



## SCORE SHEET AND FLOWCHARTS



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# THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

SFMA SCORING		FN	FP	DP	DN
Active Cervical Flexion					
Active Cervical Extension					
Cervical Rotation	 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
- 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

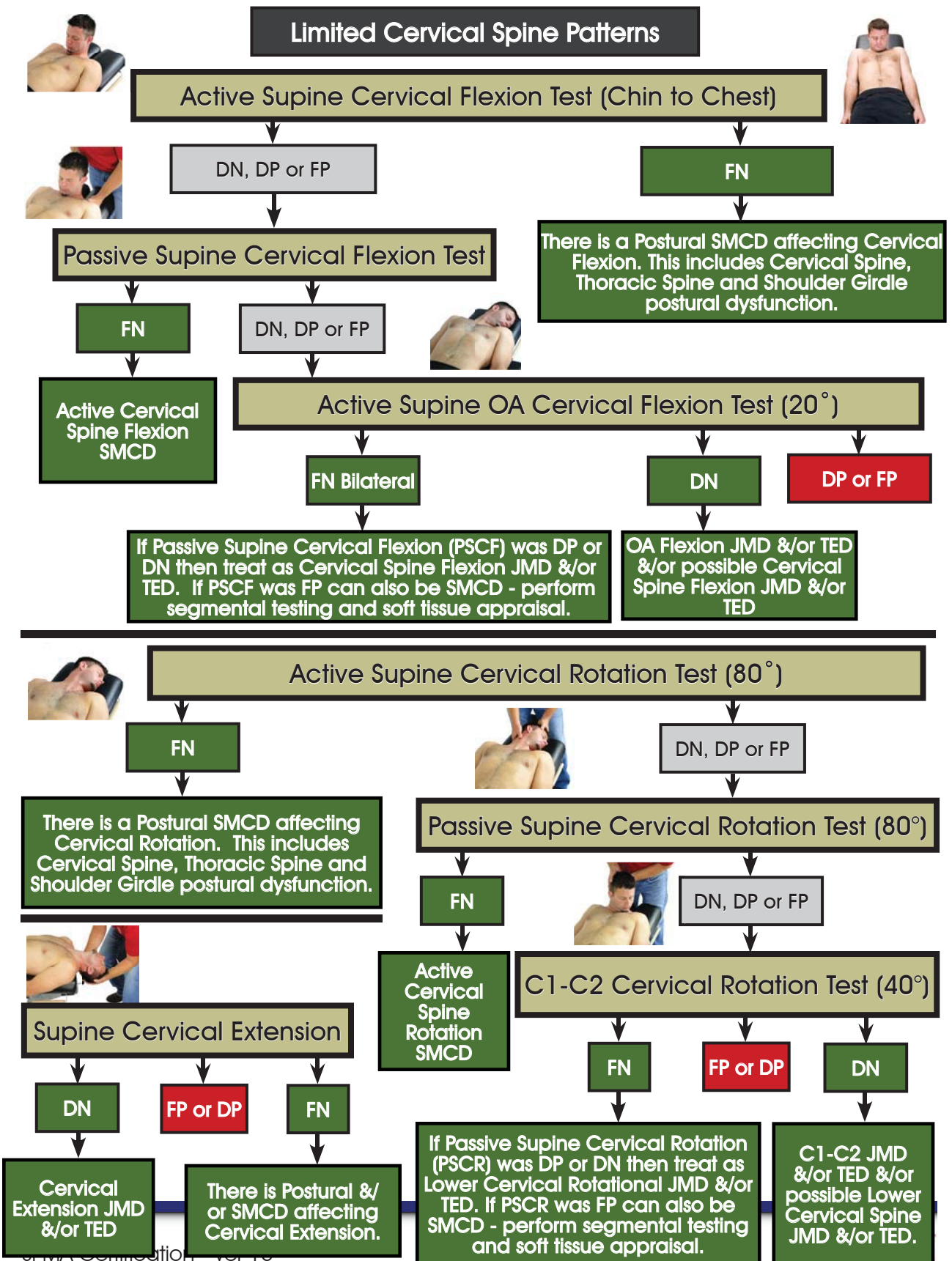
- Right       Left      Eyes open <10 seconds
- Right       Left      Eyes closed < 10 seconds
- Right       Left      Loss of Height
- Right       Left      Excessive effort or lack of symmetry or motor control

