



Client: \*\*\*\*\*

FMS Certified Member: \*\*\*\*\*

FMS Score: 15

Previous FMS Score: N/A

Screening Date: Monday, December 7, 2020

Last Modified: Monday, December 7, 2020


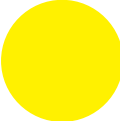


Previous Screening Date: N/A

# Understanding the Report

The 7 FMS movement patterns are listed in order of priority from the most basic and fundamental to the most complex and functional - the general order of importance in the Functional Movement Screen™.




Each movement pattern score contains a corresponding symbol that provides recommended focus when evaluating or developing exercise programs.

These symbols are described below:

Symbol	Associated Scores	Recommendation
 Green Light Ready to Train	Indicated by optimal (3/3) and acceptable (2/2) scores only.	Pursue fitness and performance goals while training movements in this pattern.
 Yellow Light Cautious Training	Indicated by scores (2/3). Minor difference between left to right.	Use caution when engaging in higher level activities that use this pattern. Consistently screen this pattern to ensure the difference does not get worse.
 Red Light Not Ready to Train	Movement pattern limitation Indicated by any score of 1.	Focus on exercises to improve movement in this pattern and avoid higher intensity exercises that use this pattern until improvement is seen.
 Pain Indicated with Movement	Any score of 0.	See a health care provider for assessment and do not progress exercises that use this painful pattern.

# MY FMS REPORT

TOTAL SCORE 15

Pattern	Left	Right	Total
 Deep Squat	3	3	3
 Hurdle Step	3	2	2
 In-line Lunge	3	3	3
 Ankle Clearing	G	G	3
 Shoulder Mobility	1	1	1
 Shoulder Clearing	-	-	1
 Active Straight-Leg Raise	1	1	1
 Trunk Stability Push-Up	3	3	3
 Extension Clearing	-	-	3
 Rotary Stability	2	2	2
 Flexion Clearing	-	-	2

## Movement Summary

Below



You did not pass these patterns. Do not perform exercises that use these patterns because the quality of your movement may not support higher level training and activity.

Pass



You passed these patterns. You can pursue fitness, activity and performance goals while training movements in these patterns. Periodically rescreen to ensure these movement patterns maintain a passing score and continue to contribute to your progress.



# Active Straight Leg Raise

Score of (1L/1R)



Red Light Not Ready to Train

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## Your Findings

You did not pass the Active Straight-Leg Raise Screen. Do not perform exercises that use this lower body movement pattern because the quality of your movement may not support higher level training and activities.

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## Importance Of This Pattern

This fundamental lower body movement expresses both mobility in the hips and stability in the pelvis and core. It supports many of the functional movements that involve our lower body. This movement pattern is the foundation of our locomotive patterns and is used in many everyday activities. You see it in positions like half kneeling and a split stance and it is essential to movements such as lunging, stepping, and running.

### Lifestyle

Walking the dog, lunging down to trim a low branch, hiking on the trail, and climbing up the stairs.

### Occupational

Firefighter using split stance to create a stable base while holding the firehose. Construction worker lowering into lunge while using a power tool with precision. A teacher lowering herself to talk on a child's level.

### Training and Fitness

Running (lower body coordinated pattern and pelvic stability). Deadlifting a kettlebell. Lunging in multiple directions in circuit class. Cycling in spin class.

### Sport and Performance

Decelerate with coordinated lower body movement during changes in direction on the field. Lower your body down for a ground ball in baseball. First step quickness for a soccer player to beat an opponent to the ball. Approaching for a single leg takeoff for a layup in basketball.

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## Exercise Suggestions

### Corrective Exercises

Focus on exercises to improve movement in this movement pattern and avoid higher intensity exercises that use this pattern until improvement is seen.

### Conditioning Exercises

Avoid activities that will load or stress this movement pattern (deadlifting, lunging, split squats, running, step ups and lower body coordinated movements) until there is better movement and an acceptable difference between right and left based on score.



## Shoulder Mobility

Score of (1L/1R)



Red Light Not Ready to  
Train

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### Your Findings

You did not pass the Shoulder Mobility Screen. Do not perform exercises that use this reciprocal upper body movement pattern because the quality of your movement may not support higher level activities

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### Importance Of This Pattern

Our ability to carry, push, pull, reach overhead, throw, run and even walk is influenced by the coordinated use of the arms and upper body. Any number of repetitive motion tasks -- overall lifestyle, occupational and sport performance -- require mobility, control and endurance from the upper body.

