



FUNCTIONAL MOVEMENT SCREEN (FMS)

5 REASONS WE USE THE FMS

The best predictor of future injury is past injury

Many individuals don't rehabilitate their injuries appropriately. The FMS improves our ability to evaluate our clients recovery and assess their risk for re-injury.

Movement changes after an injury

These movement changes occur at multiple joints away from the injury site. These motor control changes are highly individualized and unpredictable.

Many people can perform adequately in one movement pattern and poorly in another

The core and hips might perform well in squatting, but poorly in single-leg stance on the right side, or lunging on the left. Each movement pattern is distinctly different with its own timing and coordination signature. The solution can only be found by addressing the pattern, not by attempting to create isolated strength or performance in a faulty muscle group.

Most exercise programs focus on quantities (time, distance, weights), instead of quality

You can improve physiologic capacity without improving functional movement patterns. The patterns may even regress as a result of the training. If you are having pain, the movement screen helps identify areas that need to be addressed with your exercise program, rather than chasing pain with exercise.

Many people build fitness on a dysfunctional platform

Most people assume exercise will work out their problems. In reality, if you are exercising with dysfunctional movement patterns, this can cause compensation and substitution, leading to poor efficiency, secondary problems, and increased injury risk. This often causes active individuals to have to stop their activities. Improving your functional movements should enhance your ability to perform activities that include: strength training, weight lifting, aerobic/anaerobic conditioning, Olympic lifting, sports performance, etc.



Purpose of the screen

The Functional Movement Screen is used to identify movement dysfunctions that will affect functional performance and predispose the individual to a higher risk of injury.

If you are having pain, the movement scan/screen helps the clinician identify areas that need to be addressed with your exercise prescription, rather than chasing pain with exercise.

The movement scans/screens help improve communication and collaboration between medical professionals, fitness professionals, and sport specific coaches - by improving objectivity in describing movement problems.

The results of each athlete's functional movement screen should be considered when designing their individual strength and conditioning programs, as well as for team warm-up and conditioning drills. The FMS score is also a great way to evaluate the success of athlete's strength and conditioning programs. If they are lifting heavier weight, but aren't moving more efficiently/more athletically, their program needs to be modified.

The following description is provided by Gray Cook, who developed the Functional Movement Screen (FMS):

"Movement screens are not done to see who moves perfectly, they are done to see who is at risk. In individuals that don't have pain the movement screen can be viewed similar to a blood pressure test - it helps to identify if you are at increased risk for musculoskeletal injury with exercise.

It can be a proactive way to identify risk factors associated with exercise. Most people assume exercise will work out their problems. In reality, if you are exercising with dysfunctional movement patterns, you are at risk for developing MSK injuries, which often cause people to have to stop their activities.

This training system takes a slightly different approach in the fact that it focuses on assessing and improving the body's imbalance or weakness by first assessing movement patterns. The Functional Movement Screen was designed to assist the examiner in determining the source of an individual's movement problems. The body's movement inefficiencies underlie strength, endurance, coordination, speed, agility and power problems. The exercise progressions were developed to improve the specific fundamental movement pattern. If this can be accomplished and the body can begin to move more efficiently, then the performance of the individual will improve. This system has the potential to be proactive in injury prevention and performance improvement.

History of the Functional Movement Screen

The Functional Movement Screen was developed by Gray Cook (Physical Therapist), and Lee Burton (Athletic Therapist). They published the Functional Movement Screen in the North American Journal of Sports Physical Therapy in 2006. Since that time, further studies have indicated that the test score of individuals who are assessed with the Functional Movement Screen helps predict those individuals who have a higher future injury risk.



EvolutionPHYSIOTHERAPY

Professional Team Endorsements

The Functional Movement Screen is being used and endorsed by a number of professional sports teams from the NFL, MLB, and NHL. It is also becoming a standard screen for many elite amateur athletes.

The following comment was written by Jon Torine, the Head Strength Coach of the Indianapolis Colts, who has been using the Functional Movement Screen for a number of years.

“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. Not only that, it's an integral part of our program; rehabilitating injuries, decisions on return to play, and it's a test before training camp that tells us:

- 1) *has the player improved?*
- 2) *do we feel good about putting him on the field?”*

Jon Torine,
Head Strength Coach,
Indianapolis Colts, Indianapolis, IN



Functional Movement Screen

Hurdle Step Test