**Overhead Deep Squat**

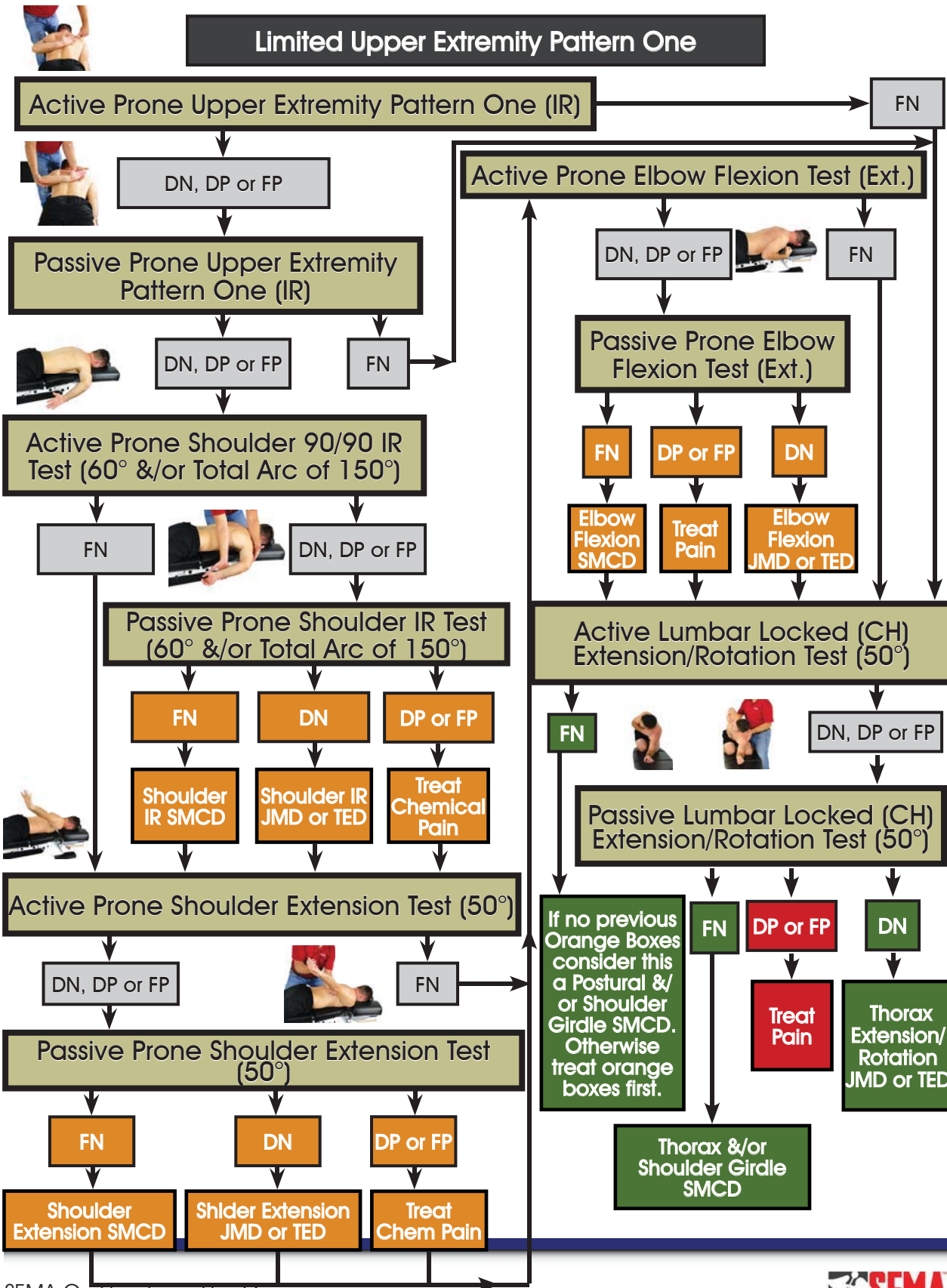
Painful

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

