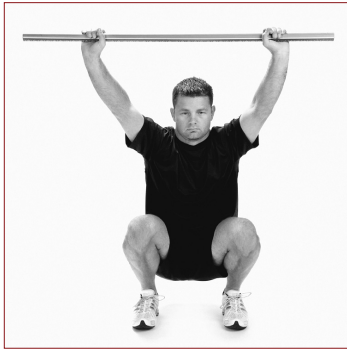
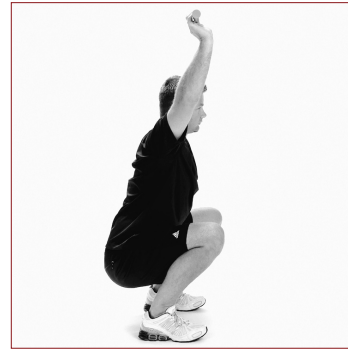


FMS SCORING CRITERIA

DEEP SQUAT



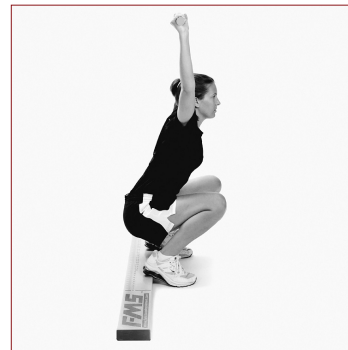
3



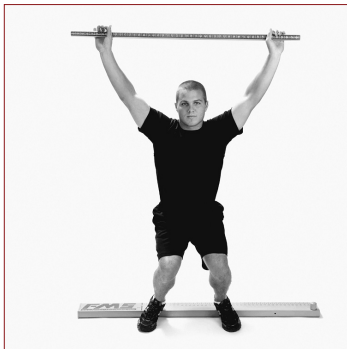
Upper torso is parallel with tibia or toward vertical | Femur below horizontal
Knees are aligned over feet | Dowel aligned over feet



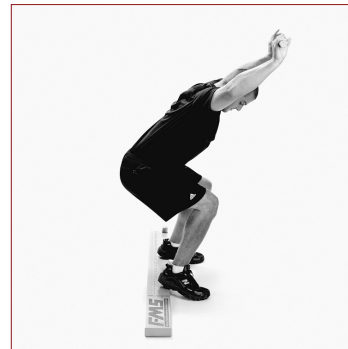
2



Upper torso is parallel with tibia or toward vertical | Femur is below horizontal
Knees are aligned over feet | Dowel is aligned over feet | Heels are elevated



1



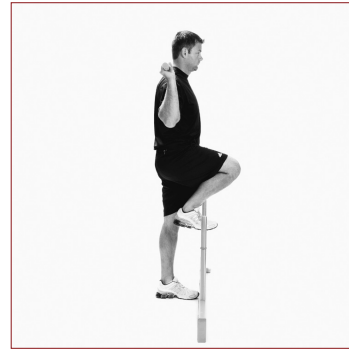
Tibia and upper torso are not parallel | Femur is not below horizontal
Knees are not aligned over feet | Lumbar flexion is noted

The athlete receives a score of zero if pain is associated with any portion of this test.
A medical professional should perform a thorough evaluation of the painful area.

HURDLE STEP



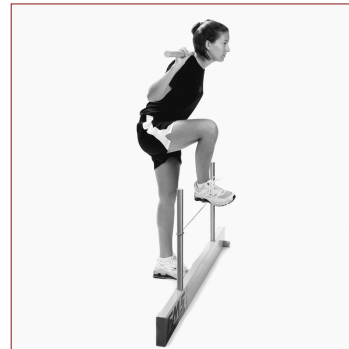
3



Hips, knees and ankles remain aligned in the sagittal plane
Minimal to no movement is noted in lumbar spine | Dowel and hurdle remain parallel



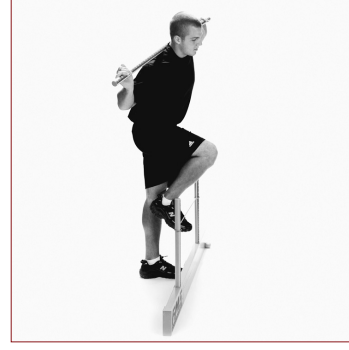
2



Alignment is lost between hips, knees and ankles | Movement is noted in lumbar spine
Dowel and hurdle do not remain parallel



