

THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

SFMA SCORING		FN	FP	DP	DN
Active Cervical Flexion					
Active Cervical Extension					
Cervical Rotation Bend		L			
		R			
Upper Extremity Pattern 1 (MRE)		L			
		R			
Upper Extremity Pattern 2 (LRF)		L			
		R			
Multi-Segmental Flexion					
Multi-Segmental Extension					
Multi-Segmental Rotation		L			
		R			
Single Leg Stance		L			
		R			
Overhead Deep Squat					

THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

Name:

Date:

Total Score:

Cervical Flexion

Painful

- Can't touch Sternum to Chin
- Excessive effort and/or lack of motor control

Cervical Extension

Painful

- Not within 10 degrees of parallel
- Excessive effort and/or lack of motor control

Cervical Rotation

Painful Right: Painful Left:

- Right: Left: Nose not in line with mid-clavicle
- Right: Left: Excessive effort and/or appreciable asymmetry or lack of motor control

Pattern #1 – MRE

Painful Right: Painful Left:

- Right: Left: Does not reach inferior angle of scapula
- Right: Left: Excessive effort and/or appreciable asymmetry or lack of motor control

Pattern #2 – LRF

Painful Right: Painful Left:

- Right: Left: Does not reach spine of scapula
- Right: Left: Excessive effort and/or appreciable asymmetry or lack of motor control

Multi-Segmental Flexion

Painful

- Cannot touch toes
- Sacral angle <70 degrees
- Non-uniform spinal curve
- Lack of posterior weight shift
- Excessive effort and/or appreciable asymmetry or lack of motor control

Multi-Segmental Extension

Painful

- UE does not achieve or maintain 170
- ASIS does not clear toes
- Spine of scapula does not clear heels
- Non-Uniform spinal curve
- Excessive effort and/or lack motor control

Multi-Segmental Rotation

Painful Right: Painful Left:

- Right: Left: Pelvis Rotation <50 degrees
- Right: Left: Shoulders rotation <50 degrees
- Right: Left: Spine/pelvic deviation
- Right: Left: Excessive Knee flexion
- Right: Left: Excessive effort and/or lack of symmetry or motor control

Single Leg Stance

Painful Right: Painful Left:

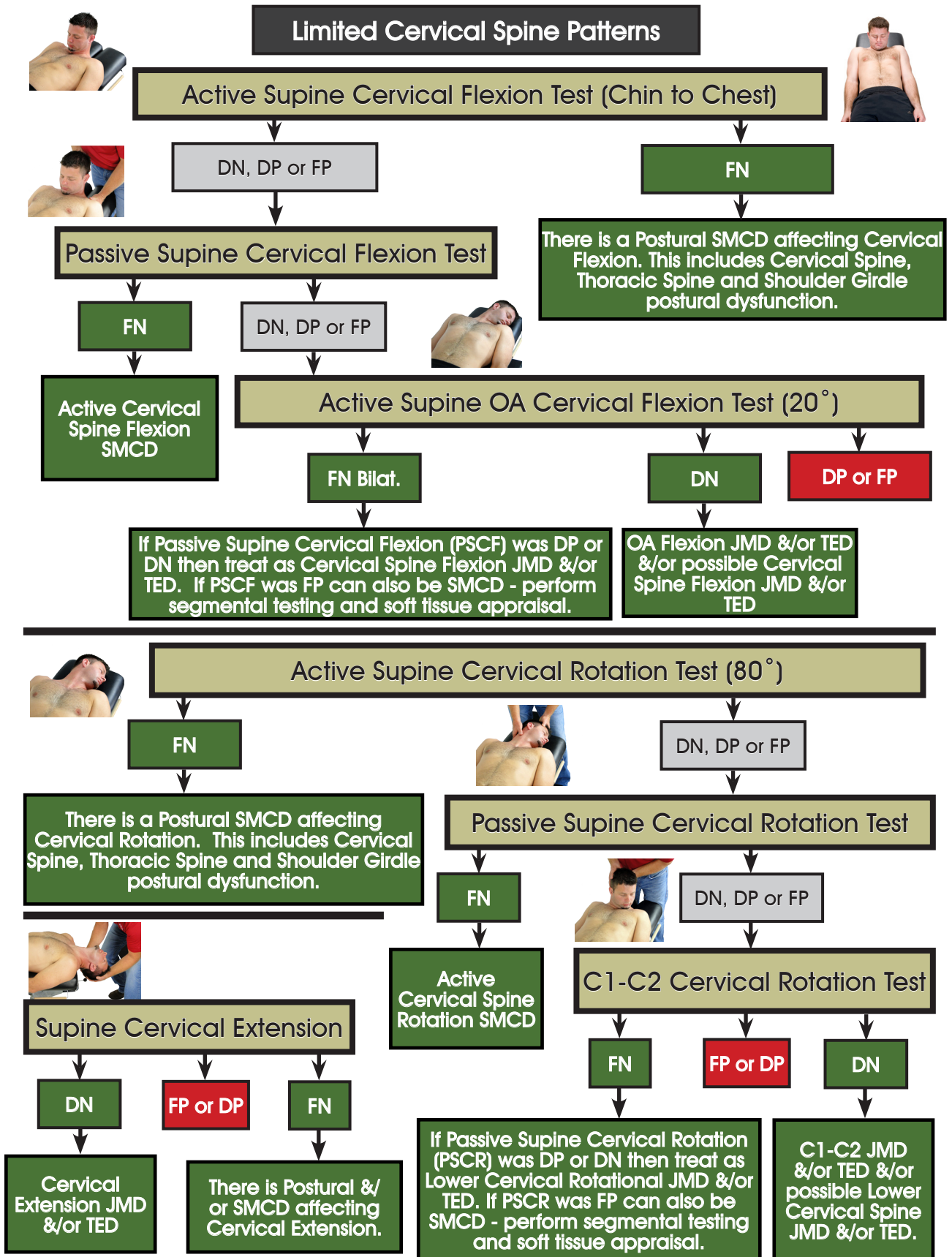
- Right: Left: Eyes open <10 seconds
- Right: Left: Eyes closed <10 seconds
- Right: Left: Loss of Height
- Right: Left: Excessive effort or lack of symmetry or motor control

