



The Seven Functional Movement Test & Clearing Tests By Leanne Wylet, ACE, FMS, HKC, CMC

The Functional Movement Systems (FMS) is an innovative grading system that picks up where the standard tests leave off when the body has lost symmetry because of muscle imbalances as the result of age, injury or compensation of quality movement patterns.

The test is comprised of seven fundamental movement patterns that require a balance of mobility and stability. These fundamental movement patterns are designed to provide observable performance of basic loco motor, manipulative, stabilizing movements. The tests place the individual in extreme positions where weakness and imbalances become noticeable if appropriate stability and mobility is not utilized. It has been observed that many individuals who perform at extremely high levels during activities are unable to perform the simple movements sacrificing efficient movements for inefficient ones to perform at high levels. If these compensations continue, that poor movement will be reinforced leading to poor body movement will be reinforced leading to poor biomechanics and increases the likelihood of injury.

FMS Screening Tests:

- Deep Squat
- Hurdle Step
- In-Line Lunge
- Active Straight Leg Raise
- Shoulder Stability
- Motor Stability
- Motor Stability (Bird Dog Exercise)

The Functional Movement Systems Functional Capacity Screening Tests Measure:

- Movement Control (Climb)
- Posture Control (carry)
- Explosive Control (run)
- Impact Control (jump)

When Kettlebell Lady Leanne does the ten minute screening a copy of the results are emailed to you plus corrective exercises are added to your exercise workouts. To get started see below.

Excerpts from: Gray Cook, MS. PT, CSCS & Lee Burton, PhD, ATC, CSCS



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