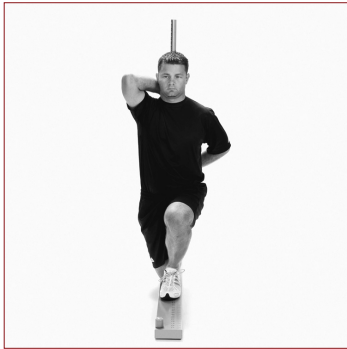
1



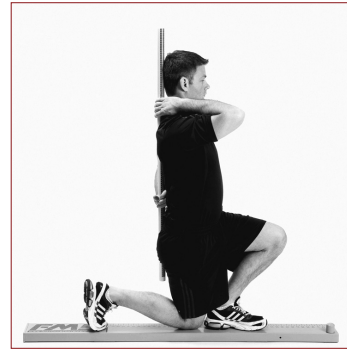
Contact between foot and hurdle occurs | Loss of balance is noted

The athlete receives a score of zero if pain is associated with any portion of this test.
A medical professional should perform a thorough evaluation of the painful area.

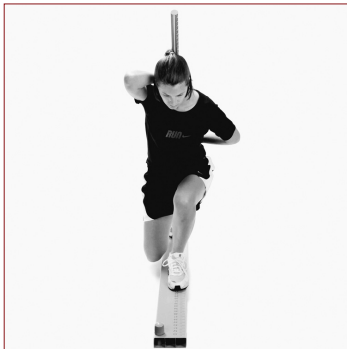
INLINE LUNGE



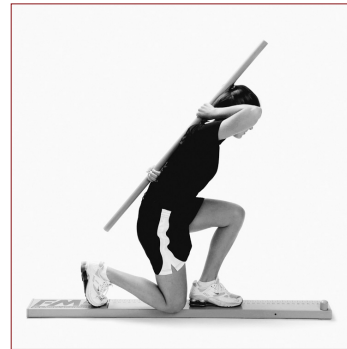
3



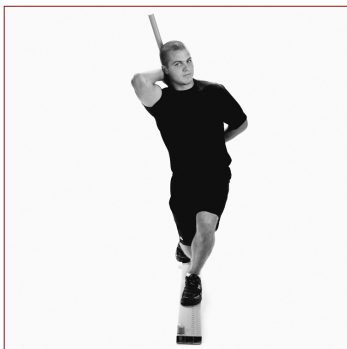
Dowel contacts maintained | Dowel remains vertical | No torso movement noted
Dowel and feet remain in sagittal plane | Knee touches board behind heel of front foot



2



Dowel contacts not maintained | Dowel does not remain vertical | Movement noted in torso
Dowel and feet do not remain in sagittal plane | Knee does not touch behind heel of front foot



1

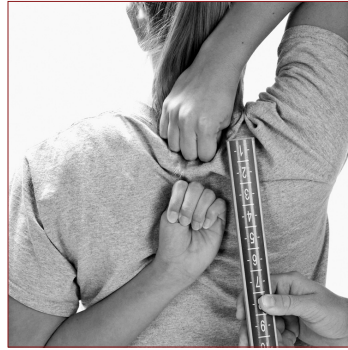


Loss of balance is noted

The athlete receives a score of zero if pain is associated with any portion of this test.
A medical professional should perform a thorough evaluation of the painful area.

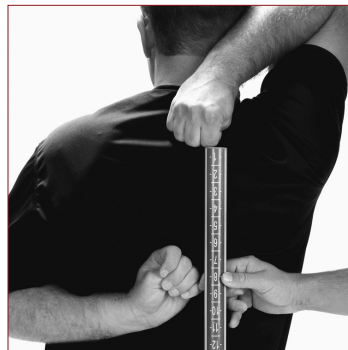
SHOULDER MOBILITY

3



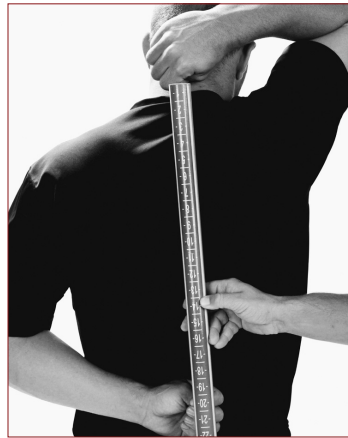
Fists are within one hand length

2



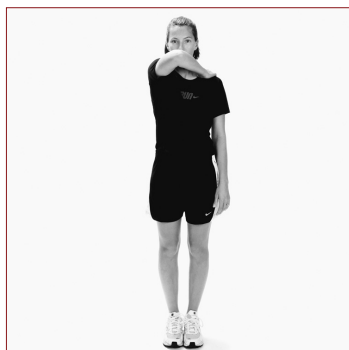
Fists are within one-and-a-half hand lengths

1



Fists are not within one and half hand lengths

The athlete will receive a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.