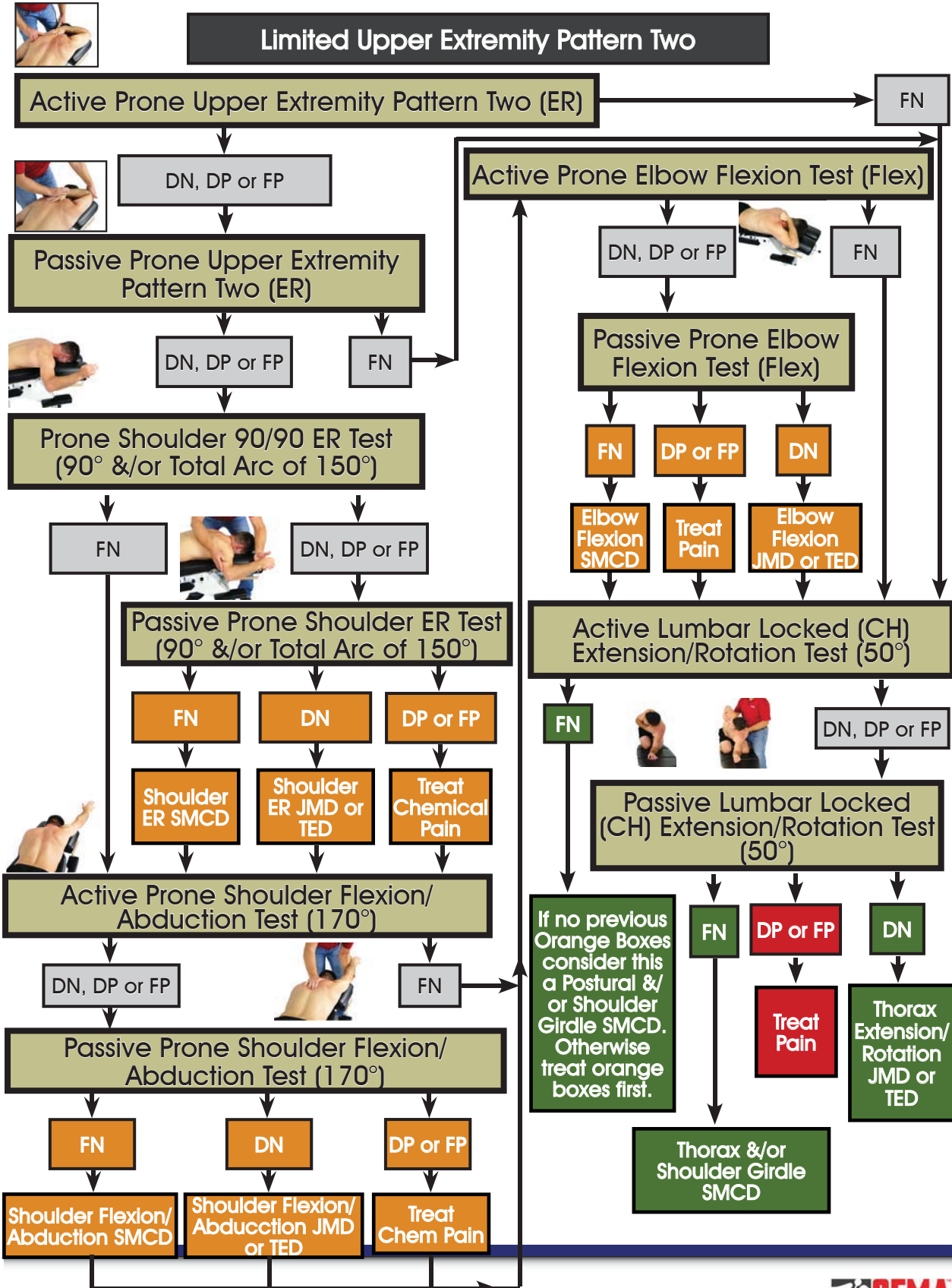
# CERVICAL SPINE PATTERN BREAKOUTS



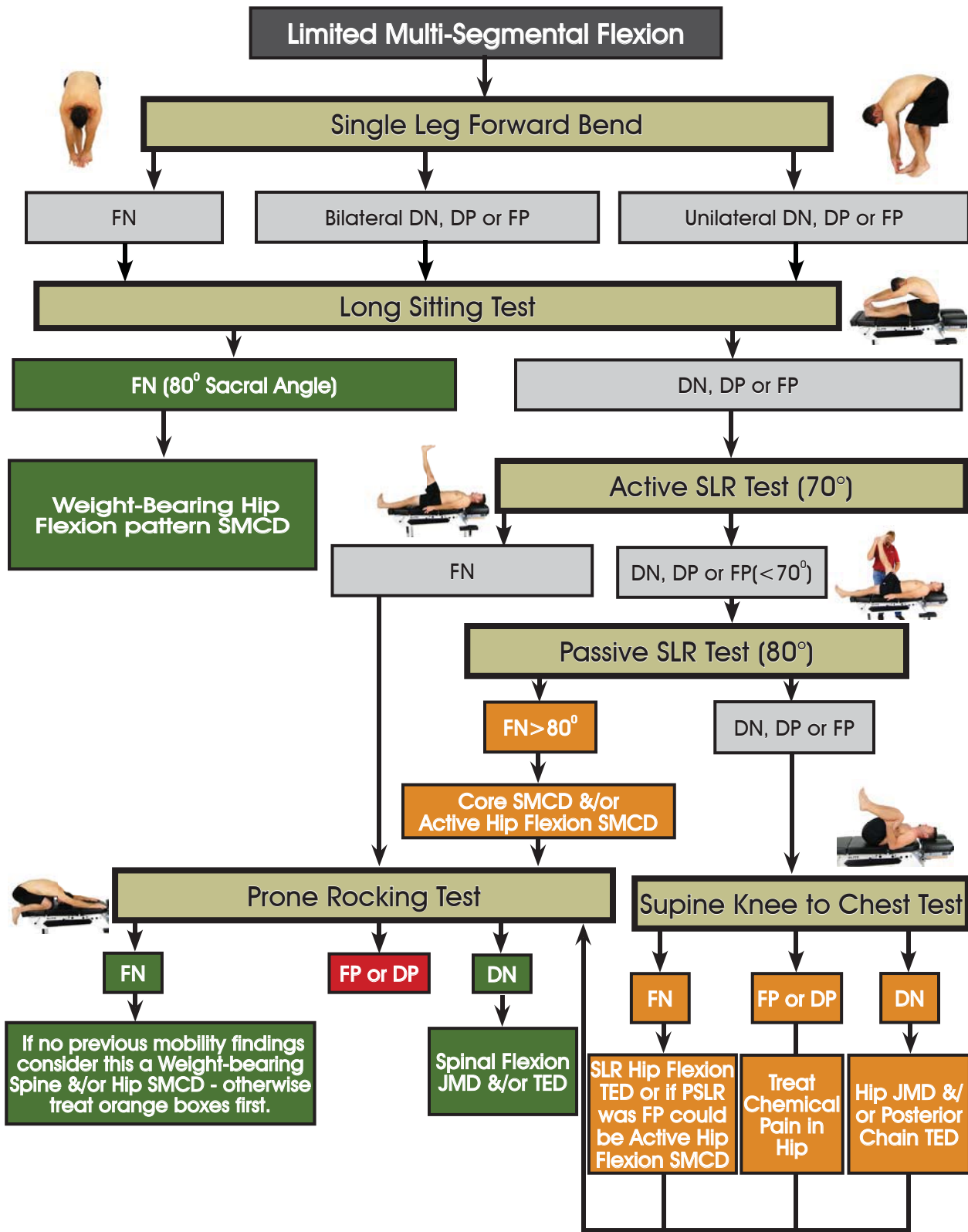
