

## **FUNCTIONAL MOVEMENT SCREEN (FMS)**

### **WHAT IS FMS?**

FMS IS A SCREENING PROCESS WHICH LOOKS AT MOVEMENT PATTERNS IN THE BODY THAT ARE KEY TO NORMAL FUNCTION. BY SCREENING THESE MOVEMENT PATTERNS, THE FMS IDENTIFIES FUNCTIONAL LIMITATIONS AND ASYMMETRIES.

THE FMS IS A 7 STEP PROCESS WHICH TAKES 10-15 MINUTES AND IS DESIGNED TO PREDICT A PERSON'S RISK FOR INJURY AT ANY FITNESS LEVEL. IT CAN FURTHER IDENTIFY PROBLEM AREAS THAT MAY PREDISPOSE AN INDIVIDUAL TO INJURY DURING SPORT, WORK, OR RECREATIONAL ACTIVITIES.

### **WHY IS THE FMS BENEFICIAL?**

AFTER IDENTIFYING DANGEROUS MOVEMENT PATTERNS, THE ADMINISTRATOR CAN ADDRESS THEM WITH CORRECTIVE EXERCISES. THESE CORRECTIVE EXERCISES ARE AIMED AT RESTORING PROPER MOVEMENT PATTERNS AND TO STRENGTHEN THE INDIVIDUAL.

### **WHAT YOU WILL GAIN:**

\*CORRECTIVE EXERCISES TO IMMEDIATELY ADDRESS FUNCTIONAL LIMITATIONS SPECIFIC TO THE INDIVIDUAL

\*INCREASED BODY AWARENESS FOR OVERALL DECREASED RISK OF INJURY.

### **IS THE FMS A VALID TOOL?**

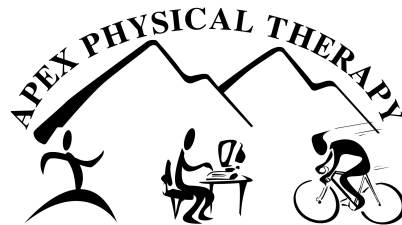
THE PHILOSOPHY WAS SET FORTH IN 1995 AND HAS SINCE BEEN REFINED THROUGH RESEARCH AND CLINICAL EXPERIENCES. PRIOR TO THE FMS, THERE WAS NO SYSTEMATIC TOOL TO IDENTIFY MAJOR LIMITATIONS IN FUNCTIONAL MOVEMENT PATTERNS. WITH THE INTRODUCTION OF THE FMS, THESE PROBLEMS ARE READILY IDENTIFIED AND ADDRESSED WITH CORRECTIVE EXERCISES, ULTIMATELY IMPROVING RESISTANCE TO INJURY.

**SPECIAL OFFER**  
**50% DISCOUNT ON FMS SCREENS**  
**WEEK OF AUG. 20-24**

**ORIGINAL COST: 105.00**  
**SPECIAL OFFER 50.00**

**SPECIAL OFFER INCLUDES:**

- \*FMS SCREEN
- \*DISCUSSION OF SCORE, IDENTIFYING FUNCTIONAL LIMITATIONS
- \*CORRECTIVE EXERCISES TO ADDRESS LIMITATIONS



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