



To learn more about FMS visit
www.FunctionalMovement.com
or scan the QR Code to be linked to
additional information.



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THREE CONVENIENT LOCATIONS

Dickinson
Killdeer
Richardton



therapy-solutions.net

[facebook.com/therapy.solutions.nd](https://www.facebook.com/therapy.solutions.nd)

701.483.1000

1679 6th Ave West, Dickinson, ND 58601

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Therapy Solutions

TAKE YOUR LIFE BACK.

The Functional Movement
Screen & Training Program



**"How You
Move Matters"**

Limitations in movement patterns can often relate with an increased risk of injury. The FMS is important because it is designed to place individuals in positions that make limitations become noticeable. Although individuals are performing activities and/or sports it has been noted that many of these individuals are limited in fundamental and functional movements. Poor movement patterns can create many issues for individuals including poor biomechanics, limited gain in performance, and risk of injury.

A proactive approach to injury prevention.

The Purpose

The Functional Movement Screen (FMS) is a screening tool used to evaluate and document movement pattern qualities that are key to normal function. FMS was developed to screen movements to expose functional limitations and asymmetries. The screening process provides a reliable baseline which allows clinicians to build and apply individualized training programs designed to improve movement performance, reduce the risk of injuries and to assist in determining an athlete's readiness to return to function.



Getting Started

The Functional Movement Screen (FMS)

Contact Therapy Solutions at 701-483-1000 to schedule a Functional Movement Screen and begin the training program.

The Functional Movement Screen is completed by scoring 7 basic movements which are:

- Deep Squat
- Hurdle Step
- In-Line Lunge
- Shoulder Mobility
- Active Straight Leg Raise
- Trunk Stability Push-Up
- Rotary Stability

Each movement pattern is breaking down different areas of the body to challenge the functional mobility and stability of the joint in that area.

Training Program

Once the screening process is complete an individualized training program is implemented based on the FMS score. The score is used to target problem areas and continue to track progress throughout the program. The training program is 10 total visits which focus on a corrective exercise program. The program is aimed to restore proper function, create sound movement patterns and build strength in each individual.

Throughout the program the screen can be repeated to measure progress of the individual as well as make adjustments to the training program.

FMS simplifies the concept of movement and its impact on the body.



The FMS Certification provides clinicians the knowledge and tools to derive results from the screening process allowing them to make programming decisions with precision and purpose to ensure we are meeting short and long-term movement goals. FMS certified clinicians understand the true relationship that movement patterns play in our health and fitness goals.



SEVEN
MOVEMENTS



CUSTOM
PROGRAMS



TRACKABLE
PROGRESS

(Information provided by Functional Movement Screen)