# UPPER EXTREMITY PATTERN BREAKOUTS



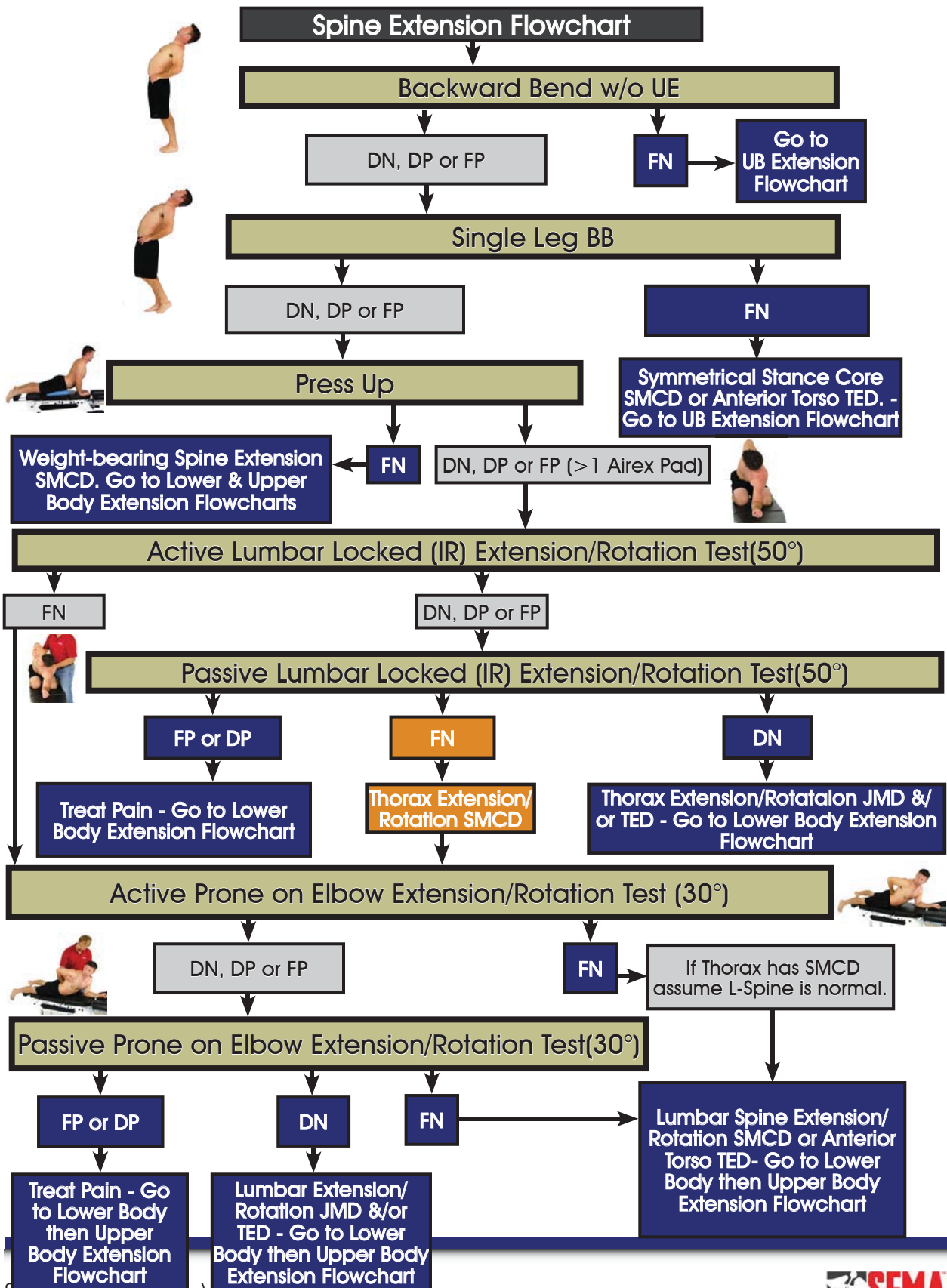
# UPPER EXTREMITY PATTERN BREAKOUTS



# MULTI-SEGMENTAL