



# FMS™



FUNCTIONAL MOVEMENT SCREEN

## WHEN & WHERE

**March 15-18, 2018**  
Shanghai, China

## INSTRUCTOR

**Danyue Zhang**

## FUNCTIONAL MOVEMENT SCREEN LEVEL 1 and 2

The FMS is the screening tool used to identify limitations or asymmetries in seven fundamental movement patterns. These patterns are key to functional movement quality in individuals with no current pain complaint or known musculoskeletal injury.

### YOU WILL LEARN

- Historical perspective on movement
- Administer the movement screen
- Difference between mobility and motor control
- Using the FMS score
- Raw vs final score
- Corrective and essential exercises

For more information or to register, please contact Claire:  
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