



THE **LEAN** BERETS

AVENGERS OF HEALTH!

Functional Movement Screen

“The FMS is a powerful paradigm shift in fitness and athletic development.”

--FunctionalMovement.Com

There are certain foundational movement “patterns” people should be able to perform in order to minimize injury and optimize function. The *Functional Movement Screen* (FMS) is a process that identifies weak links in certain movement patterns then assigns exercises to correct them. *Weak links are often imbalances between muscle flexibility, strength, and inadequate joint mobility that can lead to injuries.*

The FMS is used to target problems and track progress. This system is directly linked to corrective exercises to restore mechanically sound movement patterns. Fitness specialists, physical therapists, athletic trainers, and medical professionals are currently using the FMS to decrease injuries and optimize movements in general populations through professional athletes. Major exercise systems like *Primal Move* and *StrongFirst* also use the FMS extensively.

Purpose of FMS:

1. Identify individuals at risk who are attempting to maintain or increase activity levels.
2. Assist in program design by systematically using corrective exercise to normalize or improve fundamental movement patterns.
3. Provide a systematic tool to monitor progress and movement pattern development in the presence of changing fitness levels.
4. Create a functional movement baseline which will allow rating and ranking movement for statistical observation.

Focus: The FMS is focused primarily on three critical areas that need improvement with nearly everyone—*core, hip, and shoulder function.*

Testing: There are seven screens in the FMS that test mobility and stability of upper/lower body and rotational patterns. Each screen is assigned a score. Scores will indicate possible areas that need improvement.

Action Plan: Movement patterns that need improvement will be identified in screening. Corrective exercises targeted to movement issues will help participants to move more efficiently. Simple correctives can be given in areas such as rolling, stretching, joint mobility, strength training, pattern sequence drills, reactive neuromuscular training, and more. Details will be explained and demonstrated.

Exercise Programming: The idea is to work on your correctives *while you stay active* but not to be active to the point of overlooking what needs to be fixed or corrected. Our philosophy is injury prevention first and foremost!