

FMS

Functional Movement Systems

GET MOVING RIGHT NOW!

SOCCER PLAYERS -- FROM STUDENTS TO PROFESSIONALS -- get moving the right way with the Functional Movement Screen today. It...

- Tests seven basic movement patterns,
- Takes less than ten minutes,
- Identifies weaknesses & asymmetries that increase chances of injury,
- Provides FMS experts with the information they need to customize workouts that strengthen you,
- Tracks your progress, and
- *Gets you moving right!*

THE FUNCTIONAL MOVEMENT SCREEN IS GOOD FOR YOUR BOTTOM LINE on the field and in business. It's been shown to reduce both risk factors for injuries and costs associated with injuries when they happen.

THAT'S WHY HIGHLY TRAINED TEAMS with the EPL and MLS are using the FMS.

IT'S GOOD FOR THEM. IT'S GOOD FOR YOU.



The Functional Movement Screen is used throughout the world in every major sport and by more than 50 U.S. pro and college teams -- just to name a few. There are also the Super Bowl-winning New York Giants, the Indianapolis Colts, the Cleveland Indians...

Log on. Learn more.
FunctionalMovement.com



GO TO THE FMS WEBSITE to learn

more about this powerful paradigm shift in fitness and athlete development.

- **BROWSE** cutting edge videos, articles, podcasts and research.

- **CHECK OUT** FMS's impressive clientele.

- **NETWORK.** Find an FMS Expert near you or become one -- learn how!

- **SHOP!** FMS sells DVDs, test kits, manuals, books and exercise equipment.

The Portland Timbers

Head Athletic Trainer, Nik Wald/Major League Soccer

THE FUNCTIONAL MOVEMENT SCREEN HAS HELPED US ORGANIZE OUR PRE-SEASON PHYSICAL ASSESSMENTS TO FULLY UTILIZE OUR CRAMPED SCHEDULE. We can now get a great sense of a player's functional limitations in under 10 minutes and get him started on corrective exercises immediately... **OUR ATHLETIC TRAINING STAFF NOW SPEAKS A COMMON LANGUAGE** which has greatly reduced the effort we need to communicate with each other. **THE FMS IS THE BEST SYSTEM TO DATE** that I have found to help prevent injuries.

