MOVEMENT SCREEN SCORING SHEET

The 7 tests of the Functional Movement Screen (FMS), scored 0 to 3

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CLIENT DETAILS

Name:		**Date:**	
Age:		**Coach:**	
Sport or activity:		**Dominant side:**	
Past injuries, surgery or pain:			

HOW TO SCORE

3	Completes the full pattern with no compensation.	**2**	Completes it, but compensates to get there.
1	Cannot complete the pattern.	**0**	Pain during the test or its clearing test. Refer out.

On one-sided tests, score left and right: the final score is the lower one. When the sides differ, check the asymmetry box.

SCORES

Test	Left	Right	Final	Asymmetry	Notes
1. Deep squat					
2. Hurdle step				☐	
3. In-line lunge				☐	
4. Shoulder mobility				☐	
Shoulder clearing test Check if painful: final is 0	☐	☐			
5. Active straight-leg raise				☐	
6. Trunk stability push-up					
Spinal extension clearing test Check if painful: final is 0	☐				
7. Rotary stability				☐	
Spinal flexion clearing test Check if painful: final is 0	☐				

Total (max 21)		**Asymmetries**		**Painful tests**	

WHAT TO WORK ON FIRST

1. Any 0: don't load that pattern, and refer to a physical therapist or a doctor before going on.

2. Then the 1s and the asymmetries. The 2s can wait.
3. Use the total to track the client's progress, not to predict injuries: the evidence doesn't support it.

Priority pattern:		**Re-screen date:**	
Corrective exercises:			

HOW TO RUN EACH TEST

Our own summary to remind you of the technique; it does not replace the official training. Explain each test without coaching it, allow up to 3 tries and record the best. Watch from the front and the side, with the client barefoot and in clothes that show knees and hips.

Kit: a dowel of about 4 ft, a 2x6 board, two uprights with an elastic band for the hurdle, and a tape measure.

1. Deep squat

Feet shoulder-width apart, dowel overhead with arms straight. Squat as deep as possible with heels down and torso upright. If they can't, repeat with heels on the board and note it.

2. Hurdle step

Band at the height of the tibial tuberosity, dowel across the shoulders. Step one leg over, touch the heel down and return without losing posture. Score the stepping leg.

3. In-line lunge

Feet in line on the board, one shin length apart. Dowel touching the head, upper back and sacrum. Lower the back knee to touch the board and return. Score the front leg.

4. Shoulder mobility

Measure the hand, from the wrist crease to the tip of the middle finger. With fists closed, reach one hand over the shoulder and the other up the back at the same time, in one motion. Measure the gap between the fists and compare it with the hand. Score the top arm.

Shoulder clearing test

Hand on the opposite shoulder: lift the elbow as high as possible. If it hurts, that side of test 4 is 0.

5. Active straight-leg raise

Lying on the back, arms at the sides, knees straight. Raise one straight leg with the ankle flexed while the other stays down. See where the ankle lands relative to the thigh of the leg on the floor. Score the raised leg.

6. Trunk stability push-up

Face down, hands shoulder-width apart. Push up as one unit, with no sag at the lower back. If they can't, try with the hands lower and note the position.

Spinal extension clearing test

Face down, press up with the hands and extend the back with the hips on the floor. If it hurts, test 6 is 0.

7. Rotary stability

On all fours, board between hands and knees. Extend the arm and leg on the same side together and bring elbow to knee. If they can't, try on the diagonal (opposite arm and leg). Score the moving side.

Spinal flexion clearing test

On all fours, rock the hips back to the heels and the chest to the thighs. If it hurts, test 7 is 0.

RE-SCREENS

Repeat the screen at the end of each corrective block and compare with the last sheet.

Date	Total	Asymmetries	Pain (yes/no)	What changed

Notes

Sources

Cook G, Burton L, Hoogenboom B. Pre-participation screening: the use of fundamental movements as an assessment of function, parts 1 and 2. N Am J Sports Phys Ther. 2006;1(2):62-72 and 1(3):132-139.

Moran RW, Schneiders AG, Mason J, Sullivan SJ. Do Functional Movement Screen (FMS) composite scores predict subsequent injury? Br J Sports Med. 2017;51(23):1661-1669.

Functional Movement Systems, Inc., owner of the Functional Movement Screen: functionalmovement.com