

# Functional Movement Screen (FMS)

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At Drive360 we strongly believe in protecting our members bodies while creating a straighter, stronger you. This is why all new members are taken through a Functional Movement Screen (FMS) prior to beginning an exercise regime. In addition to this we re-test our members FMS at regular intervals to see the affect the prescribed exercised have had, and to see if they are ready to take on new challenges.

## What is FMS?

FMS is a ranking and grading system used to document movement patterns, which are key to normal function. The screen is used to determine limitations and asymmetries in an individual. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness.

There are seven key fundamental movement patterns which have been shown to link directly to movement quality. It is these patterns, which are assessed in the FMS process.

These movement patterns are designed to provide the coach conducting the screen with observable feedback in relation to an individual's basic loco motor, manipulative and stabilising movement. This is achieved by placing the individual in positions where weaknesses and imbalances become noticeable if appropriate mobility and motor control is not utilised.

Once the screen is complete a score is generated, which allows the assessor to clearly identify problems in an individual's movement patterns. The coach is then able to identify and prescribe exercises, which will be most effective in restoring property movement and building strength in the individual.

## Why FMS?

**Movement Matters:** movement quality is an essential component to reducing the risk of injury and reaching optimal levels of performance.

**Systematic Approach:** Using FMS provides a reliable baseline, which allows the individual's movement to be evaluated and progress tracked. This information is key to providing actionable and effective steps for performance and recovery.

**Communication:** FMS allows for ease of communication between performance and rehabilitation professionals communicating about client progress and treatment.

**Safety:** The FMS quickly identifies dangerous movement patterns so that they can be immediately addressed. It also allows the exercise professional to observe the individual perform the exercise, which provides valuable information can be used to ensure realistic goals are set and achieved.

**Corrective Strategies:** The FMS can be used on individuals of any fitness level. The corrective strategies prescribed can be simplified for a range of movement issues.