

**FMS****FUNCTIONAL MOVEMENT SCREEN  
SCORE SHEET**

NAME \_\_\_\_\_

DATE \_\_\_\_\_

DOB \_\_\_\_\_

TIBIA HEIGHT \_\_\_\_\_

HAND LENGTH \_\_\_\_\_

AGE \_\_\_\_\_

GENDER \_\_\_\_\_

SCREEN		RAW SCORE	FINAL SCORE	COMMENT
DEEP SQUAT				
HURDLE STEP	R			
	L			
INLINE LUNGE	R			
	L			
ANKLE CLEARING - PASS	R			
	L			
+L ANKLE CLEARING - MOBILITY R-Y-G	R			
	L			
SHOULDER MOBILITY	R			
	L			
SHOULDER CLEARING	R			
	L			
ACTIVE STRAIGHT-LEG RAISE	R			
	L			
TRUNK STABILITY PUSHUP				
EXTENSION CLEARING +L				
ROTARY STABILITY	R			
	L			
FLIEGGER CLEARING +L				
TOTAL SCREEN SCORE				

# Functional Movement Screen Manual German

**Xiaolong Qi**



## **Functional Movement Screen Manual German:**

## **Functional Movement Screen Manual German** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Functional Movement Screen Manual German**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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