#### Lifestyle

Reach for something high up in your cabinet, put on your shirt or carry the trash outside and throw it in the garbage can.

#### Occupational

Restocking shelves, a mechanic working on a car, a dentist performing dental procedures and an computer engineer working at a desk.

#### Training and Fitness

The upper body coordination in running. Overhead pressing, horizontal pressing and upper body pulling exercises. Supporting the kettlebell in get ups. Upper body catch position in snatches and cleans. Push-up and plank variations.

#### Sport and Performance

Throwing a ball, striking and swinging movements for sports such as tennis, football, basketball, and softball. Propelling through the water in swimming. Coordinating with the lower body for sprints and changes of direction.

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### Exercise Suggestions

#### Corrective Exercises

Focus on exercises to improve movement in this pattern and avoid higher intensity exercises that use this pattern until improvement is seen.

#### Conditioning Exercises

Avoid activities that will load or stress in the pattern (pushing, pressing, rowing, snatching, throws) until better movement and an acceptable difference based on score is achieved.



## Hurdle Step

Score of (3L/2R)



Yellow Light Cautious  
Training

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### Your Findings

You passed the Hurdle Step Screen on both sides. However, the entire Hurdle Step pattern is not considered a pass because of the difference between your right and left side.

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### Importance Of This Pattern

In daily living, the ability to go from double to single leg movement is essential when transitioning from standing to locomotion such as walking, stepping and running. Rolling, crawling and other human developmental milestones set the stage for this pattern.

#### Lifestyle

Loading one leg while lifting the opposite leg to perform tasks such as climbing stairs, stepping over toys or more challenging activity such as hiking up a trail.

#### Occupational

Firefighters, painters, and construction workers of all types rely on stepping, climbing, and shifting to single leg support.

#### Training and Fitness

Single leg and stepping exercises. Conditioning drills that use running, hopping and bounding.

#### Sport and Performance

In football when you use first step quickness and sprints. A baseball pitcher winding up for a fastball. Shifting from the back leg to the front leg in a golf swing.

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### Exercise Suggestions

#### Corrective Exercises

Focus on exercises to improve movement in this pattern and avoid higher intensity exercises that use this pattern until improvement is seen.

#### Conditioning Exercises

Avoid activities that will load or stress this movement pattern (single leg stance, impact activities, reciprocal patterning) until an acceptable difference based on score is achieved.



## Rotary Stability

Score of (2L/2R)



Green Light Ready to  
Train

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### Your Findings

You passed the Rotary Stability Screen and you're ready to for exercises that use this core stability and core timing movement pattern.

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### Importance Of This Pattern

This core stability and timing movement pattern looks at the body's central stability and how well the body adjusts to changes using both the left and right side. The change in the base of support when lifting an arm and leg provides a unique challenge and requires the body to activate core stability and timing to maintain balance and control. In our human developmental milestones, we use this position on our hands and knees to crawl, coordinate limbs for locomotion, and for transitioning to upright positions. As kids, we learn to climb, run, and bound by exploring and expressing this ability.

#### Lifestyle

Crawling, walking, running, stand-up paddling, grandparent picking up a baby to put on their hip and heaving a heavy bag into a car using rotational momentum all use this pattern to support these activities.

#### Occupational

Rescue worker crawling in a confined space, firefighter climbing back onto the truck, a construction crew pulling heavy cables across the ground, and military personnel performing various maneuvers for combat training.

#### Training and Fitness

Pulling ropes, agility drills, medicine ball side throws, single arm loading for farmers carries, resisted crawls and single arm swings and snatches.

#### Sport and Performance

Coiling and uncoiling the torso when throwing a baseball, pivoting while dribbling a basketball, catching the ball over the shoulder in football, following through after striking a volleyball serve and loading the backswing to strike a golf ball.

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### Exercise Suggestions

#### Corrective Exercises

You passed this pattern and can proceed to conditioning exercises. You can pursue fitness, activity and performance goals while training movements in this pattern.

#### Conditioning Exercises

Activities using this movement pattern (climbing, crawling, medicine ball side throw, cable rotations, single arm snatches, single arm rows, agility drills) may be performed with a primary focus of technique over volume and intensity.