Overhead Deep Squat

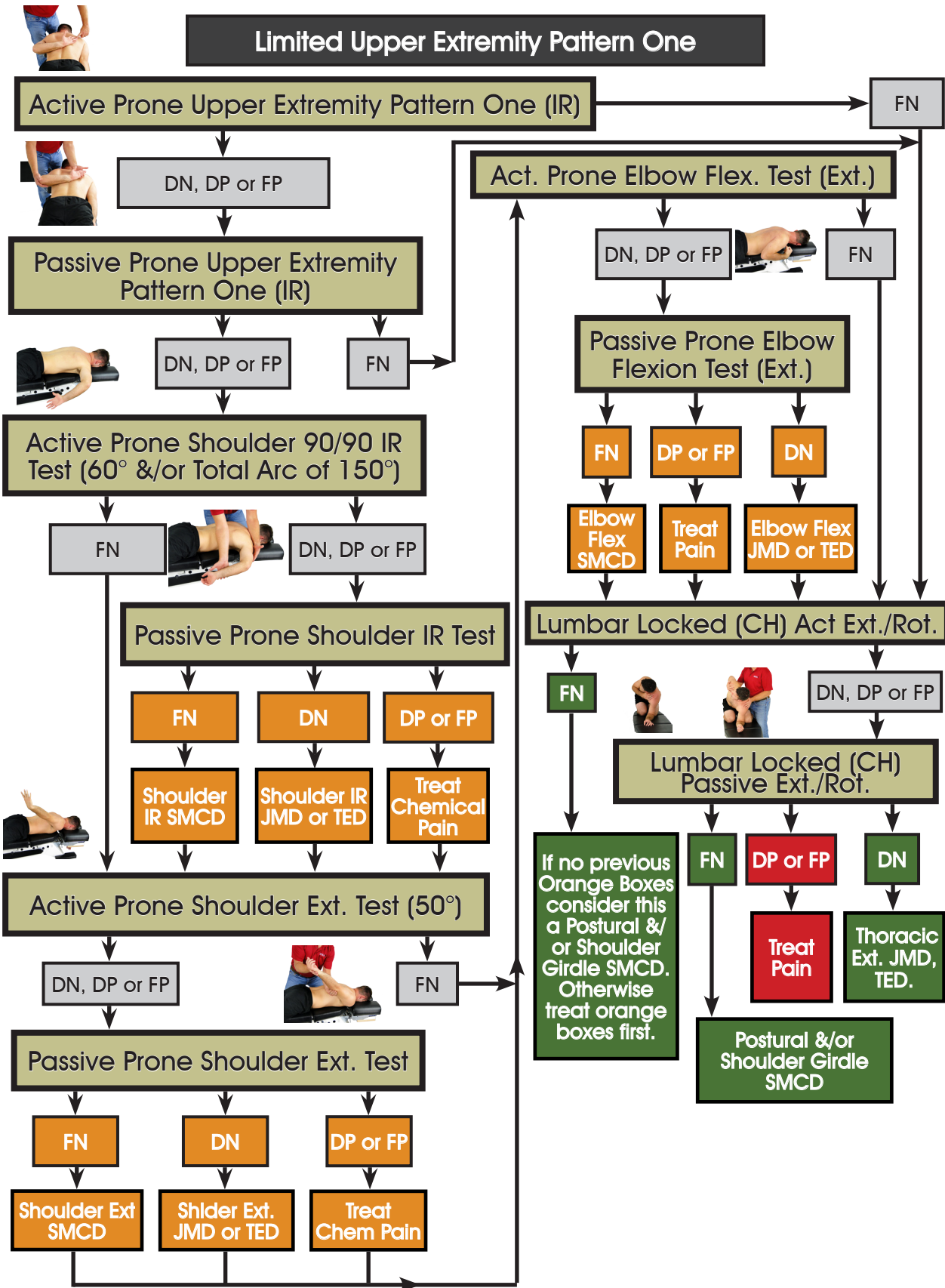
Painful

- Loss of UE start position
- Tibia and Torso are not parallel or better
- Thighs do not break parallel
- Loss of sagittal plane alignment: Right:____ Left:____
- Excessive effort, weight shift, or motor control

