

Functional Movement Screening

Name

Date

Assessor

Movement Patterns

Test	Left	Right	Score (0-3)	Notes
Deep Squat			<input type="text"/>	<input type="text"/>
Hurdle Step	<input type="text"/>	<input type="text"/>		<input type="text"/>
In-Line Lunge	<input type="text"/>	<input type="text"/>		<input type="text"/>
Shoulder Mobility	<input type="text"/>	<input type="text"/>		<input type="text"/>
Active Straight Leg Raise	<input type="text"/>	<input type="text"/>		<input type="text"/>
Trunk Stability Push-Up			<input type="text"/>	<input type="text"/>
Rotary Stability	<input type="text"/>	<input type="text"/>		<input type="text"/>

Total Score

Additional Notes