# Trunk Stability Pushup

Score of 3



Green Light Ready to Train

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## Your Findings

You passed the Trunk Stability Push-Up Screen and you're ready for exercises that use core strength pattern and the ability to hold your trunk position to support higher level training and activities.

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## Importance Of This Pattern

This movement pattern provides core strength and posture to see if you can resist forces that may take your trunk out of alignment. It also challenges your ability to transfer energy and effort between your upper and lower body. This ensures that you do not sacrifice stability while trying to perform daily tasks, job related activities and sports movements.

### Lifestyle

Pushing a lawn mower, a heavy shopping cart or lifting something heavy overhead onto a high shelf.

### Occupational

Airline mechanic lifting heavy parts overhead, walking with a heavy box of supplies at the office, or maintaining an upright posture while helping a rehab patient walk.

### Training and Fitness

Plank variations, overhead pressing, pushing a sled, kettlebell swings, or barbell cleans or snatches.

### Sport and Performance

Sprints (resisting extension and transferring forces from the lower body to the upper body), lineman in football blocking off the line, or resisting an opponent pushing you out of position on the basketball court.

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## Exercise Suggestions

### Corrective Exercises

You passed this pattern and can proceed to conditioning exercises. You can pursue fitness, activity and performance goals while training movements in this pattern.

### Conditioning Exercises

Activities utilizing this pattern (maintaining trunk position while pressing, pulling and overhead activities with moderate to heavy resistance) should be performed with the primary focus of technique over volume and intensity





## Inline Lunge

Score of (3L/3R)



Green Light Ready to  
Train

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### Your Findings

You passed the Inline Lunge Screen and the Ankle Clearing. You are ready for exercises that use the lunge and split stance patterns.

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### Importance Of This Pattern

Ankle mobility is important in all aspects of life. It is extremely important to understand that pain and limitation in ankle mobility could have a negative impact on your ability to perform several movement patterns. A limitation on one side and not the other can often throw the body completely out of balance.

#### Lifestyle

Limited ankle mobility can affect your ability to squat down to pick up an object, step up and down stairs and lower into a lunge to tie your shoes.

#### Occupational

General workforce rely on ankle mobility for most movements and having limited ankle mobility can cause compensations, injury or reduced productivity.

#### Training and Fitness

We need ankle mobility to perform common exercises such as squatting, lunging, running, balancing and many more. Ankle mobility and foot position are necessary to setup in the correct position for many exercises.

#### Sport and Performance

Most sports require you to run, squat, lunge or dynamically balance, and these movements require appropriate ankle mobility to progress performance and skill at all levels.

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### Exercise Suggestions

#### Corrective Exercises

You passed this pattern. You can pursue fitness and performance goals while training movements in this pattern.

#### Conditioning Exercises

Activities using this pattern (single-leg stance, impact activities, reciprocal patterning) should be performed with a primary focus of technique over volume and intensity.



# Deep Squat

Score of 3



Green Light Ready to Train



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## Your Findings

You passed the Deep Squat Screen and you're ready for exercises that use the squat pattern.

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## Importance Of This Pattern

Squatting is a functional movement. A healthy squat is necessary for all walks of life at any age.

### Lifestyle

A squat can be a position of rest like when sitting around a campfire or playing with a child without fully sitting. Evenly lowering yourself to pick up laundry or heavy groceries from the ground.

### Occupational

A firefighter's ability to squat and lift a heavy hose or get low during a hazardous fire. Corporate employee squatting to pick up a box of supplies at the office. Emergency personnel squatting to lift an injured person from the ground.

### Training and Fitness

Safely loading an exercise squat. Squatting down before a jump. Catching a barbell in the correct position for a barbell clean. Squatting into a yoga pose.

### Sport and Performance

Vertical leap in volleyball or basketball. Anytime athletes drop their body position into an athletic ready position or to stop an opponent. Getting into position for a baseball catcher.

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## Exercise Suggestions

### Corrective Exercises

You passed this movement pattern and can focus on conditioning. You can pursue fitness, activity and performance goals while training movements in this pattern.

### Conditioning Exercises

Activities using this movement pattern (Squatting, deadlifting, Olympic lifts, jumping) should be performed with the primary focus of technique over volume and intensity.