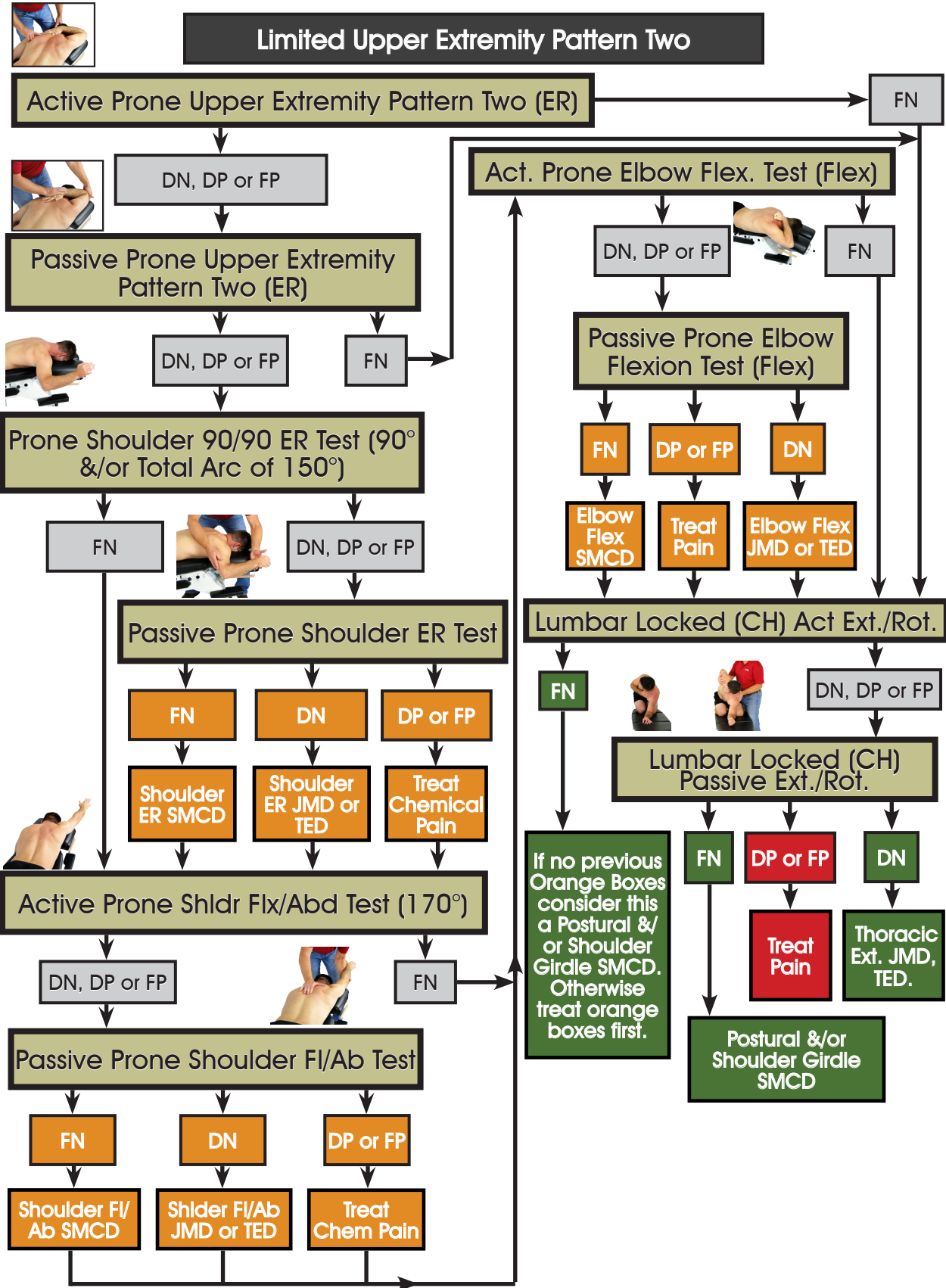
CERVICAL SPINE PATTERN BREAKOUTS



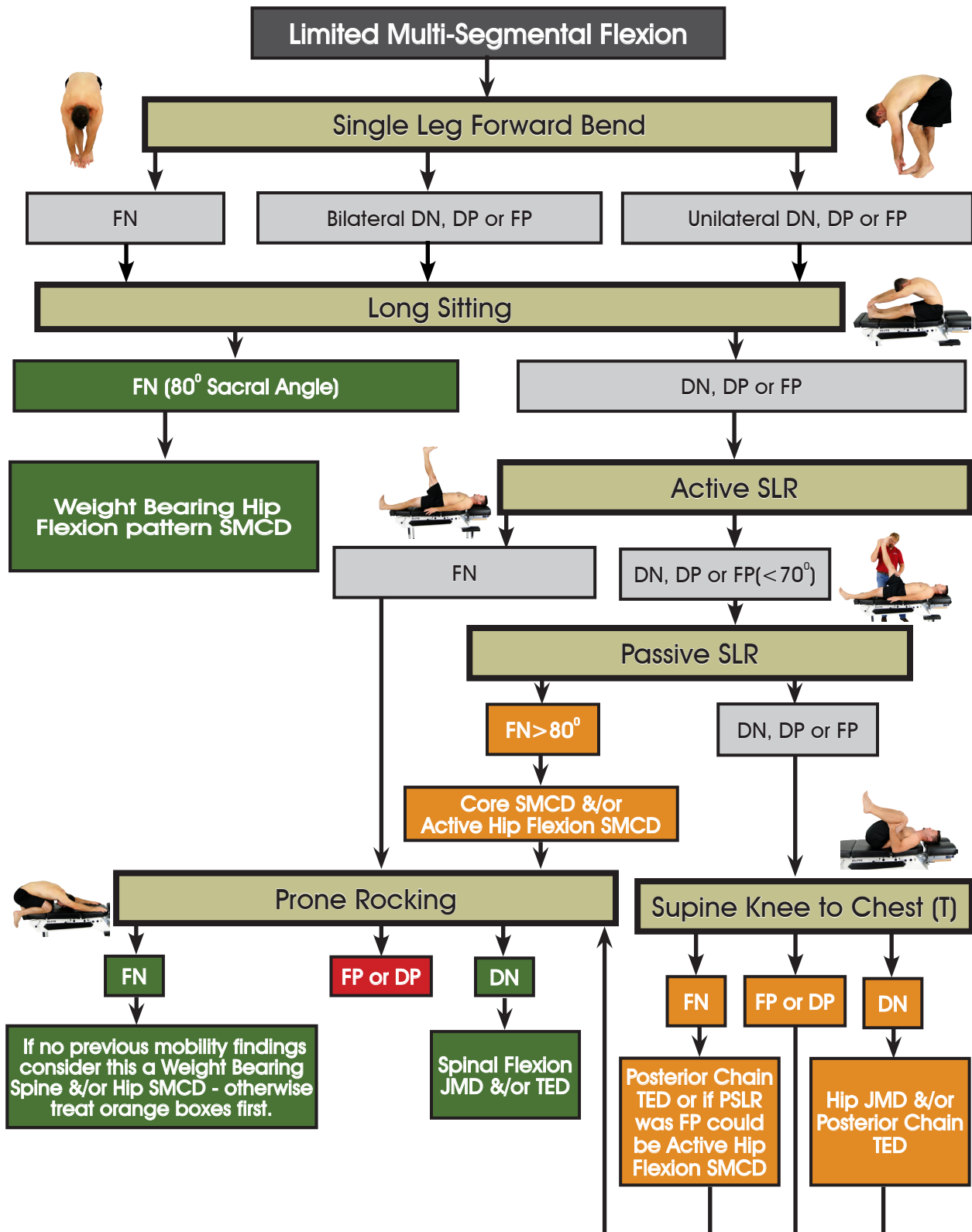
UPPER EXTREMITY PATTERN BREAKOUTS



