
Postgraduate Certificate in Functional Assessment

Functional Movement Screening

Functional Movement Screening:

Functional Movement Screening (FMS) is a comprehensive assessment tool used by health and fitness professionals to evaluate movement patterns and identify any dysfunctions or imbalances in an individual's movement mechanics. The primary goal of FMS is to pinpoint areas of weakness or limitations that could lead to decreased performance, increased risk of injury, or decreased quality of life.

FMS consists of a series of seven fundamental movement patterns that are scored on a scale from 0 to 3 based on the individual's ability to perform each movement correctly. These movement patterns include deep squat, hurdle step, inline lunge, shoulder mobility, active straight leg raise, trunk stability push-up, and rotary stability.

The results of an FMS evaluation help professionals tailor exercise programs to address specific movement deficiencies and improve overall functional movement. By focusing on correcting movement patterns and imbalances, FMS aims to enhance performance, prevent injuries, and optimize physical function.

Related Terms: Movement Assessment, Movement Screening, Functional Movement Assessment

Example: A personal trainer uses Functional Movement Screening to assess a client's movement patterns before designing a customized workout program. By identifying areas of weakness or limitations, the trainer can create exercises that target specific muscle groups and improve overall movement quality.

Practical Application: Functional Movement Screening is commonly used in sports performance settings to identify movement dysfunctions that could impact an athlete's performance and increase the risk of injury. By addressing these issues through targeted exercises, coaches can help athletes enhance their movement efficiency and optimize their athletic abilities.

Challenges: One of the challenges of Functional Movement Screening is the subjective nature of scoring the movement patterns. Different evaluators may interpret movement quality differently, leading to inconsistencies in scoring. To mitigate this challenge, it is important for evaluators to undergo training and certification to ensure accurate and reliable assessments.