



PÉCSI TUDOMÁNYEGYETEM  
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

# Personalized risk assessment, FMS

**Petra Mayer**

Physiotherapist

University of Pécs, Faculty of Medicine

Sport Medicine Department

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# What is the FMS?

- Developed by Gray Cook, Lee Burton, and Keith Fields as a simple method to identify movement pattern asymmetries and/or deficiencies.
- A simple means to rate and rank basic movement patterns needed in everyday physical activity.



# Functional Movement Screen (2006)



Deep Squat



Hurdle Step



In Line Lunge



Shoulder Mobility



Active Straight  
Leg Raise



Trunk Stability  
Push Up



Rotary Stability

Score	Criteria
0	Pain, regardless of performance
1	Unable to perform
2	Performed with compensation
3	Performed as directed

# Scoring the Deep Squat

3

- Torso is parallel with tibia or toward vertical
- Femur is below horizontal
- Knees do not track inside of feet
- Dowel aligned over feet



2

- Torso is parallel with tibia or toward vertical
- Femur is below horizontal
- Knees do not track inside of feet
- Dowel aligned over feet
- Heels are elevated



1

- Tibia and torso are not parallel
- Femur is not below horizontal
- Knees track inside of feet
- Dowel is not aligned over feet





# Scoring the Hurdle Step

3

- Hips, knees and ankles remain aligned in the sagittal plane
- Minimal to no movement in lumbar spine
- Dowel and hurdle remain parallel



2

- Alignment is lost between hips, knees and ankles
- Movement in Lumbar Spine
- Dowel and hurdle do not remain parallel



1

- Inability to clear the cord during the hurdle step
- Loss of Balance



# Scoring the Inline Lunge

3

- Dowel contact maintained
- Dowel remains vertical
- Minimal to no torso movement
- Dowel and feet remain in sagittal plane
- Knee touches the center of the board
- Front foot remains in start position



2

- Dowel contact not maintained
- Dowel does not remain vertical
- Movement in torso
- Dowel and feet do not remain in sagittal plane
- Knee does not touch center of the board
- Flat front foot does not remain in start position



1

- Loss of balance by stepping off the board
- Inability to complete movement pattern
- Inability to get into set up position



# Scoring the Shoulder Mobility

3

- Fists are within one hand length



2

- Fists are within one and a half hand lengths



1

- Fists are not within one and a half hand lengths



An individual receives a score of zero if pain is associated with any portion of this test.

A medical professional should perform a thorough evaluation of the painful area.

## CLEARING TEST

Perform this clearing test bilaterally. If the individual receives a positive score, document both scores for future reference. If there is pain associated with this movement, give a score of zero and perform a thorough evaluation of the shoulder or refer out.





# Scoring the Active-Straight Leg Raise

3

- Vertical line of the malleolus resides between mid-thigh and ASIS
- The non-moving limb remains in neutral position



2

- Vertical line of the malleolus resides between mid-thigh and joint line
- The non-moving limb remains in neutral position



1

- Vertical line of the malleolus resides below the joint line
- The non-moving limb remains in neutral position



An individual receives a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.



# Scoring the Trunk Stability Push-Up

3

- Men perform a repetition with thumbs aligned with the top of the forehead
- Women perform a repetition with thumbs aligned with the chin
- The body lifts as a unit with no lag in the spine



2

- Men perform a repetition with thumbs aligned with the chin
- Women perform a repetition with thumbs aligned with the clavicle
- The body lifts as a unit with no lag in the spine



1

- Men are unable to perform a repetition with thumbs aligned with the chin
- Women are unable to perform a repetition with thumbs aligned with the clavicle



An individual receives a score of zero if pain is associated with any portion of this test.  
A medical professional should perform a thorough evaluation of the painful area.

## EXTENSION CLEARING TEST

Extension is cleared by performing a press-up in from the floor with hands under the shoulders. If there is pain associated with this motion, give a positive (+) score with a final score of zero and perform a more thorough evaluation or refer out. If the individual does receive a positive score, document both scores for future reference.



# Scoring the Rotary Stability

3

- Performs a correct unilateral repetition
- Unilateral limbs remain over the board
- Without touching down, touch the same-side elbow to the same-side knee over the board



2

- Performs a correct diagonal repetition
- The diagonal knee and elbow meet over the board
- Without touching down, touch the opposite elbow and knee over the board



1

- Inability to perform a diagonal repetition



An individual receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.

## FLEXION CLEARING TEST

Flexion can be cleared by first assuming a quadrupedal position, then rocking back and touching the buttocks to the heels and chest to the thighs. The hands should remain in the front of the body, reaching out as far as possible. If there is pain associated with this motion, give a positive (+) score with a final score of zero and perform a more thorough evaluation or refer out. If the individual receives a positive score, document both scores for future reference.