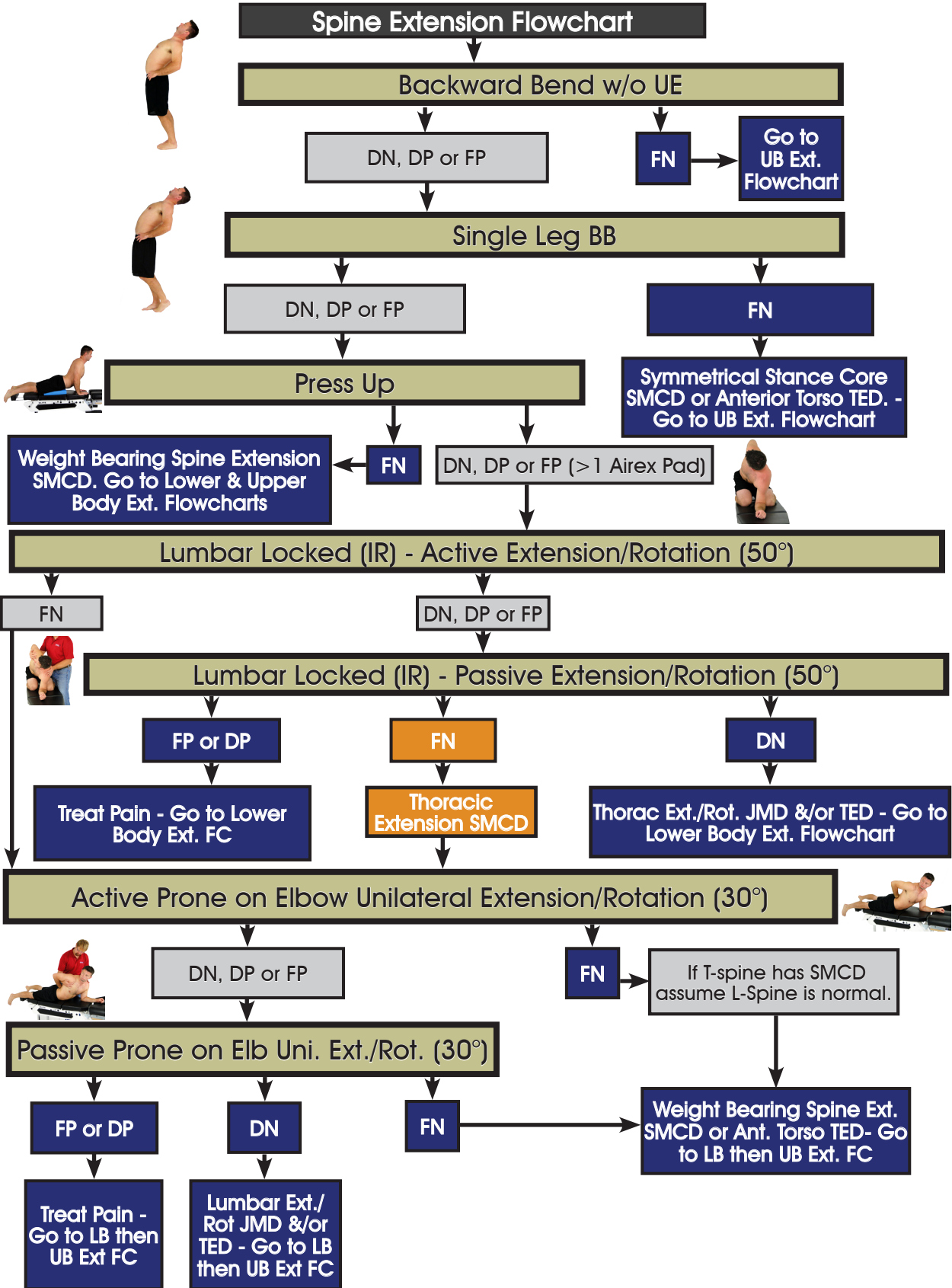
UPPER EXTREMITY PATTERN BREAKOUTS



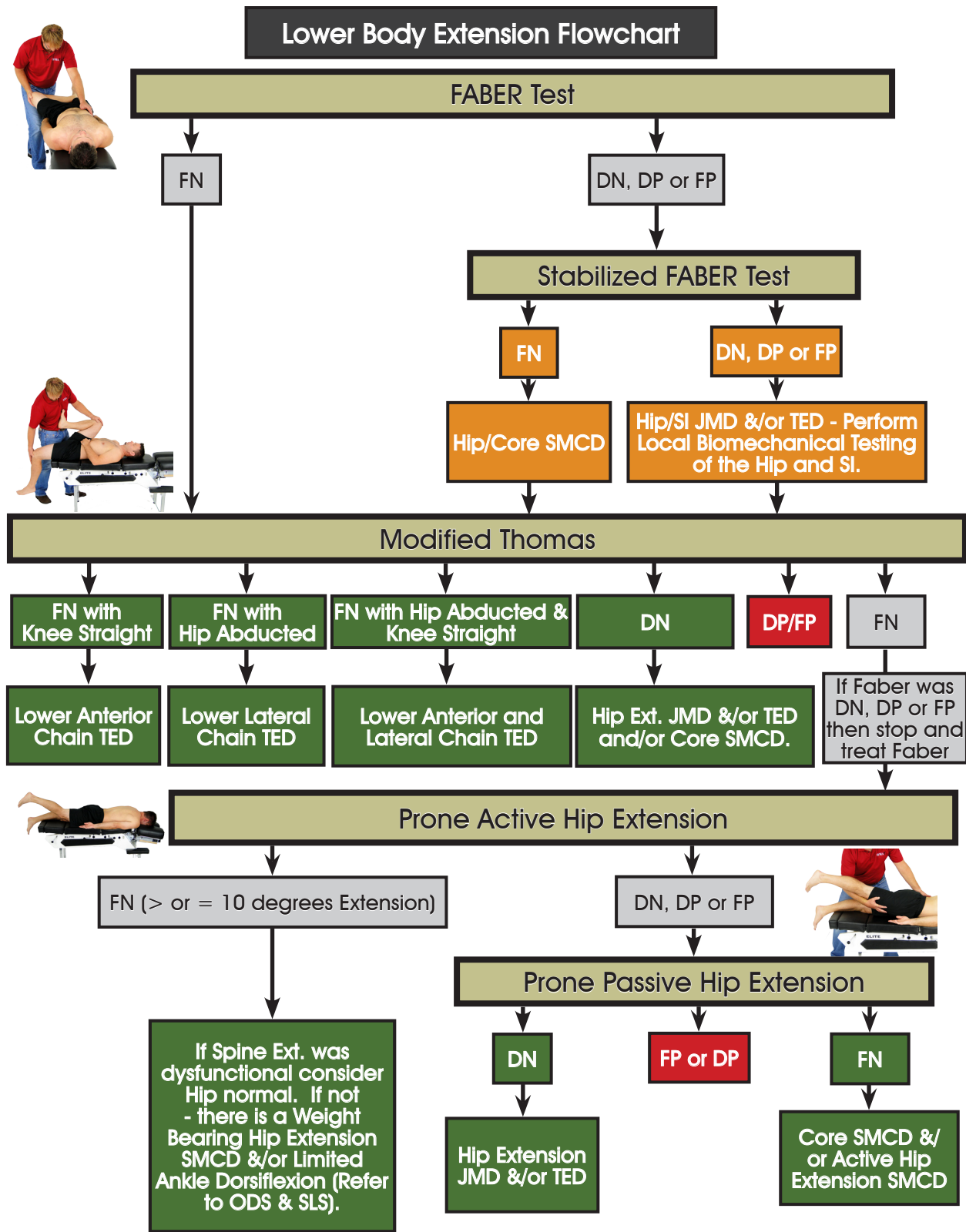
MULTI-SEGMENTAL FLEXION BREAKOUTS



