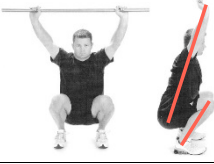

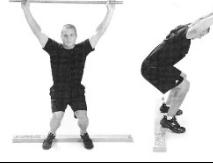


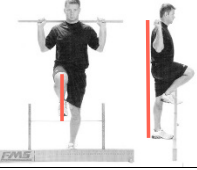
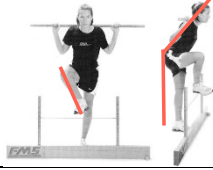
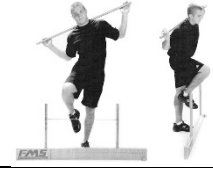
Functional Movement Screen – Scoring Criteria

Note a maximum of 3 attempts are given; if successful on first attempt move on.




Deep Squat

| | | |
|--|---|--|
|  |  |  |
| 3 | 2 | 1 |
| Upper torso parallel with tibia or towards vertical Femur below horizontal knees aligned over feet Dowel aligned over feet | Upper torso parallel with tibia or towards vertical Femur below horizontal knees aligned over feet Dowel aligned over feet Heels are elevated | Tibia and upper torso are not parallel Femur is not below horizontal knees are not aligned over feet Lumbar flexion is noted |


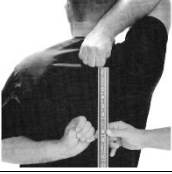

Hurdle Step

| | | |
|---|--|--|
|  |  |  |
| 3 | 2 | 1 |
| Hips, knees and ankles remain aligned in the sagittal plane Minimal to no movement is noted in the lumbar spine Dowel and hurdle remain parallel | Alignment is lost between hips, knees and ankles Movement is noted in the lumbar spine Dowel and hurdle do not remain parallel | Contact between foot and hurdle occurs Loss of balance is noted |

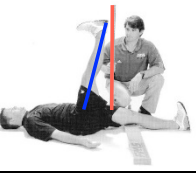
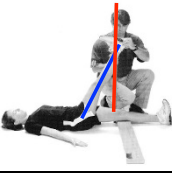
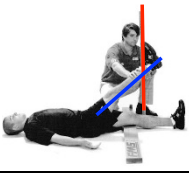
Inline Lunge

| | | |
|---|--|---|
|  |  |  |
| 3 | 2 | 1 |
| Dowel contacts maintained Dowel remains vertical No Torso movement noted Dowel and feet remain in sagittal plane Knee touches board behind heel of front foot | Dowel contacts not maintained Dowel does not remain vertical Torso movement noted Dowel and feet do not remain in sagittal plane Knee does not touch board behind heel of front foot | Loss of balance is noted |

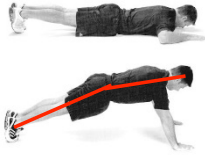


Shoulder Mobility

| | | |
|---|---|---|
|  |  |  |
| 3 | 2 | 1 |
| Fists are within one hand length | Fists are within one-and-a-half hand lengths | Fists are not within one-and-a-half hand lengths |

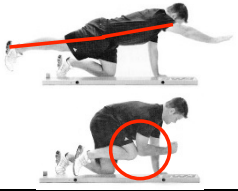


Active Straight Leg Raise

| | | |
|---|---|---|
|  |  |  |
| 3 | 2 | 1 |
| Vertical line of the malleolus resides between mid-thigh and ASIS The non-moving limb remains in neutral position | Vertical line of the malleolus resides between mid-thigh and knee joint The non-moving limb remains in neutral position | Vertical line of the malleolus resides below knee joint The non-moving limb remains in neutral position |

Trunk Stability

| | | |
|---|---|---|
|  |  |  |
| 3 | 2 | 1 |
| The body lifts as a unit with no lag in the spine Men perform a repetition with thumbs aligned with the top of the head Women perform a repetition with thumbs aligned with the chin | The body lifts as a unit with no lag in the spine Men perform a repetition with thumbs aligned with the chin Women perform a repetition with thumbs aligned with the clavicle | Men are unable to perform a repetition with thumbs aligned with the chin Women unable to perform a repetition with thumbs aligned with the clavicle |

Rotary Stability

| | | |
|---|---|---|
|  |  |  |
| 3 | 2 | 1 |
| Performs a correct unilateral repetition | Performs a correct diagonal repetition | Inability to perform a diagonal repetition |