



Functional Movement Systems (FMS)

FMS screens are utilized by many healthcare professionals of all backgrounds to easily standardize an athlete, patient or client's movement ability. The objective of an FMS screen is to reveal weakness in movement patterns, which could potentially lead to an injury. The test assesses quality of movement, including straight plane, rotary, power movements, limb and chain stability and mobility. The left and right sides of the body are tested to determine if there is an imbalance, which could increase the potential for an injury. A nominal scale of 0-3 is used to score 7 different tests with a maximum score of 21.

- If the screen reveals balanced left and right sides of the body and **final score of 14 or above** is achieved, we then proceed to strengthen, stabilize, improve agility, mobility and power.
- If the final score reveals differences between left and right sides of the body or vice versa, **"corrective exercises"** are used to address the impairment and get both sides of the body moving equivocally. Once movement becomes symmetrical, we then proceed to strengthen, stabilize, improve agility, mobility and power.
- **If the final score is below 14**, then we will be sharing **"corrective exercises"** with those players to allow for more efficient movement and decrease risk of injury.
- If there is pain with any test or movement pattern, a MD evaluation is warranted, along with formal rehabilitation until return to pain free movement. Once pain free, an FMS screen is repeated and followed with the above protocol.

The FMS screening is *not* a performance evaluation. For example, if the final score is 21 vs 16, the conclusion is not that the athlete will play better, but would ultimately have a lower potential to incur an injury while engaged in an activity.

If you have any questions, please feel free to contact the CAJ Office. Thank you for your support of Cobb Volleyball and for your involvement in your child's athletics!

Sincerely,
William Gentry