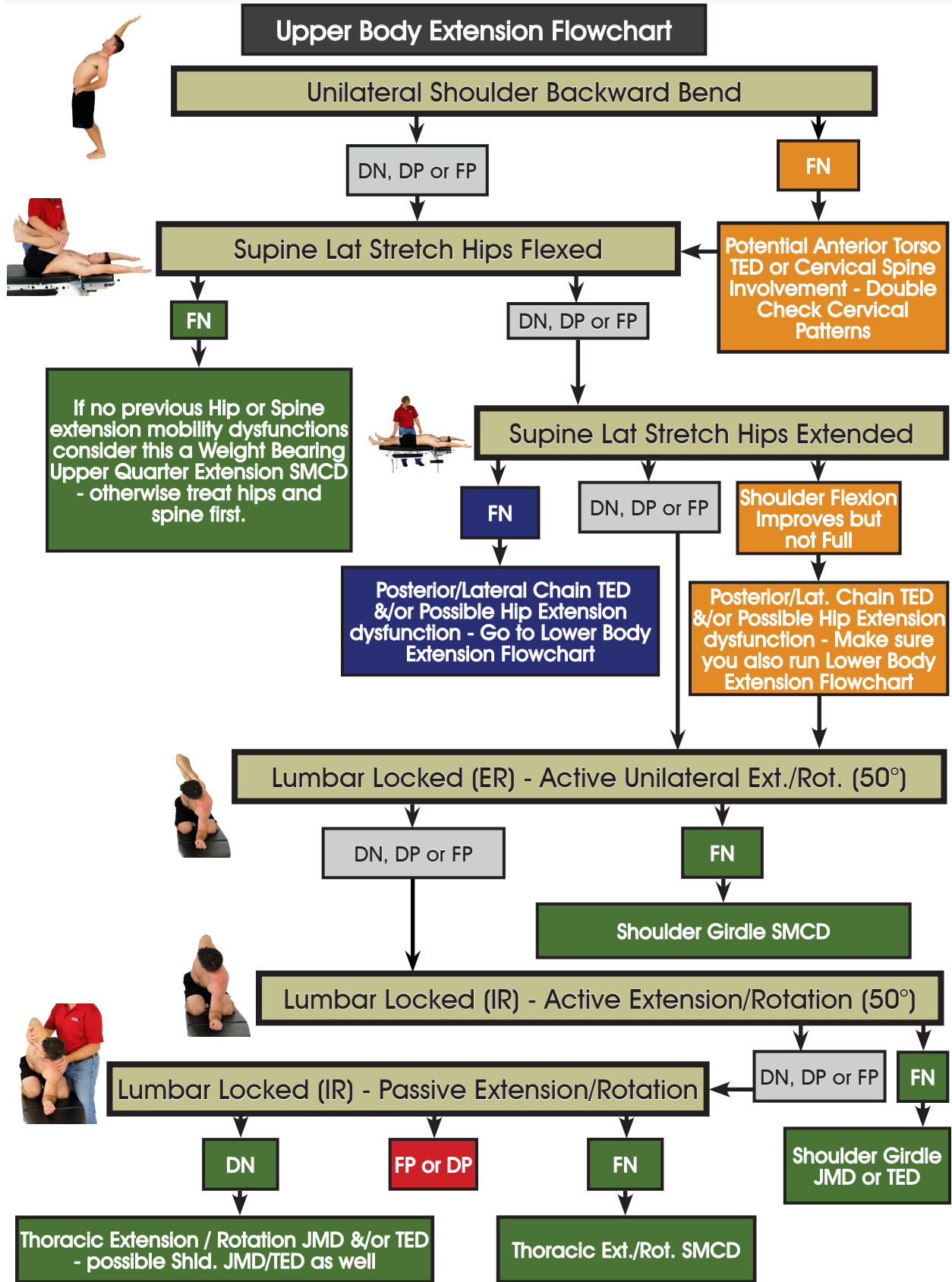
MULTI-SEGMENTAL EXTENSION BREAKOUTS



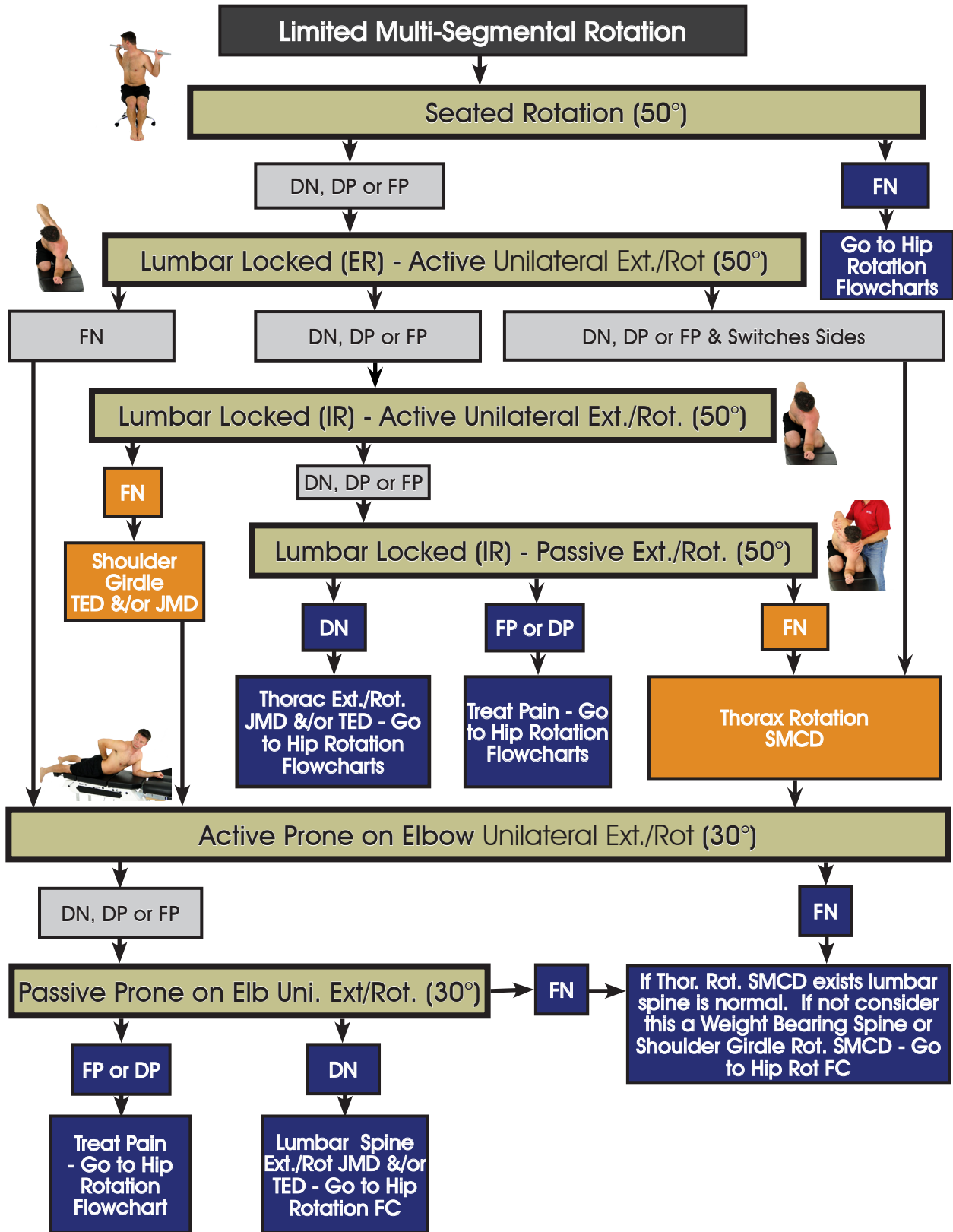