FLEXION BREAKOUTS

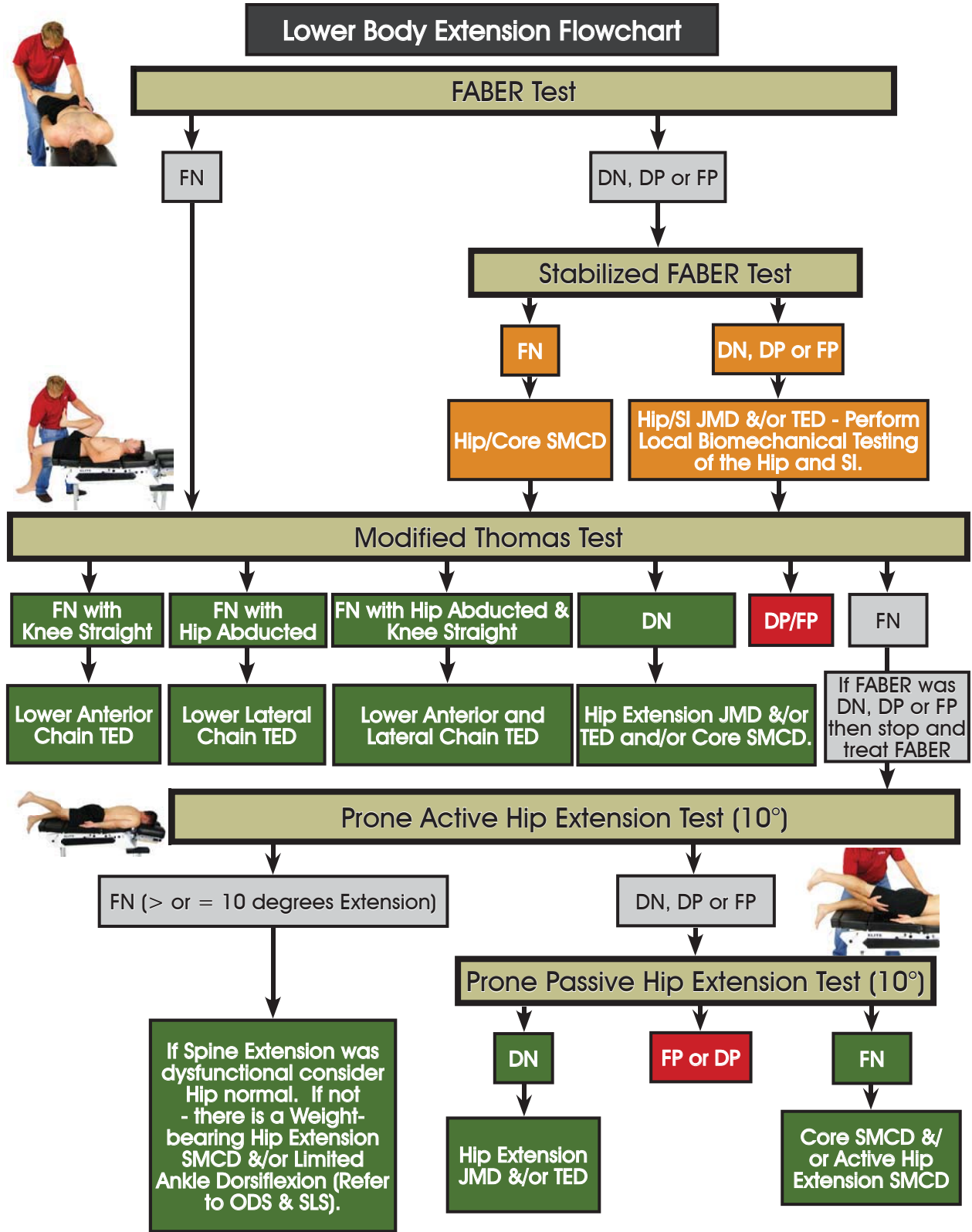


# MULTI-SEGMENTAL EXTENSION BREAKOUTS

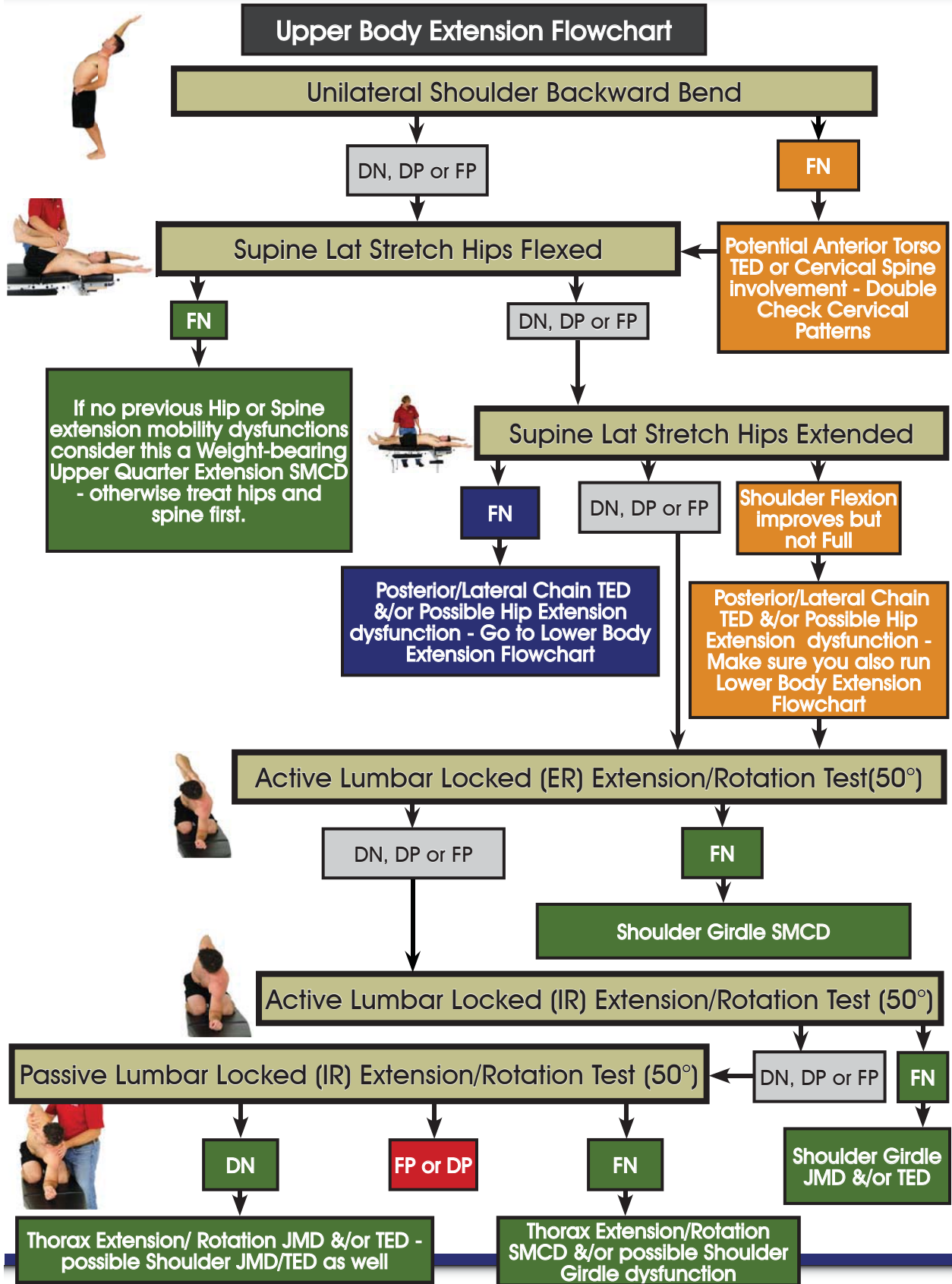




