

**Functional Movement Screen Result for**

John

Francis

**Team/Activity:**

Hockey

**Date**

December 9, 2010

**FMS Completed by:**

Your Name, CSCS

- The Functional Movement Screen (FMS) is a tool developed by physical and athletic therapists to identify dysfunctional movements or imbalances that may be affecting your performance and put you in a position of increased injury risk.

- Being screened is only the first step, what you do with the results is the important part!

To learn more about the FMS, please go to the FMS site: [www.functionalmovement.com](http://www.functionalmovement.com)

<b>FMS Results by Test: (out of 3)</b>	<b>Left</b>	<b>Right</b>	<b>Score</b>	<b>Notes</b>
Deep Squat (DS)			3	3
Hurdle Step (HS)	2		2	2
In-line lunge (ILL)	2		2	2
<b>Shoulder Mobility (SM)</b>	<b>2</b>		<b>2</b>	<b>2</b>
Impingement		pass		
<b>Active Straight Leg Raise (ASLR)</b>	<b>2</b>		<b>2</b>	<b>2</b>
Trunk Stability Pushup (TSPU)			2	2
Extension		pass		
Rotary Stability (RS)	2		2	2
Flexion		pass		
<b>Score (21 is perfect score)</b>				15

**FMS Results:** Based on the FMS assessment, the following two movements should be addressed:

ASLR - A low score on this test could indicate a lack of pelvic control, inadequate mobility of the opposite hip, or poor functional hamstring flexibility in moving leg.

SM - A low score on this test could indicate shortened pec minor, lats and rectus abdominus; or limitations in scapulothoracic mobility or stability.

**Additional Notes:**

## Corrective Exercise Recommendation

Incorporate the corrective exercises below into your workout.

### ASLR Corrective Exercises

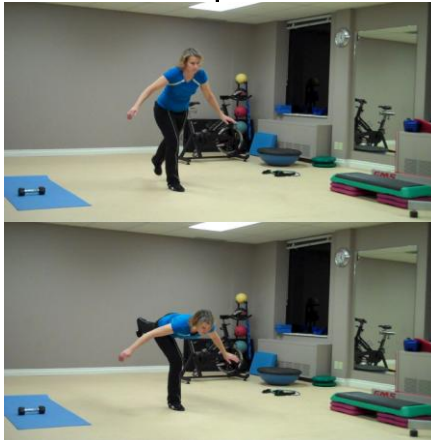
#### Single Leg Lowering Progression



Lie on your back with your legs in a doorway, with a 6-8 inch box or step under your calves. Place one foot up on a wall with hip flexed (bent) and knee straight, and the other foot on the floor with knee bent. You should be close enough to the wall that you feel only a slight stretch in the back of the up leg. Place your hands at your sides with palms up. Lift your other leg up and hold it next to the leg that is on the wall. Engage your core and slowly lower that leg to the floor. If you feel the stretch in your Up leg increase, then your pelvis is tilting - focus on core engagement to prevent the pelvis from tilting forward as you lower your leg. Progress to a smaller step, or none at all, and try to move your body closer to the wall.

Repeat 5-10 times then switch sides. Do 2-3 sets.

#### Single leg Romanian Deadlift



Hold a dowel in your right hand so it is touching the back of your head, between your shoulder blades, and your tailbone. Your hand should be at your low back. Shift your weight onto your left foot, maintain a neutral spine, engage your core muscles, and with about a 20 degree bend in the left knee, shift your buttocks backward as you bend forward at the hips and slowly lower your torso to a horizontal position, lifting your right leg up as you do. Be sure to bend at the hips, not the back. Do not lose contact with any of the 3 points. Be sure to keep the toes on both feet pointing straight ahead. Return to the standing position.

Repeat 5-10 times then switch sides. Do 2-3 sets.

## SM Corrective Exercises

### Side-lying Rotation



Lie on your left side with your right hip and knee bent at 90 degrees. Place a medicine ball or foam roll under your right knee. Place both hands out in front of your chest - arms straight. Slowly rotate your upper body as far as you can. Ideally your right arm will be flat on the floor behind you (180 degrees from your left arm).

3-5 reps each side. Hold 15 seconds

### Wall Sit with Shoulder Press



Sit on the floor with back against a wall with feet crossed in lotus position, or with the soles of the feet touching (the latter makes the exercise more challenging). Hold arms out to side against the wall with elbows flexed to 90 degrees. Place the back of the hands against the wall or as close to the wall as possible. Press hands upwards towards the ceiling. Press knees towards floor at the same time as raising arms up overhead. Perform the pressing as far as possible while keeping the hands against the wall (or as close as possible). Pay particular attention to not shrug the shoulder(s).

5 to 10 reps, performed slowly.