



Sports Med Ireland – Functional Movement Screen

The FMS is a ranking and grading system that documents movement patterns that are key to normal function and sports performance. By screening 7 patterns the FMS identifies functional limitation and asymmetries. These are issues that can reduce the efficiency and transfer of training to sports performance and limits development of correct body awareness and posture. Research has demonstrated that right/left asymmetries and major limitations can increase injury potential and decrease performance.

The FMS generates the Functional Movement Screen Score, which is used to target problems and track progress. The seven movement tests are described below briefly along with a brief description of what the scores mean.

TEST	DESCRIPTION
OVERHEAD SQUAT	ASSESSES MOBILITY OF HIPS/SHOULDER AND TRUNK WHILE TESTING STABILITY AND STRENGTH OF CORE MUSCLE GROUPS AND HIP STABILISERS
IN-LINE LUNGE	ASSESSES MOBILITY HIPS IN STRIDE LIKE POSITION AND TRUNK/ HIP CONTROL IN THIS PATTERN
HURDLE STEP	ABILITY TO MAINTAIN HIP/TRUNK CONTROL WHILE STEPPING ON ONE LEG
STRAIGHT LEG RAISE	MOBILITY OF HIPS TO GENERATE FLEXION OF ONE/EXTENSION OF OTHER
SHOULDER MOBILITY	MOBILITY OF SHOULDER GIRDLE, IDENTIFY ASYMMETRY

PUSH UP	SHOULDER GIRDLE STABILITY AND STRENGTH/TRUNK AND CORE STRENGTH AND STABILISATION
ROTARY STABILITY	CORE SYNCHRONISATION AND CONTROL

SCORING	EXPLANATION
3	EXCELLENT CONTROL AND MOBILITY IN PATTERN TESTED
2	ABLE TO COMPLETE PATTERN BUT LACKS ADEQUATE CONTROL/ MOBILITY TO MEET FULL SCORING CRITERIA
1	UNABLE TO COMPLETE PATTERN AS REQUIRED DUE TO LACK OF MOBILITY/CONTROL PER SCORING CRITERIA
0	PAIN NOTED ON TESTING. RECOMMEND FURTHER ASSESSMENT OF INJURED/PAIN GENERATING STRUCTURE

The scoring system is linked to the most beneficial corrective exercises to restore mechanically sound movement patterns. By documenting the aforementioned movement patterns, that are key to normal function, and the related scores, the team in Sports Med Ireland can target problems and track progress over time. Functional limitations and asymmetries are issues that can reduce the effects of training and physical conditioning as well as distorting body awareness and inhibiting optimum physical development. The Sports Med team use the FMS screen as part of the process to identify those exercises that will be the most effective to build strength, prevent injury and restore mechanically sound movement patterns in each individual. Fundamentally, the assessment the Sports Med Team conduct with you indicates your readiness to train and perform exercise so that realistic goals can be set and achieved while you continue develop.

What do we do with the test results?

All scores recorded have been kept in your file. It is planned to retest the FMS again at relevant intervals and note progress accordingly. You may be given 'homework' to complete as you progress and appropriate handouts or instruction from your Physio or Trainer will be provided where relevant. The exercises you conduct during your sessions in Sports Med all contribute towards improving your functional movement and as a result your test scores will improve as you improve and develop strength in the relevant movement patterns.