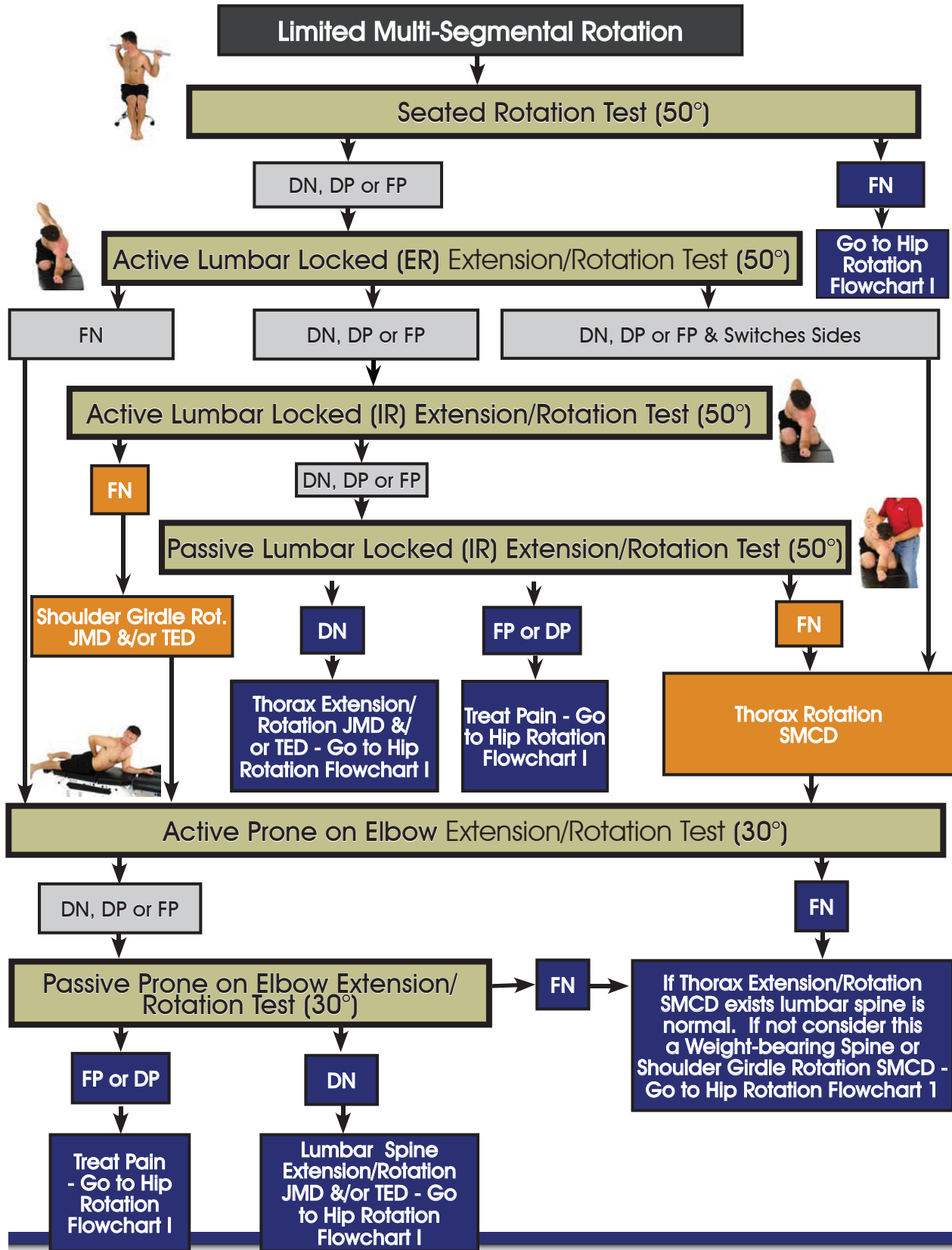
# MULTI-SEGMENTAL EXTENSION BREAKOUTS



# MULTI-SEGMENTAL EXTENSION