

The Functional Movement Screening Test

What is it?

The Functional Movement Screen tests imbalances and limitations within movement patterns. If functional movements are dysfunctional then all things built on the dysfunction may be flawed, compromised or predisposed to injury. Functional movement patterns are movements that we perform everyday such as squatting or stepping. The philosophy of the FMS is to screen movement patterns before you train and reinforce them. The number one risk factor for musculoskeletal injury is a previous injury. It also must be understood that poor movement patterns demonstrate an increased risk of injury, but good movement patterns do not guarantee a reduced risk of injury. Once fundamental movement is managed through corrective exercises, factors like strength, endurance, coordination and acquisition of skill, play a role in prevention. Functional movement is just the first step! Functional movements are not about strength, power, endurance or agility. The basic function is what supports these attributes, the functional movement patterns lay the foundation for higher movement skills.

(Gray Cook, Human Movement)