



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



Trunk Stability Push-Up



In-Line Lunge



Hurdle Step



Deep Squat



Shoulder Mobility



Rotational Stability

**ASK YOUR PTI
FOR A
DEMONSTRATION
OF THE INJURY
PREVENTION
TOOLKIT**

WHAT IS FMS? FUNCTIONAL MOVEMENT SCREEN

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