

Functional Movement Screening (FMS)

What is it?

The BHRC Fitness Department will be implementing the Functional Movement Screening (FMS) as a stand-alone screening and/or as part of the Personal Training package. The FMS is a screening tool designed to identify deficient areas of mobility and stability that may or may not be symptomatic that can lead to potential injuries. The FMS is a series of seven movements that screen for limitations or asymmetries with respect to common, fundamental human movement patterns. The assessment serves to identify functional deficits related to motor control, mobility and stability faults. The screening tests both sides of the body to determine symmetry and imbalances. The movements are scored using a basic scoring system by a practitioner administering the tests, in our case, a qualified personal trainer. The screening includes movements for the shoulder, trunk (spine and rotational core stability), hips, and knees. The FMS is meant to provide direction, not diagnosis. If injury is already present, the FMS is not a diagnostic tool to determine cause or specify a type of injury. The FMS is NOT used to measure sport performance or readiness. Sport performance assessment is completely different. The FMS is to determine movement competency, or lack thereof, and determine if it needs to be further investigated, or if there is a solid movement foundation on which a program can be developed. Movement patterns are the foundation of both performance and skill, in any context. Without proper movement patterns training is inefficient at best, and could potentially become harmful if movement patterns are not corrected. Unfortunately, many people are unaware that their movement patterns are deficient. If you are interested in learning more or participating in this screening, contact the Fitness Department to set up an appointment.

Cost: \$20

