

Functional Movement Screen

Date:

Client information					
Name:			Date of birth:		
Contact information:			Address:		
Age:	Gender:	Sex:	Height:	Weight:	
School/team (if applicable):			Primary sport (if applicable):		
Primary position (if applicable):			Previous test score (if applicable):		
Hand dominance:		Leg dominance:		Swing dominance:	
Left	Right	Left	Right	Left	Right
Throw dominance:					
Left					
Right					
Scoring guide					
<ul style="list-style-type: none"> • 3: Able to perform the movement correctly without compensation • 2: Must compensate in some way to perform the movement • 1: Unable to complete assume the position to perform the movement • 0: Individual expresses pain during the movement 					
Note: For clearing tests, document "Positive" for presence of pain and "Negative" for absence of pain. If pain is provoked, the final score of the test will be "0".					
Test		Raw score	Final score	Notes	
Deep squat To assess the deep squat, instruct the client to stand with feet shoulder-width apart and toes pointing forward. Have them hold a dowel with both hands and press it overhead so their shoulders are flexed and elbows fully extended, keeping the dowel in line with the ears. Ask the client to perform a slow, controlled squat as deep as possible while keeping the dowel overhead, heels on the floor, and the torso upright. Observe for any compensation, including heel lift, forward trunk lean, or loss of dowel alignment.					
Hurdle step Begin by setting the hurdle to the height of the client's tibial tuberosity. Instruct the client to stand tall with feet together and the dowel resting across the back of their shoulders (like in a back squat position). Ask them to lift one leg, step over the hurdle, lightly touch their heel on the floor on the other side, then return to the starting position using the same path. Repeat on the opposite side.		L			
		R			

Test		Raw score	Final score	Notes
Inline lunge Position the client with one foot in front of the other on a straight line (heel-to-toe), using a distance that matches the length of their tibia. Instruct them to hold a dowel vertically behind their back, maintaining contact with three points: the back of the head, the thoracic spine, and the sacrum. The dowel should be held with the hand opposite the front foot on the cervical curve and the hand on the same side on the lumbar curve. Ask the client to descend into a lunge, keeping the torso upright and the dowel in contact with all three points.	L			
	R			
Shoulder mobility Have the client stand tall and make fists with both hands. Instruct them to simultaneously reach one hand over the shoulder and the other up the back, attempting to touch the fists together between the scapulae. Measure the distance between the fists. Repeat with the opposite arms. Assess the symmetry and distance between the fists to score shoulder mobility.	L			
	R			
Active straight-leg test Position the client lying supine on the floor, arms at their sides, and both legs straight, with toes pointing upward. Place a dowel vertically at the midpoint between the anterior superior iliac spine (ASIS) and the knee joint. Instruct the client to slowly raise one leg, keeping the knee extended and the opposite leg flat on the ground. Assess the height of the raised leg in relation to the dowel, ensuring no movement occurs in the stationary leg. Repeat on the opposite side.	L			
	R			
Trunk stability pushup Instruct the client to lie prone on the floor with hands positioned shoulder-width apart. For males, the hands should be aligned with the forehead; for females, at the chin. Ask the client to perform one push-up in a controlled manner, maintaining a rigid body with no lag in the hips or spine. Observe for any loss of spinal alignment or inability to perform the movement in a single unit.				

Test		Raw score	Final score	Notes
Extension clearing test Following the trunk stability pushup test, ask the client to lie prone on the floor with their hands positioned beneath their shoulders, similar to a standard push-up position. Instruct them to press their upper body off the ground by extending through the elbows while keeping the hips and legs in contact with the floor—this creates a gentle lumbar extension. Observe the client's response and ask if they feel any pain or discomfort in the lower back during the movement.	+/-			
Rotary stability Have the client assume a quadruped position with hands and knees on the floor, shoulders over wrists, and hips over knees. Instruct them to simultaneously extend the same-side arm and leg (e.g., right arm and right leg), then bring the elbow and knee together under the body, and return to the extended position without losing balance or posture. Repeat on the opposite side. Assess core stability, control, and smoothness of movement.	L			
	R			
Flexion clearing test After completing the rotary stability test, have the client remain in the quadruped position (on hands and knees). Instruct them to sit back slowly toward their heels while reaching both arms forward on the floor, as if performing a child's pose in yoga. This motion flexes the spine and hips, helping to identify discomfort during loaded flexion. Ask the client if they experience any pain or discomfort, particularly in the lower back.	+/-			
Total score				
<p>Tests that involve both the right and left sides, such as the Hurdle Step or Shoulder Mobility, are scored bilaterally, meaning each side is assessed individually. These individual scores are referred to as the raw scores.</p> <p>For each test category, the lower of the two raw scores is recorded as the final score, which reflects the participant's more limited side. For example, if the left side scores a 3 and the right side scores a 2, the final score for that test will be 2.</p> <p>The total FMS score is then calculated by summing all final scores across the seven test categories.</p>		Additional notes		