



# Functional Movement Screen

## What is FMS?

The Functional Movement Screen (FMS) is a series of tests designed to assess movement patterns and identify risk factors for injury, so they can be addressed before they lead to problems. Research has shown that when used as part of a preseason screening program FMS scores can predict injury risk.

## Who is it used for?

The FMS is designed for individuals who are not currently injured. It is a great tool for athletes of all ages and abilities from beginners to professionals. In fact, several professional sports teams use the FMS as part of their strength and conditioning programs.

## How does the program work?

Participants will undergo Functional Movement Screening testing with an FMS certified staff member. After the screen is completed, participants will receive a report with their results and recommendations. The FMS certified staff will also provide specific instructions to address areas of concern identified with the screen.

The FMS will take approximately 30 minutes and the cost is \$40.

## Call to schedule your screen at either location:

IU Health Ball Memorial Rehabilitation Services (inside CIO)  
3600 W. Bethel Ave  
Muncie, IN 47304  
765.213.3870

IU Health Ball Memorial Hospital Rehabilitation Center  
3300 W. Community Dr.  
Muncie, IN 47304  
765.751.2555



Ball Memorial Hospital

[iuhealth.org/ball-memorial](http://iuhealth.org/ball-memorial)

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