Functional Movement Screen (FMS)

What is a Functional Movement Screen?

According to www.functionalmovement.com, FMS is "a ranking and grading system that documents movement patterns that are key to normal function. The FMS readily identifies functional limitations and asymmetries…issues that can reduce the effects of functional training and physical conditioning and distort body awareness."

Who can take the Functional Movement Screen?

Athletes of any age and skill level can receive their FMS score. Once the initial score is established it can be used as a tool to track one's progress.

What does the FMS help determine?

Once your individualized FMS score is achieved, the physical therapists at Advantage Rehab use the screen to identify exercises, stretches, and other interventions tailored to reduce individual limitations that can affect performance or increase the risk for injury. The FMS may determine a need for skilled physical therapy to correct a problem or may indicate specific strategies that can be incorporated into an established training program. Whenever possible, the PTs at Advantage Rehab will work with your coaches, instructors and with your preferred fitness program to help you be the best you can be!

Where can more information be found?

For more information visit www.functionalmovement.com/fms or contact Advantage Rehab at (307) 587- 9866.

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