

7 Point Functional Movement Screen

TEST	Raw Score	Final	Comments
Deep Squat	0 1 2 3	0 1 2 3	
Hurdle Step L	0 1 2 3	0 1 2 3	
Hurdle Step R	0 1 2 3	0 1 2 3	
In-line Lunge L	0 1 2 3	0 1 2 3	
In-line Lunge R	0 1 2 3	0 1 2 3	
Shoulder Mobility L	0 1 2 3	0 1 2 3	
Shoulder Mobility R	0 1 2 3	0 1 2 3	
Active Straight Leg Raise L	0 1 2 3	0 1 2 3	
Active Straight Leg Raise R	0 1 2 3	0 1 2 3	
Trunk Stability Push - up	0 1 2 3	0 1 2 3	
Extension	0 1 2 3	0 1 2 3	
Rotary Stability L	0 1 2 3	0 1 2 3	
Rotary Stability R	0 1 2 3	0 1 2 3	
Flexion	0 1 2 3	0 1 2 3	

Notes:
