



Modified Functional Movement Screen (Modified-FMS™)

The *Functional Movement Screen (FMS™)* has given certified movement assessment professionals a better perspective on human movement since the mid-90s. It has shown its benefits within all activity levels from the ages of 7 to 70, however, some have been concerned that the FMS may not be appropriate for all populations. The need for a screen that still gives the necessary information yet is suitable for certain individuals needed to be developed.

The *Modified Functional Movement Screen (Modified-FMS™)* is a tool that will give movement assessment professionals utility and knowledge without overly taxing positions or making a client feel intimidated. The *Modified-FMS™* is a special purpose distillation of the *Functional Movement Screen (FMS™)* and *Y-Balance Test (YBT™)* and can vet mobility and functional motor control. It gives the professional an option to gauge movement ability in individuals who may warrant a less demanding movement screen. The full *FMS™* is always recommended but this may not always be practical for some clients. If the client is able to pass the *Modified-FMS™* then we can more confidently apply the tests that are included in the full *FMS™* to gain a more robust look at the client's movement baseline.

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