CLEARING TEST

Perform this clearing test bilaterally. If the individual does receive a positive score, document both scores for future reference. If there is pain associated with this movement, give a score of zero and perform a thorough evaluation of the shoulder or refer out.

ACTIVE STRAIGHT-LEG RAISE

3



Vertical line of the malleolus resides between mid-thigh and ASIS
The non-moving limb remains in neutral position

2



Vertical line of the malleolus resides between mid-thigh and joint line
The non-moving limb remains in neutral position

1



Vertical line of the malleolus resides below joint line
The non-moving limb remains in neutral position

The athlete will receive a score of zero if pain is associated with any portion of this test.
A medical professional should perform a thorough evaluation of the painful area.

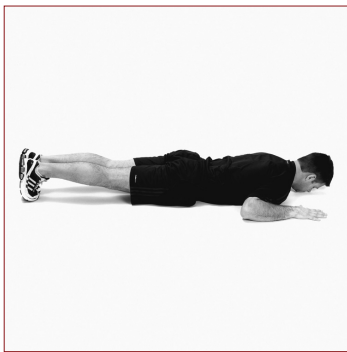
TRUNK STABILITY PUSHUP

3

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



2



The body lifts as a unit with no lag in the spine

Men perform a repetition with thumbs aligned with the chin | Women with thumbs aligned with the clavicle

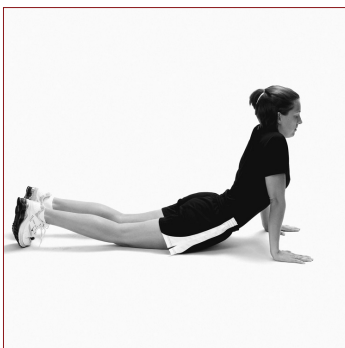
1

Men are unable to perform a repetition
with hands aligned with the chin

Women unable with thumbs aligned with the clavicle



The athlete receives a score of zero if pain is associated with any portion of this test.
A medical professional should perform a thorough evaluation of the painful area.



SPINAL EXTENSION CLEARING TEST

Spinal extension is cleared by performing a press-up in the pushup position. If there is pain associated with this motion, give a zero and perform a more thorough evaluation or refer out. If the individual does receive a positive score, document both scores for future reference.

ROTARY STABILITY



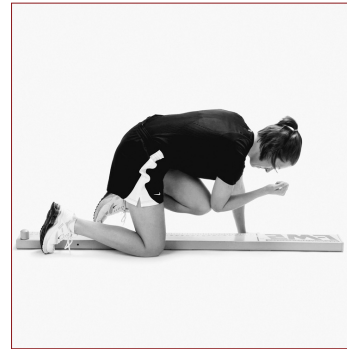
3



Performs a correct unilateral repetition



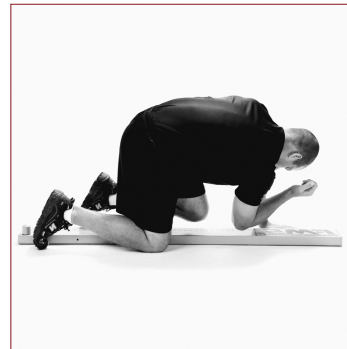
2



Performs a correct diagonal repetition

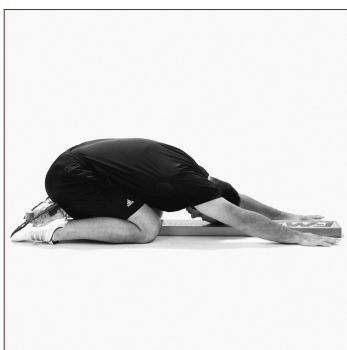


1



Inability to perform a diagonal repetition

The athlete receives a score of zero if pain is associated with any portion of this test. A medical professional should perform a thorough evaluation of the painful area.



SPINAL FLEXION CLEARING TEST

Spinal flexion can be cleared by first assuming a quadrupedal position, then rocking back and touching the buttocks to the heels and the chest to the thighs. The hands should remain in front of the body, reaching out as far as possible. If there is pain associated with this motion, give a zero and perform a more thorough evaluation or refer out. If the individual receives a positive score, document both scores for future reference.