

Functional Movement Screen (FMS):

Assessing Movement Quality for Enhanced Performance and Injury Prevention

The Functional Movement Screen (FMS) is a comprehensive assessment tool used to evaluate movement patterns, identify asymmetries, and detect limitations in functional movement. This screening process provides valuable insights into how well your body moves and functions, helping to optimize performance, prevent injuries, and improve overall physical health.

How Does the Functional Movement Screen Work?

The Functional Movement Screen involves a series of movement tests designed to assess fundamental movement patterns and identify any areas of dysfunction. Here's how it works:

1. **Patient Assessment:** The session begins with a detailed assessment of your movement patterns, posture, and mobility. The practitioner may inquire about your medical history, fitness goals, and any symptoms or concerns you may have related to movement or physical activity.
2. **Functional Movement Tests:** You will be asked to perform a series of functional movement tests that assess various movement patterns, including squatting, lunging, bending, twisting, and reaching. These tests evaluate mobility, stability, balance, and coordination.
3. **Analysis of Movement Patterns:** The practitioner analyzes your performance on each movement test, looking for asymmetries, compensations, limitations, or dysfunctions that may indicate underlying issues such as muscle imbalances, joint restrictions, or movement impairments.

Benefits of the Functional Movement Screen

- **Identifying Movement Dysfunctions:** The Functional Movement Screen helps to identify movement dysfunctions, asymmetries, or imbalances that may increase the risk of injury or limit performance during physical activities.

- **Preventing Injuries:** By addressing movement dysfunctions and asymmetries, the Functional Movement Screen can help prevent injuries by improving movement quality, stability, and biomechanics.
- **Optimizing Performance:** Athletes and fitness enthusiasts can benefit from the Functional Movement Screen by optimizing movement patterns, enhancing performance, and reducing the risk of overuse injuries.
- **Enhancing Functional Movement:** The Functional Movement Screen provides valuable insights into how well you move and function in everyday activities, allowing for targeted interventions to improve mobility, stability, and overall movement quality.
- **Promoting Overall Physical Health:** Maintaining optimal movement patterns is essential for overall physical health and function. The Functional Movement Screen helps identify areas for improvement and provides personalized recommendations to support long-term health and performance.

Who Can Benefit from the Functional Movement Screen?

The Functional Movement Screen is beneficial for individuals of all ages and activity levels, including:

- Athletes and fitness enthusiasts looking to optimize performance, prevent injuries, and improve movement quality
- Individuals experiencing pain, discomfort, or limitations during physical activities or functional movements
- Those with sedentary lifestyles or desk-bound jobs, who may be prone to movement restrictions or muscle imbalances
- Older adults seeking to maintain or improve functional movement, balance, and mobility
- Anyone interested in assessing and improving movement quality, reducing the risk of injury, and enhancing overall physical health

What to Expect During Your Visit

During your Functional Movement Screen session, the practitioner will conduct a thorough assessment of your movement patterns and functional mobility. Based on the findings, personalized recommendations may be provided to address any movement dysfunctions or asymmetries identified.

These recommendations may include corrective exercises, mobility drills, stability training, or other interventions aimed at improving movement quality, balance, stability, and overall function. Regular follow-up visits may be scheduled to monitor progress and make necessary adjustments to your plan, ensuring optimal results and long-term health and performance.

If you have any questions or would like to schedule a Functional Movement Screen session to assess and improve your movement quality, please contact us today. Our team is dedicated to providing you with the highest quality of care in a comfortable and welcoming environment.