



FUNCTIONAL MOVEMENT SCREEN SCORE SHEET

NAME: FLIP LUBINA DATE: 10.9.23 DOB: _____

ADDRESS: _____

CITY, STATE, ZIP: _____ PHONE: _____

SCHOOL/AFFILIATION: _____

HEIGHT: _____ WEIGHT: _____ AGE: _____ GENDER: _____

PRIMARY SPORT: _____ PRIMARY POSITION: _____

HAND/LEG DOMINANCE: _____ PREVIOUS TEST SCORE: _____

| TEST | RAW SCORE | FINAL SCORE | COMMENTS |
|---------------------------|----------------|-------------|-------------------------|
| DEEP SQUAT | 2/3 | 2 | KYCLE/TIMING |
| HURDLE STEP | L 3 | 3 | Sila Flexion/komp. sila |
| | R 3 | | |
| INLINE LUNGE | L 2 | 2 | Decelerate Flex. |
| | R 2 | | |
| SHOULDER MOBILITY (19) | L 25 2 | 2 | "rozpijaní trupu" |
| | R 17 3 | | |
| SHOULDER CLEARING TEST | L +/- | / | |
| | R +/- | / | |
| ACTIVE STRAIGHT-LEG RAISE | L 3 | 3 | KPL. ER nastavení |
| | R 3 | | |
| TRUNK STABILITY PUSHUP | 2 | 2 | / |
| EXTENSION CLEARING TEST | +/- | / | / |
| ROTARY STABILITY | L 2 | 2 | |
| | R 2 | | |
| FLEXION CLEARING TEST | +/- | | |
| TOTAL SCREEN SCORE | 76 / 29 | | |

Raw Score: This score is used to denote right and left side scoring. The right and left sides are scored in five of the seven tests and both are documented in this space.

Final Score: This score is used to denote the overall score for the test. The lowest score for the raw score (each side) is carried over to give a final score for the test. A person who scores a three on the right and a two on the left would receive a final score of two. The final score is then summarized and used as a total score.

Clearing Test: A positive indicates pain. A negative indicates no pain. If pain is present (+), the score for that test would result in a 0.