MULTI-SEGMENTAL EXTENSION BREAKOUTS



MULTI-SEGMENTAL EXTENSION BREAKOUTS

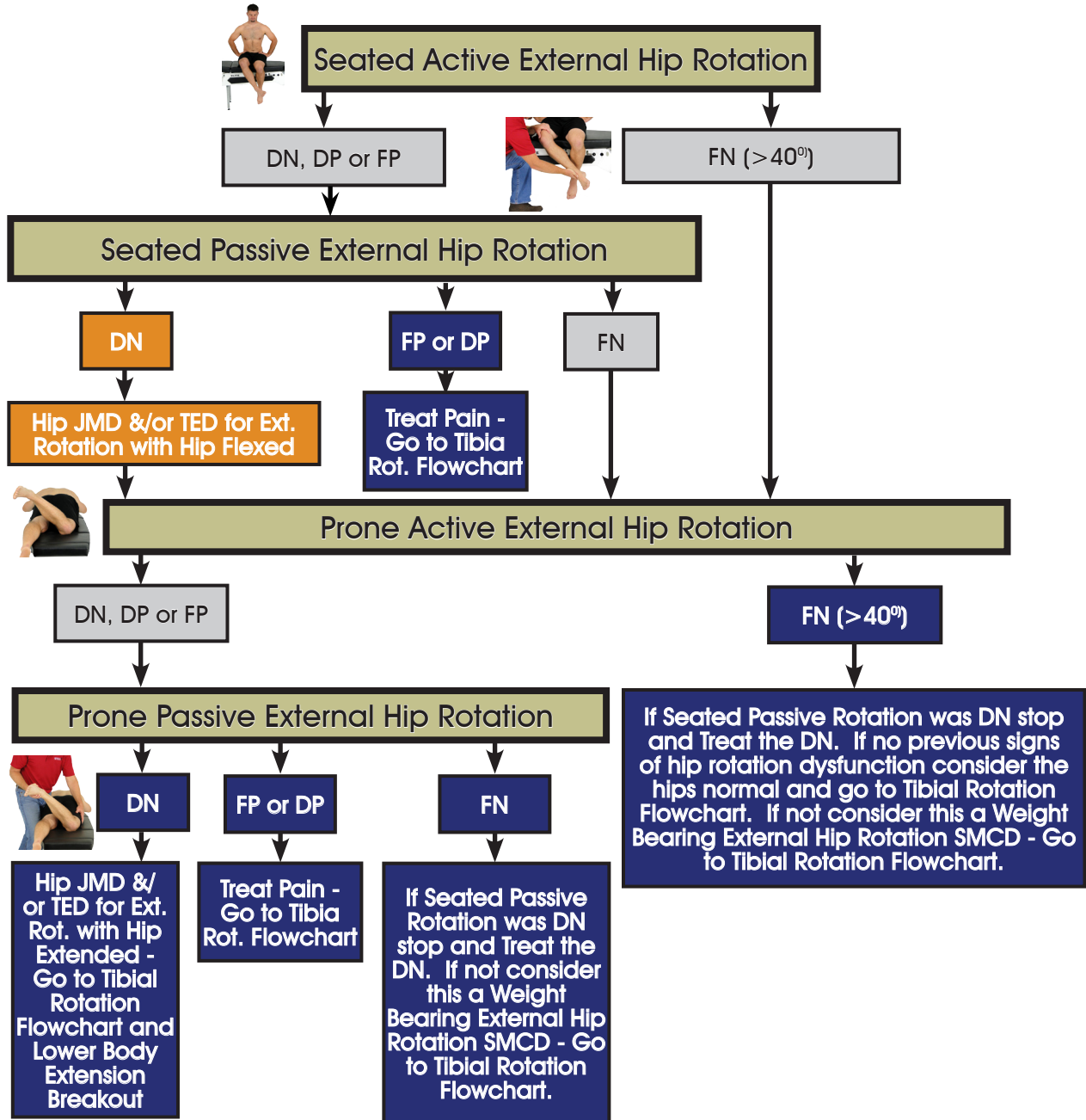


MULTI-SEGMENTAL ROTATION BREAKOUTS

