



Movement Screenings

The Functional Movement Screen (FMS) is a ranking and grading system that documents movement patterns that are key to normal function.

The screening process includes:

- **Perform the 7 screen tests that make up the FMS**
- **Be scored on your tests**
- **Be given a detailed assessment hand-out of the full FMS process**
- **Be given a full correctional assessment of your FMS results**
- **Re-test after completion of the recommended correctional assessment**



Call Balls-n-Strikes Fenton to schedule your screening

**815 Sun Park, Suite B
Fenton, MO 63026**

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www.bnssports.us/fenton.php

Cost: \$125

(\$250 if full video analysis is used, which will include a DVD)

Ages: ALL