

Functional Movement Screen

How well do you move? Do you have any imbalances that may cause you to get injured? Can your core strength support the weights that you are lifting with your arms or legs? Is your flexibility adequate to perform everyday functional tasks? These are just a few of the questions that completing a Functional Movement Screen (FMS) will help answer.

The Functional Movement Screen is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness.

The FMS simplifies the concept of movement and its impact on the body. The screen is comprised of seven movement tasks that require a balance of mobility and stability.

The seven movement tasks asked to perform are:

1. Deep Squat Movement Pattern
2. Hurdle Step Movement Pattern
3. Inline Lunge Movement Pattern
4. Shoulder Mobility Movement Pattern
5. Active Straight Leg Raise Movement Pattern
6. Trunk Stability Pushup Movement Pattern
7. Rotary Stability Movement Pattern



These patterns are used to provide observable performance of basic, manipulative and stabilizing movements by placing clients in positions where weaknesses, imbalances, asymmetries and limitations become noticeable by a trained health and fitness professional.

Once completed, the McLeod Sport Medicine professional will give the client some corrective exercises based upon the screening results. These corrective exercises are then used to correct the specific movement patterns that need improvement.

If you're interested in having a Functional Movement Screen completed by one of McLeod Sports Medicine's professionals, please call Dave Stoklosa at (843)616-8235.



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