With a 0 you stop and refer the member to a doctor or physiotherapist. Don't load that pattern until they have seen it.