







# FUNCTIONAL MOVEMENT SCREEN

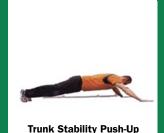
- SPONSORED BY HUMAN RESOURCES COMMAND
- **✓** IN EVERY WORKPLACE
- ▼ CONFIDENTIAL
- **✓** 15 MINUTES
  - PREVENT INJURY

ALL INFORMATION GATHERED WILL REMAIN PRIVATE AND CONFIDENTIAL

## WHAT ARE THE SEVEN FMS SCREENING TESTS?



**Active Straight Leg Raise** 





In-Line Lunge





**Deep Squat** 



**Shoulder Mobility** 



**Rotational Stability** 

ASK YOUR PTI FOR A DEMONSTRATION OF THE INJURY PREVENTION TOOLKIT



#### PTI'S ARE TRAINED TO:

- Conduct FMS fitness assessments
- Design an individual fitness program matched to your current need
- Monitor your fitness progress
- Motivate you to continue
- Your local PTI's have a minimum qualification of Certificate III in Fitness

### THE FMS REPORT CARD:

- Identifies your areas of muscle weakness
- Recommends a fitness program to reduce risk of injury

- Is emailed direct to you
- Is only available to Physical Training Instructors and yourself
- Records progress against target
- · Your report is confidential

## WHAT ASSISTANCE IS AVAILABLE?

- Identify injury risk
- Receive training program to reduce risk
- Get the right FMS solutions
- Increase performance