



Functional Movement Screen (FMS)

Test	Score (0-3)	Comments
Deep Squat		
Hurdle Step		
In-Line Lunge		
Shoulder Mobility		
Active Straight Leg Raise		
Trunk Stability Push-Up		
Rotary Stability		
Total		

Functional Movement Screen (FMS) Scoring Rubric

Score	Criteria
3	Performs movement pattern correctly without any compensation.
2	Performs movement pattern with a compensation or deviation from the ideal form.
1	Unable to perform movement pattern; major limitations or inability to achieve the required position.
0	Pain is present during the movement pattern; test should be stopped.

****Note:**** Total FMS score is the sum of the seven individual tests (max = 21). Clearing tests should be performed if pain (Score = 0) is noted.