

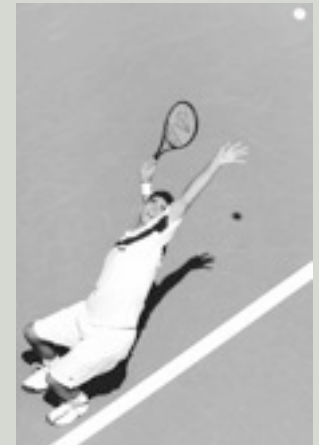
FMS

The Functional Movement Screen (FMS) can help individuals and groups in many different ways. This simple screening tool provides the most fundamental and primary information needed when working with active and athletic populations. How close are you to a perfect score? 3 is the best you can do for each of 7 tests. $7 \times 3 = 21$ What is your score?

Seven Move-ments will give you a totally new per-spective. Are you a 21?



By performing the Functional Movement Screen you can quickly ascertain potential risk when an individual's movement patterns are limited or altered. These patterns often go undetected in conventional training. You can also use the screen to refine training based screening information.



Some professionals look at movement patterns to identify those who may be at risk for an injury as activity levels are increased. Others are interested in performance and consider movement patterns as they develop fitness and performance programs. Here is a system that does **BOTH**.



Audio Page

Take a moment and listen to the audio files below. Use each topic to help refine and define your specific interest in the FMS and corrective exercise system.



Do you know your weakest link?



Performance vs. Durability

Don't put fitness on dysfunction

Systems vs. Programs



Peak or Plateau

**Fundamentals First
.....Always!**

The Functional Movement Screen Summary

This program is a product of years of innovation and current research. The philosophy starts with a system that monitors fundamental movement. From the information gathered the user can develop corrective exercise programs based on individual movement patterns. It is equally effective in fitness and sports conditioning because it targets the **“weak link in movement”**.

“Working on any other part of the chain will not change the strength of the chain.”

Specifically, the **Functional Movement Screen** is a ranking and grading system created to document movement patterns that are key to normal function. By screening these patterns, functional limitations and asymmetries are readily identified. Basic movement pattern limitations can reduce the effects of functional training, physical conditioning, and distort proprioception (body awareness). At the heart of the system is the Functional Movement Screen Score which helps to target the problem and track progress. The scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

Benefits of Utilizing the Functional Movement Screen and Exercise Philosophy

- Creates a continuous focus on the fundamentals of movement
- Creates a functional baseline to mark progress
- Reliable and reproducible screen with specific markers for movement problems
- Improves functional fitness and athletic performance
- Helps to reduce the potential for training and sports injuries
- Provides a simple grading system to assess movement patterns
- Can be easily utilized in both the athletic and active fitness populations
- Identifies physical imbalances, limitations, and weaknesses
- Improves fundamental movement patterns with simple corrective exercises
- Helps to individualize training and conditioning programs for specific results
- Works to identify potential cause and effect relationships of micro-trauma as well as chronic injuries in relation to movement asymmetries and weakness

Quotes:

“The Functional Movement Screen has allowed me to observe problematic movement patterns and have viable solutions to correct and improve them. It allows the conditioning specialist an opportunity to get an accurate snapshot of our clients to develop individualized program design...”

Sean Armistead, Pres./Owner: Phenomenal Fitness, Chicago, IL

“This work represents a powerful paradigm shift in athlete development. Gray shows how to identify and attack limiting factors, allowing athletes to realize their potential.

Mark Verstegen: President, Athletes Performance

“Since I have been using it I have had great success with my athletes. They move better and feel more balanced. Using your techniques I have been able to clear up a lot of trouble spots and help a ton of athletes. Just by balancing a kid out and doing the proper corrective exercises he was able to increase the speed on his fastball by 5 mph.”

Mark Shropshire, Exercise and Sport Physiologist

We now use this program with every player as a pretest and evaluation tool before we even begin to train them. This individualizes our training as we can now focus more on improving weaknesses, imbalances and asymmetries in an effort to improve functional movement patterns. It's the foundation of our program. Everything we do builds off of it. We wouldn't think of not using this program.”

Jon Torine, Head Strength Coach, Indianapolis Colts

Research

Recent published material suggest that performing the Functional Movement Screen and implementing corrective exercise will help to alleviate injury and improve overall performance.

For more Research and Specific References visit: [Our Research Page](#)