

**Functional Movement Screen Result for**

Mike

Kelly

**Team:**

soccer

**Date**

December 6, 2010

**FMS Completed by:**

Elsbeth Vaino, 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)			2	2
Hurdle Step (HS)		3	2	2 hip hike
In-line lunge (ILL)		2	2	2
Shoulder Mobility (SM)		2	2	2
Impingement		pass		
<b>Active Straight Leg Raise (ASLR)</b>		<b>2</b>	<b>3</b>	<b>2</b>
Trunk Stability Pushup (TSPU)			3	3
Extension		pass		
<b>Rotary Stability (RS)</b>		<b>1</b>	<b>2</b>	<b>1</b>
Flexion		pass		
<b>Score (21 is perfect score)</b>				14

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

RS - A low score on this test could indicate poor hip, core or scapular stability; and/or limited mobility of the knee, hip, spine or shoulder.

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.

**Functional Movement Screen Result for** John Rogers  
**Team:** soccer  
**Date** December 6, 2010  
**FMS Completed by:** Elsbeth Vaino, CSCS



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<b>FMS Results by Test: (out of 3)</b>	<b>Left</b>	<b>Right</b>	<b>Score</b>	<b>Notes</b>
Deep Squat (DS)			2	2
<b>Hurdle Step (HS)</b>	<b>2</b>	<b>2</b>	<b>2</b>	
In-line lunge (ILL)	2	2	2	
Shoulder Mobility (SM)	3	3	3	
Impingement		pass		
<b>Active Straight Leg Raise (ASLR)</b>	<b>2</b>	<b>2</b>	<b>2</b>	
Trunk Stability Pushup (TSPU)		2	0	
Extension		fail		
Rotary Stability (RS)	2	2	2	
Flexion		pass		
<b>Score (21 is perfect score)</b>			<b>13</b>	

**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.  
 HS - A low score on this test could indicate poor stability of the stance leg or poor mobility of the step leg.

**Functional Movement Screen Result for**

Paul Wong

**Team:** soccer**Date:** December 6, 2010**FMS Completed by:** Your Name, CSCS

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<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)	3		3	3
<b>Shoulder Mobility (SM)</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>h - 8; L - 7; R - 10</b>
Impingement		pass		
Active Straight Leg Raise (ASLR)	2		2	2
Trunk Stability Pushup (TSPU)			3	3
Extension		pass		
<b>Rotary Stability (RS)</b>	<b>2</b>	<b>3</b>	<b>2</b>	
Flexion		pass		
<b>Score (21 is perfect score)</b>				17

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

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

RS - A low score on this test could indicate poor hip, core or scapular stability; and/or limited mobility of the knee, hip, spine or shoulder.

**Functional Movement Screen Result for**

Sean Macy



**Team:** soccer

**Date:** December 6, 2010

**FMS Completed by:** Your Name, CSCS

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

FMS Results by Test: (out of 3)	Left	Right	Score	Notes
Deep Squat (DS)			3	3
Hurdle Step (HS)	3		3	3
In-line lunge (ILL)	3		3	3
Shoulder Mobility (SM)	3		3	h - 8; L - 7; R - 7.5
Impingement		pass		
<b>Active Straight Leg Raise (ASLR)</b>	<b>2</b>	<b>3</b>	<b>2</b>	
Trunk Stability Pushup (TSPU)			3	3
Extension		pass		
<b>Rotary Stability (RS)</b>	<b>2</b>	<b>3</b>	<b>2</b>	
Flexion		pass		
<b>Score (21 is perfect score)</b>				19

**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.

RS - A low score on this test could indicate poor hip, core or scapular stability; and/or limited mobility of the knee, hip, spine or shoulder.

<b>Functional Movement Screen Result for</b>	soccer
<b>Date</b>	December 6, 2010
<b>FMS Completed by:</b>	Elsbeth Vaino, CSCS
<b>Team Average:</b>	15.75



Athletes below 14: 1

<b>FMS Results by Test: (out of 3)</b>	<b>Worst Test</b>	<b>Pain Score (0)</b>	<b>Symmetrical 1</b>	<b>Left 1 / Right 2</b>	<b>Left 2 / Right 1</b>	<b>Symmetrical 2</b>	<b>Left 2 / Right 3</b>	<b>Left 3 / Right 2</b>	<b>Symmetrical 3</b>
Deep Squat (DS)						2			2
Hurdle Step (HS)	1					2		1	1
In-line lunge (ILL)						2			2
Shoulder Mobility (SM)	1					1		1	2
Impingement									
Active Straight Leg Raise (ASLR)	3					2	2		
Trunk Stability Pushup (TSPU)		1				1			3
Extension		1							
Rotary Stability (RS)	3			1		1	2		
Flexion									

**Number of athletes:** 4

**Notes:**