



THE FUNCTIONAL MOVEMENT SCREEN

Name: Jason Fitzgerald Date: 2/23/11

Sport/Activity: Runner

Dominant Hand: Right Left Dominant Foot: Right Left

Tibial Measurement: 17" Dominant Hand Measurement: 7.5"

Test	Raw Score	Final Score	Comments
DEEP SQUAT <i>Bar going forward</i>	2	2	trunk flexion / sh.
HURDLE STEP <i>step over 12-16" bar keeping hips stable</i>	L 3	3	L. hip a little weaker
	R 3		
IN-LINE LUNGE <i>Balance/stability toes pointing out, large down w/ split legs staying stable</i>	L 3	3	
	R 3		
SHOULDER MOBILITY	L 6.5 / 3	3	R. sh. tighter
	R 5.5 / 3		
Impingement Clearing Test <i>hand on opp. shoulder, raise elbow for pass</i>	L	=	
	R	=	
ACTIVE STRAIGHT LEG RAISE (ASLR) <i>hand on opp. shoulder, raise elbow for pass</i>	L 1	1	R. tighter
	R 1		
TRUNK STABILITY PUSH UP <i>wide push up w/ hands out</i>	3	3	
Press Up Clearing Test	-	-	
ROTARY STABILITY <i>bird dog</i>	L 2	2	
	R 2		
Posterior Rocking Clearing Test	-	-	
TOTAL SCORE		17	

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