BREAKOUTS

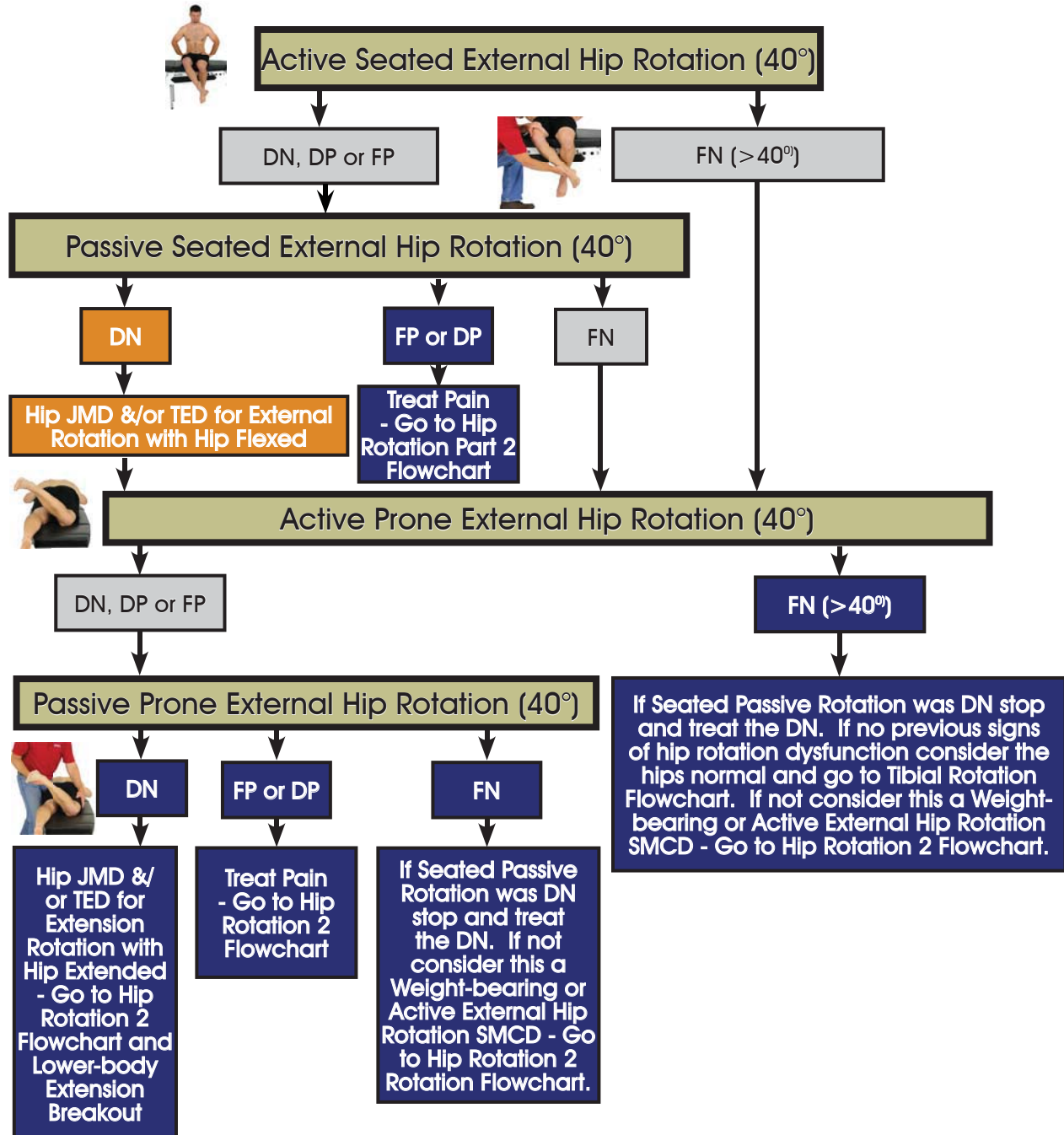


# MULTI-SEGMENTAL ROTATION BREAKOUTS

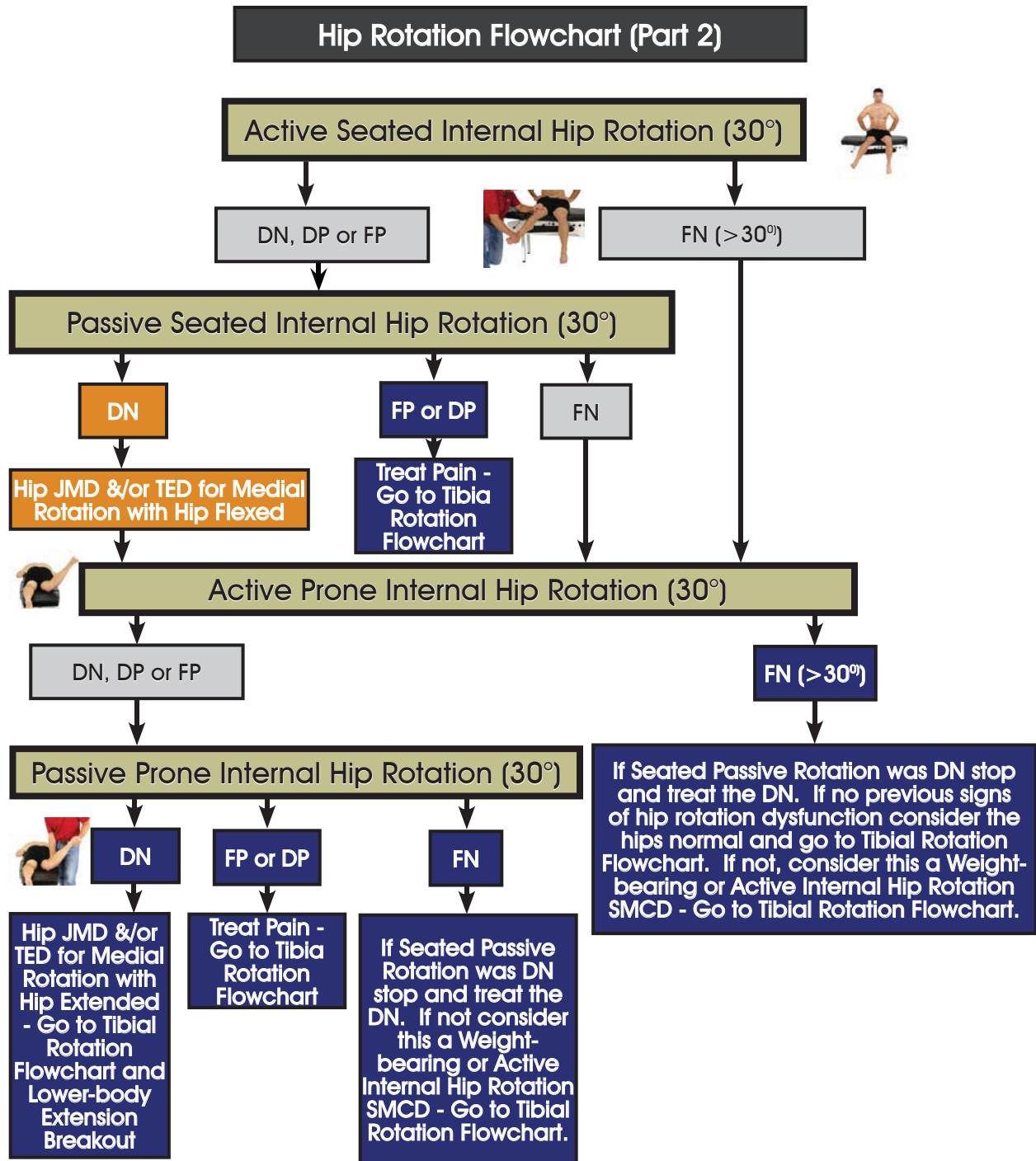


