



Functional Movement Screen (FMS™)

The *Functional Movement Screen (FMS™)* was developed to provide a better system for sports medicine, fitness and strengthening and conditioning professionals to identify movement dysfunction as well as improve communication between the professions.

Developed in the mid-90s by Gray Cook, PT with the idea of creating a screening process that would allow anyone dealing with active individuals to easily set a baseline of fundamental movement. Once the fundamental movements were observed, better decisions could be made on how to better enhance the individual's training or workout plan. The intent was to create a more proactive approach when dealing with movement dysfunction to allow detection of dysfunction and to intervene as soon as possible.

The *Functional Movement Screen (FMS™)* captures fundamental movements, motor control within movement patterns and competence of basic movements uncomplicated by specific skills. It will determine the greatest areas of movement deficiency, demonstrate limitations or asymmetries, and eventually correlate these with an outcome.

The *FMS™* is comprised of seven movement tests that require a balance of mobility and stability. The patterns used provide observable performance of basic mobility and stability movements by placing the clients in positions where weaknesses, imbalances, asymmetries and limitations become noticeable by a trained health and fitness professional.

The screen is not a training tool, nor is it a competition tool. It is purely an instrument for ranking and rating movements. It is not intended to determine why a dysfunctional or faulty movement pattern exists. Instead, it's a discovery of which patterns are problematic. The *FMS™* exposes dysfunction or pain – or both – within basic movement patterns. Those who score poorly on the screens are using compensatory movement patterns during regular activities. If these compensations continue, sub-optimal movement patterns are reinforced, leading to poor biomechanics and possibly contributing to a future injury.

Please contact **Tristan Boaldin, DPT, PT, FMS, SFMA, YBT** with any questions you may have regarding the *Functional Movement Screen (FMS™)*. **(319) 222-2901**.