



# The FMS Screen

## Finding Your Weak Link



### WHAT IS FMS?

**Functional Movement Systems (FMS)** is an exercise philosophy and corresponding set of movement screens and dynamic exercises that are based on sound science, years of innovation, and current cutting edge research. **FMS** targets **“the weakest link” in movement** making it effective in both fitness and sports conditioning. **FMS** is currently being used in the NFL by the Houston Texans & Indianapolis Colts, at the NFL Combine, at the Titleist Performance Institute, in the U.S. Armed Forces, by the N.C.A.A., by MLB and in the NBA to set the standard of fitness and to help identify the individuals who are at the highest risk for a non-contact injury.

### HOW DOES THE FMS SCREEN WORK?

The **FMS Screen** is a ranking and grading system that documents dynamic movement patterns that are key to normal function. By screening these patterns, the **FMS Screen** readily identifies functional limitations and asymmetries within the body. These are issues that can reduce the effects of functional training and physical conditioning as well as distort body awareness.

- DISCOVER HIDDEN WEAKNESSES
- PREVENT INJURY
- PROMOTE DURABILITY
- BUILD BALANCED FITNESS
- MAGNIFY YOUR POTENTIAL

The **FMS Screen** generates the *Functional Movement Screen Score*, which is used to target problems, help prevent future injuries and track progress. The scoring system is based on your ability to perform each of the 7 dynamic motions. This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns.

### THE 5 PHASES OF THE FUNCTIONAL MOVEMENT SYSTEM

- **Testing** *FMS Screen* comprised of a series of 7 dynamic motions
- **Evaluation** Each motion scored from 0 to 3 for performance
- **Scoring**
  - 3= Perfect performance
  - 2= Able to perform correctly with modification
  - 1= Unable to perform correctly with modification
  - 0= Individual has pain with movement.
- **Planning** A series of exercises recommended based on scores and individualized in accordance with fitness goals.
- **Monitoring** Progress & motion patterns monitored and recorded over time. If an imbalance or injury develops, it is identified early & targeted for quick resolution.



Clinicians monitor the **FMS** score to track progress and identify the necessary treatment and exercises that will be most effective to restore proper movement and build strength in each individual.

## **FMS vs. CONVENTIONAL (FITNESS) TRAINING**

Conventional training can actually stack fitness on top of your dysfunction, which cements poor movement patterns and further stresses your weak link, leaving you open to a more significant injury.

Conventional training also tends to focus on temporary goals like losing a certain number of pounds or being able to participate in a specific event.

**FMS** can help you get the most out of your fitness regimen and achieve your greatest potential. This system reduces the risk of injury and helps you establish a plan and timeline for success.

## **WILL THE FMS SCREEN MAKE ME FASTER, STRONGER & BETTER?**

The main focus of **FMS** is to identify functional limitations and asymmetries or imbalances. The **FMS Screen** will provide the necessary information for the clinician to perform an efficient and specific assessment of the areas of your functional limitation(s). Through the clinician's specific treatments and corrective exercises, the functional limitations can be improved allowing your body to function more efficiently thus improving performance and preventing a functional limitation from becoming a future injury.

The short answer is **"yes"**, if the required course of treatment and corrective exercises is followed to alleviate dysfunction and asymmetries.

## **SHORT TERM BENEFITS OF THE FMS SCREEN**

- Establish a starting point with realistic goals
- Create a completely personalized plan
- Identify dangerous weaknesses BEFORE injury occurs
- Identify and resolve fundamental movement problems

## **LONG TERM BENEFITS OF FMS TRAINING**

- Improve functional fitness & athletic performance
- Reduce joint wear and tear
- Decrease likelihood of training breakdown
- Increase crossover sport trainability

## **HOW CAN I GET SCREENED?**

It takes just 15 minutes to discover your weak link(s). For more information, please call **713-572-4100**.

## **KEY DEFINITIONS**

**Asymmetries:** lack of equivalent functional movement when comparing opposite structures of the body.

**Dysfunction:** abnormal or impaired functioning, especially of a bodily system.

**Fitness:** good physical & cardiovascular conditioning, especially as the result of proper exercise.

**Functional Limitations:** unable to perform a movement due to improper joint mechanics or strength.

**Imbalance:** lack of coordination of movement between body parts acting in connection with one another.

