



Dear Parent, Athlete and Coach,

Now that your athlete has completed the Functional Movement Screen, it's time for them to take advantage of the information learned.

Your athlete will have a score of 1, 2 or 3 on each screen.

If the Athlete has a score of 1 it is highly recommended that the issues be addressed to help prevent occurrence of non-traumatic injuries.

If the Athlete has a score of 2 it is recommended, not mandatory that the issues be addressed.

If the Athlete has a score of 3 we recommend them to continue with maintenance of their program.

The Athlete may address the issues with a home workout program , with their current trainer or we will be glad to assist them. To discuss your athletes needs please ask for JT Wright at 805.371.9116

Deep Squat

The deep squat is a test that challenges total body mechanics when performed properly. It is used to assess bilateral, symmetrical and functional mobility of the hips, knees and ankles.

Hurdle Step

The hurdle step is designed to challenge the body's proper stride mechanics during a stepping motion. The hurdle step assesses bilateral functional mobility and stability of the hips, knees and ankles.

In-Line Lunge

This test assesses torso, shoulder, hip and ankle mobility and stability, quadriceps flexibility and knee stability.

Active Straight-Leg Raise

The active straight-leg raise test assesses active hamstring and gastroc soleus flexibility while maintaining a stable pelvis and active extension of the opposite leg.

Trunk Stability Push-up

The trunk stability push-up tests the ability to stabilize the spine in an anterior and posterior plane during a closed-chain upper body movement.

Shoulder Mobility

The shoulder mobility screen assesses bilateral shoulder range of motion, combining internal rotation with adduction and external rotation with abduction

Rotary Stability

The rotary stability test assesses multi-plane trunk stability during a combined upper and lower extremity motion. The ability to perform the rotary stability test requires asymmetric trunk stability in both sagittal and transverse planes during asymmetric upper and lower extremity movement

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FMS Corrective Exercises

Note: If you experienced pain during the functional movement screen, DO NOT perform any of the corrective exercises unless you have been cleared to do so by a medical professional.

If you have scored 1 or 2 on any of the tests, work through the recommended corrective exercises in the order shown for that test. If you have scored 3, you have passed the test and do not need corrective exercises, but you do need to maintain your proficiency in the areas addressed by the test.

Foam Roller Exercises

Begin each corrective exercise session with foam roller exercises, regardless of where you are in any of the progressions. You can perform equivalent exercises with a stick, ball, or trigger point tool, but do not skip these.

Calf
Hamstring
Gluteal
Shins
Quadriceps Adductor
Tensor Fascia Latae
Lower Back
Mid Back
Lats Pecs
Thoracic Spine Mobility

Deep Squat Corrective Exercises

Foam Roller Always begin each session with the foam roller exercises

Score 1

Prone Quad Stretch
(Perform Hamstring Curl and Contract/Relax)

Standing Chop/Lift
Continue until a score of 2 is received on Deep Squat

Assisted Squat

Score 2

Wall Sit

Wall Sit w/ Shoulder Press

Dorsiflexion Stretch

Abduction Squat

Overhead squat w/ Weight Shift

Anterior Weight Shift Squat

Score 3

Deep Squat Progression

Medicine Ball Program

Lateral Wall Drill

Deep Squatting Overhead Bounce Pass

Dead Lifting Progressions

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Hurdle Step Corrective Exercises

Although we don't step this high for endurance running, the hurdle step movement pattern exposes compensation and asymmetry in all stepping movements. You should be able to perform this movement perfectly for running efficiency.

Foam Roller Always begin each session with the foam roller exercises

Score 1	Score 2	Score 3
Prone Quad Stretch (Perform Hamstring Curl and Contract/Relax) Prone Hip Flexor (Perform Hamstring Curl)	Stride Stride w/ spinal rotation Stride w/ hip external rotation Straight Leg Bridge Core Engagement - Single Leg Stance	Medicine Ball Progression Standing Static Closed Chop/Lift Standing Dynamic Open Chop (Hip Ext) Chop Lift Progressions Single-leg Dead Lift Single-leg Pull/Press

In-Line Lunge Corrective Exercises

The in-line lunge movement pattern tests your ability to perform basic deceleration and direction changes while running. Training often ignores these types of movements, resulting in weaknesses that can lead to injury.

Foam Roller Always begin each session with the foam roller exercises

Score 1	Score 2	Score 3
Partner Stretch Thomas Test Stretch	Lunge Stride and twist Progression Gastroc/Soleus Stretch Leg Lock Bridge Passive Lock Half- Kneeling Hip w/ Core Engagement Half Kneeling Chop	Chop Open (Lat/Ant) Left (Closed) Dynamic w/wall Chop/Lift Progression Resisted Lunging Progressions

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Shoulder Mobility Reaching Corrective Exercises

The shoulder mobility reaching movement pattern demonstrates whether or not you can easily move each arm through its maximal range of motion. It tests shoulder mobility, shoulder blade stability, and thoracic spine mobility and dynamic stability. If you cannot score perfectly (3) on this, running and swimming movements will be adversely affected.

In addition to the reaching movement pattern, this test includes a separate pass (-) or fail (+) test for shoulder impingement pain. If you fail the impingement test, do not perform any of the corrective exercises until the pain issue has been evaluated by a medical professional and that pain is gone.

Score 1

Partner Stretch

Tractionw/ Int/Ext Rotation

Trunk Rotation

Score 2

Wall Sit w/ Shoulder Press

Sidelying Torso Twist w/
Shoulder ROM

Trunk Rotation

Score 3

Dead Lift Progressions

Chop/Lift Progressions

Push-up Progressions

Active Straight Leg Raise Corrective Exercises

The active straight leg raise movement pattern requires continuous core stability, active mobility of the flexed hip, active flexibility of the hamstring and soleus of the leg being raised, and active extension of the other leg. Any deficiency here will negatively impact your running.

Score 1

Partner Stretch

Straight Leg Raise
(Contract/Relax)

Leg Lowering w/Core
Engagement

Score 2

Single Leg Lowering 1
(Passive)

Single Leg Lowering 2
(Active)

Leg Lowering w /Core
Engagement

Single Leg Toe Touch w/
Stretch

Score 3

Dip Bridge

Single Leg Dead Lift

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Trunk Stability Push-Up Corrective Exercises

The trunk stability push-up movement pattern requires reflex stabilization of the trunk as force is applied by the arms. If the trunk is not stabilized when force is applied, energy will be dissipated in the core.

In addition to the trunk stability push-up movement pattern, this test includes a separate pass (-) or fail (+) test for spinal extension pain. If you fail this test (score of +), do not perform any of the corrective exercises until the pain issue has been evaluated by a medical professional and that pain is gone.

Score 1

Incline Push-up Progress to score of 2

Assisted Push-up

Score 2

Push-up Walk Out

Progress to normal Push-up
Increase reps/sets

Push-up w/ leg Curl

Score 3

Push-up Progressions

Rotary Stability Corrective Exercises

The rotary stability movement pattern requires reflex stabilization of the pelvis, core and shoulder girdle during same-side arm and leg movements.

In addition to the rotary stability movement pattern, this test includes a separate pass (-) or fail (+) test for spinal flexion pain. If you fail this test (score of +), do not perform any of the corrective exercises until the pain issue has been evaluated by a medical professional and that pain is gone.

Score 1

Partner Stretch

90 Degree Hip Flex Abd/Add
w/ assistance (unilateral)

Rolling

Score 2

90 Degree Hip Flex Abd/Add
wo/ assistance (unilateral)

Resisted Quadriped
Diagonals

Score 3

Single Leg Dead Lift

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