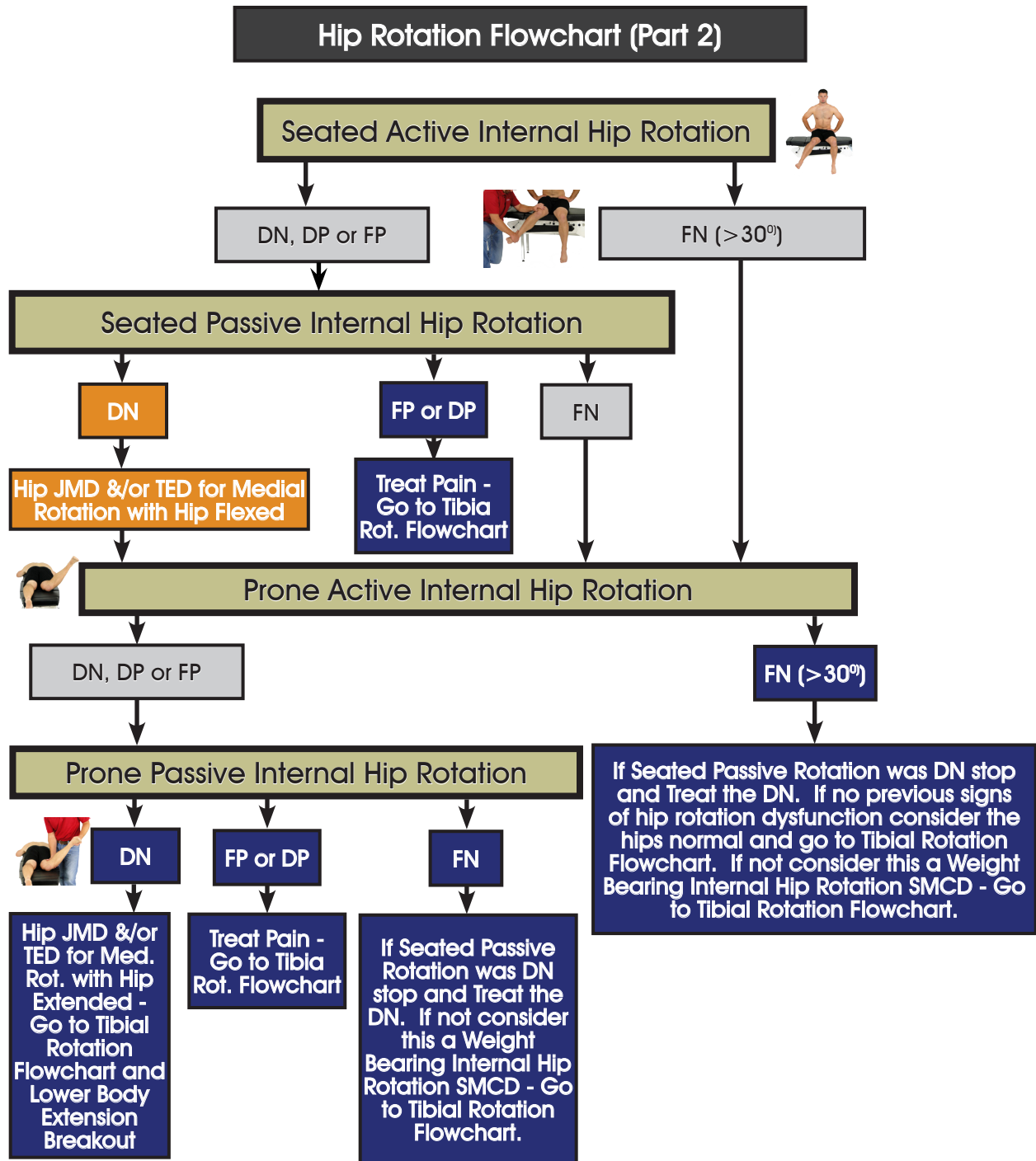


MULTI-SEGMENTAL ROTATION BREAKOUTS

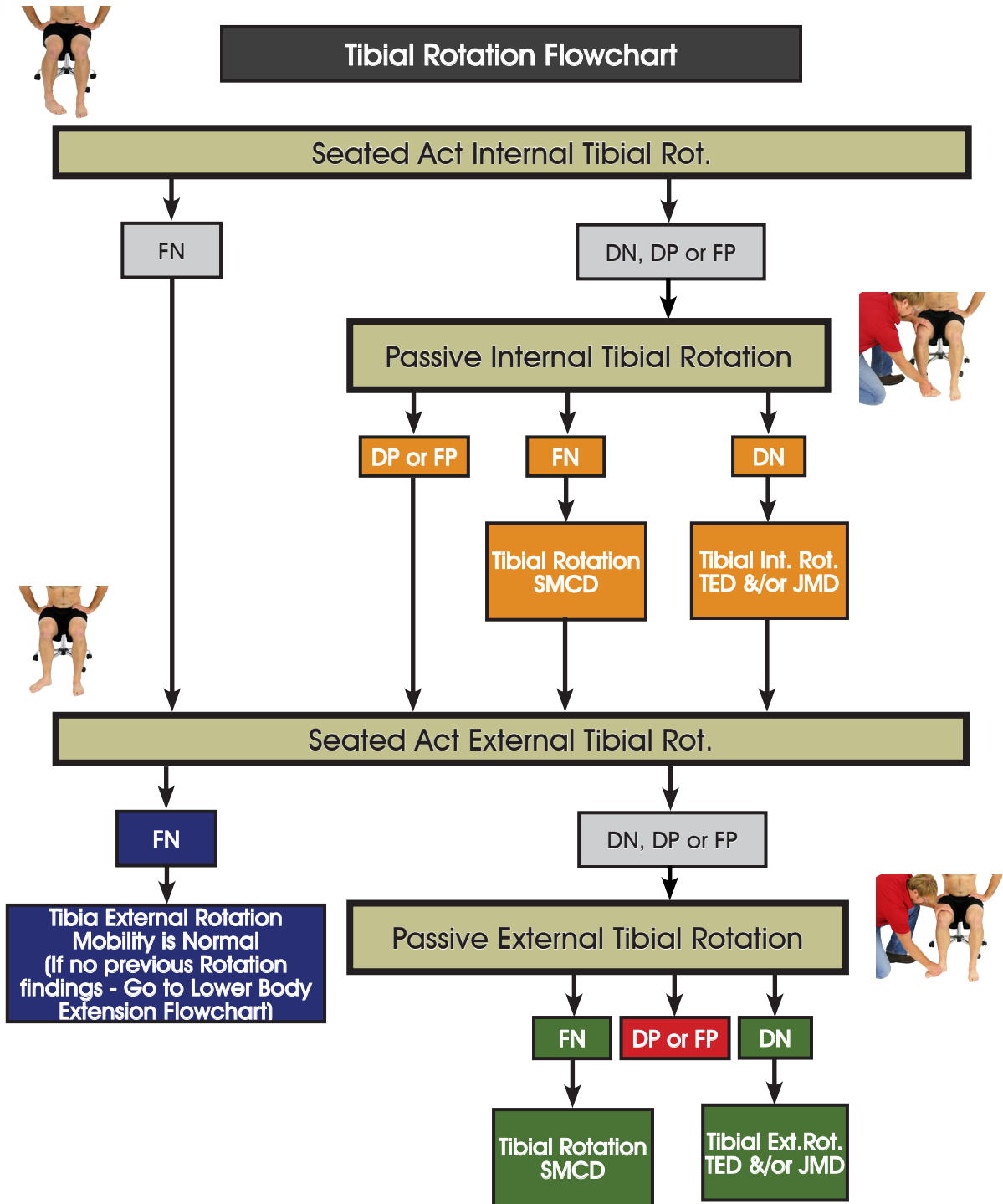
Hip Rotation Flowchart (Part 1)



