

FMS/FCS Score Sheet		NAME: _____		DATE: _____	
TEST		RAW SCORE	FINAL SCORE	COMMENTS	
DEEP SQUAT					
HURDLE STEP	L			TT Height:	
	R				
INLINE LUNGE	L				
	R				
SHOULDER MOBILITY	L			Hand Length:	
	R				
<i>Shoulder Clearing Test</i>	L +/-				
	R +/-				
ACTIVE STRAIGHT LEG RAISE	L				
	R				
TRUNK STABILITY PUSH UP					
<i>Extension Clearing Test</i>	-/+				
ROTARY STABILITY	L				
	R				
<i>Flexion Clearing Test</i>	-/+			Total Screen Score:	

MOVEMENT CONTROL

MOTOR CONTROL SCREEN	RIGHT	LEFT	TARGET	SYMMETRY
Ankle Clearing (<i>Beyond/Within/Behind Malleolus</i>)			<i>Beyond</i>	
<i>Pain</i>				
<i>Where is it felt?</i>				
FORWARD REACH				
<i>Wrist Extension Clearing +/-</i>				
<i>Horizontal Adduction Clearing +/-</i>				
HORIZONTAL REACH				
FOOT LENGTH				

EXPLOSIVE CONTROL

POWER CONTROL		MAX DIST.	TARGET RATIO	RATIO	
BROAD JUMP			>100		
BROAD JUMP HANDS ON HIPS			>120		
HOP TEST		MAX LEFT	MAX RIGHT	TARGET SYM.	% SYMMETRY
SINGLE LEG HOP				>90%	

IMPACT CONTROL

TRIPLE BROAD JUMP		MAX DIST.	TARGET		
TRIPLE BROAD JUMP					
ENERGY STORING RATIO			>120		
2-1-2 BOUND		MAX LEFT	MAX RIGHT	TARGET SYM.	% SYMMETRY
2-1-2 BOUND				>90%	

POSTURAL CONTROL

BODY WEIGHT	75% BW	CARRIED	DISTANCE (FT)	TIME (SEC)	CARRY LOAD
		TARGET	>250	>90	