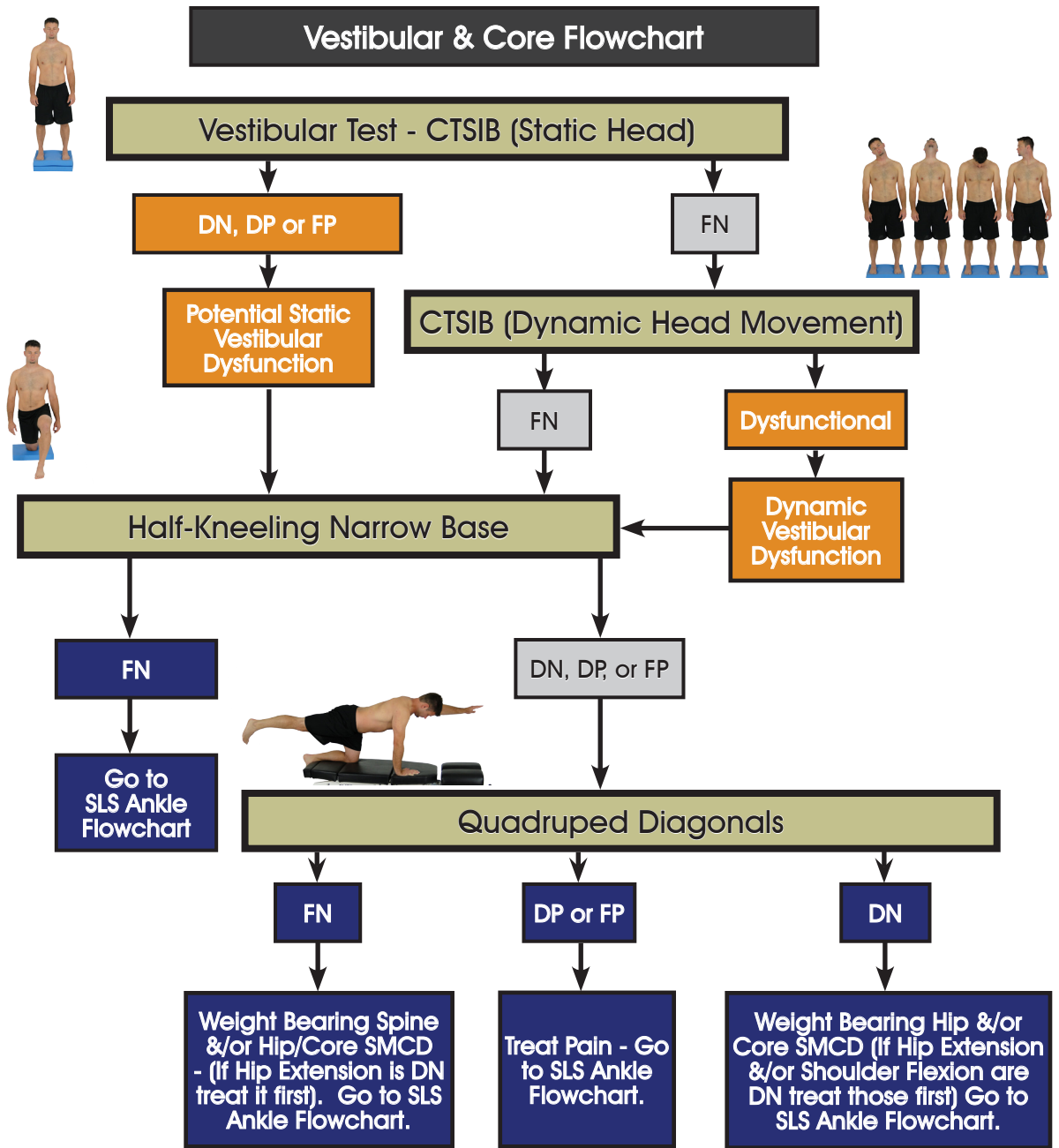
MULTI-SEGMENTAL ROTATION BREAKOUTS



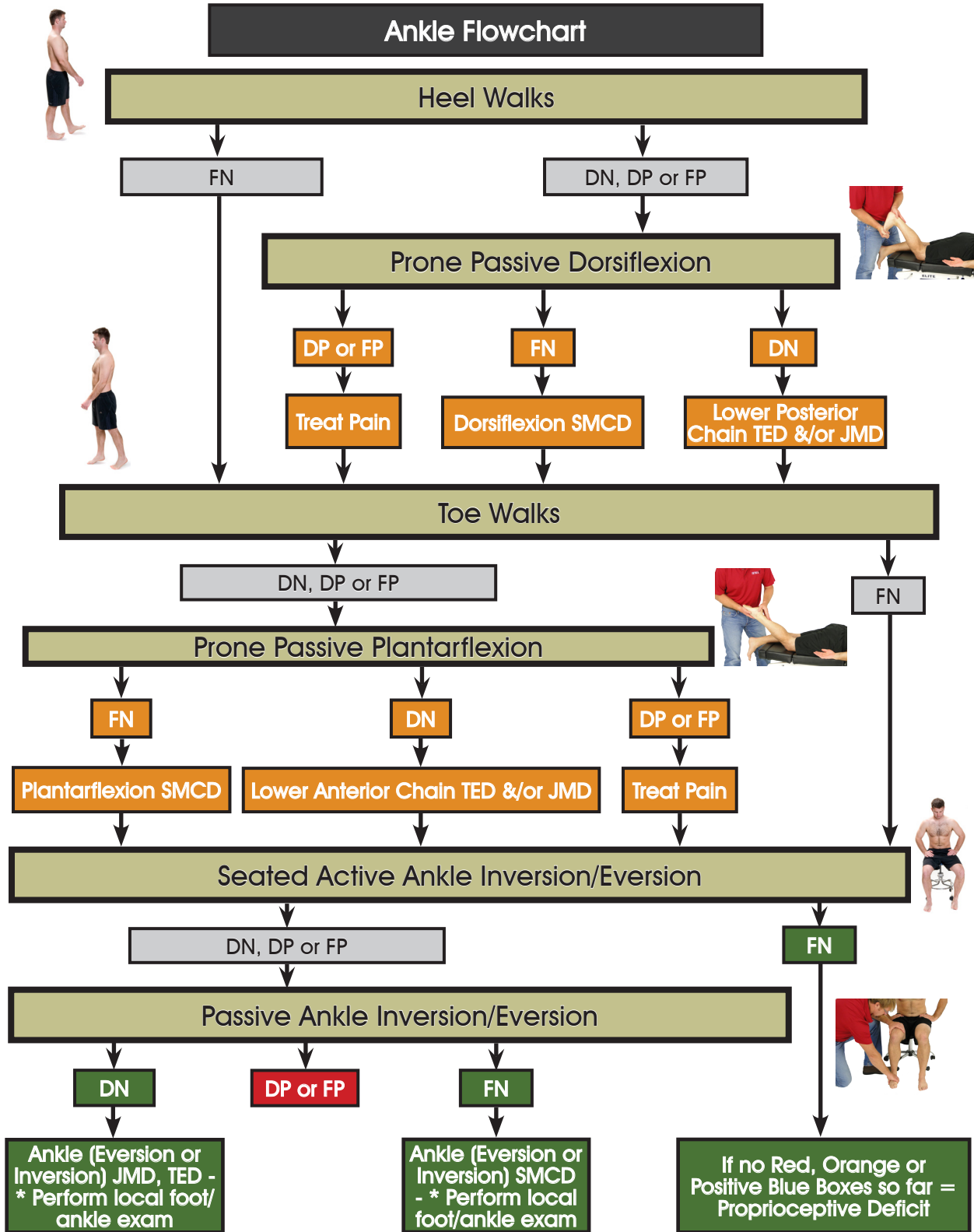
MULTI-SEGMENTAL ROTATION BREAKOUTS



SINGLE LEG STANCE BREAKOUTS FLOWCHART



SINGLE LEG STANCE BREAKOUTS FLOWCHART



OVERHEAD DEEP SQUATTING PATTERN BREAKOUTS