# MULTI-SEGMENTAL ROTATION BREAKOUTS

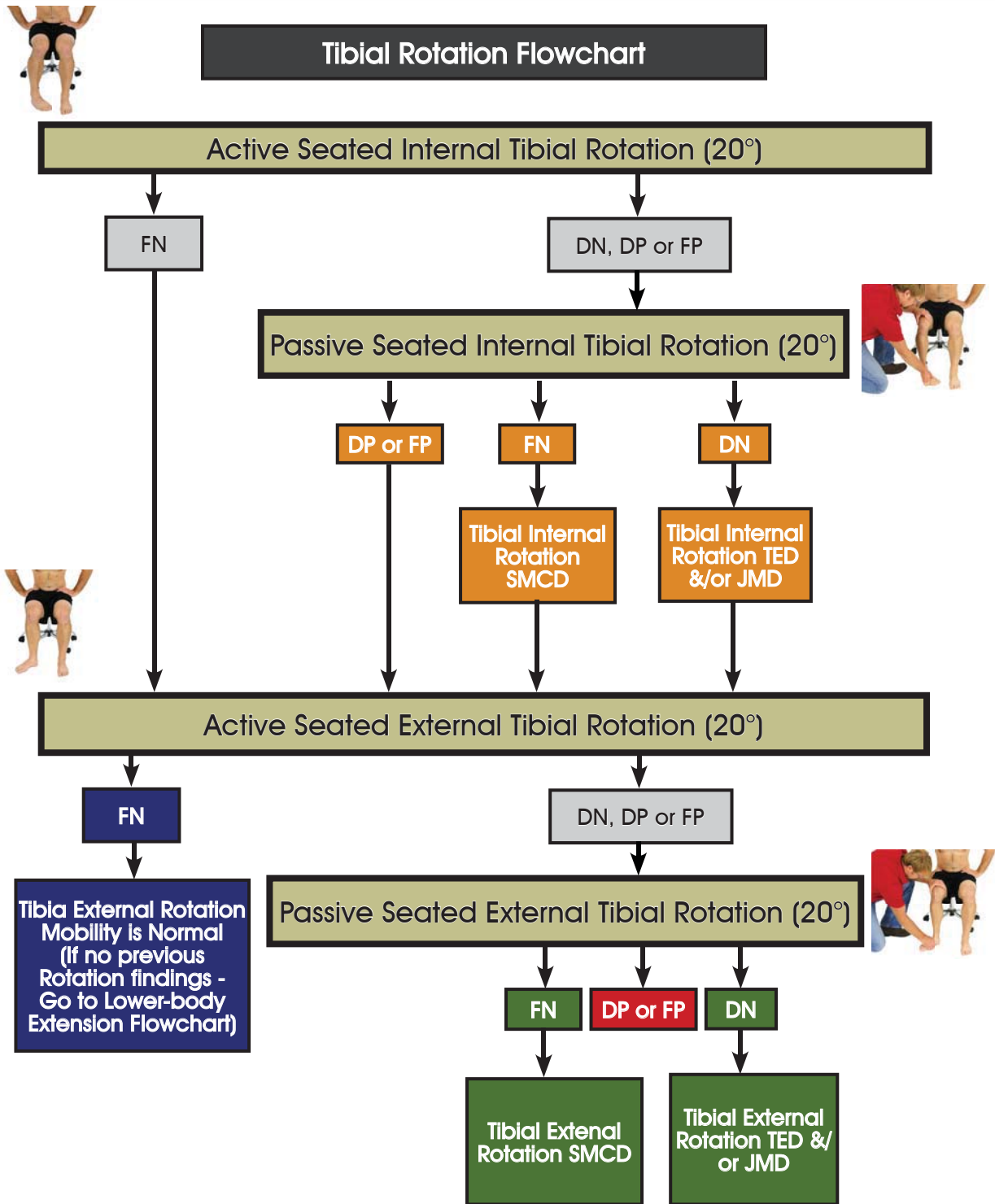
## Hip Rotation Flowchart (Part 1)



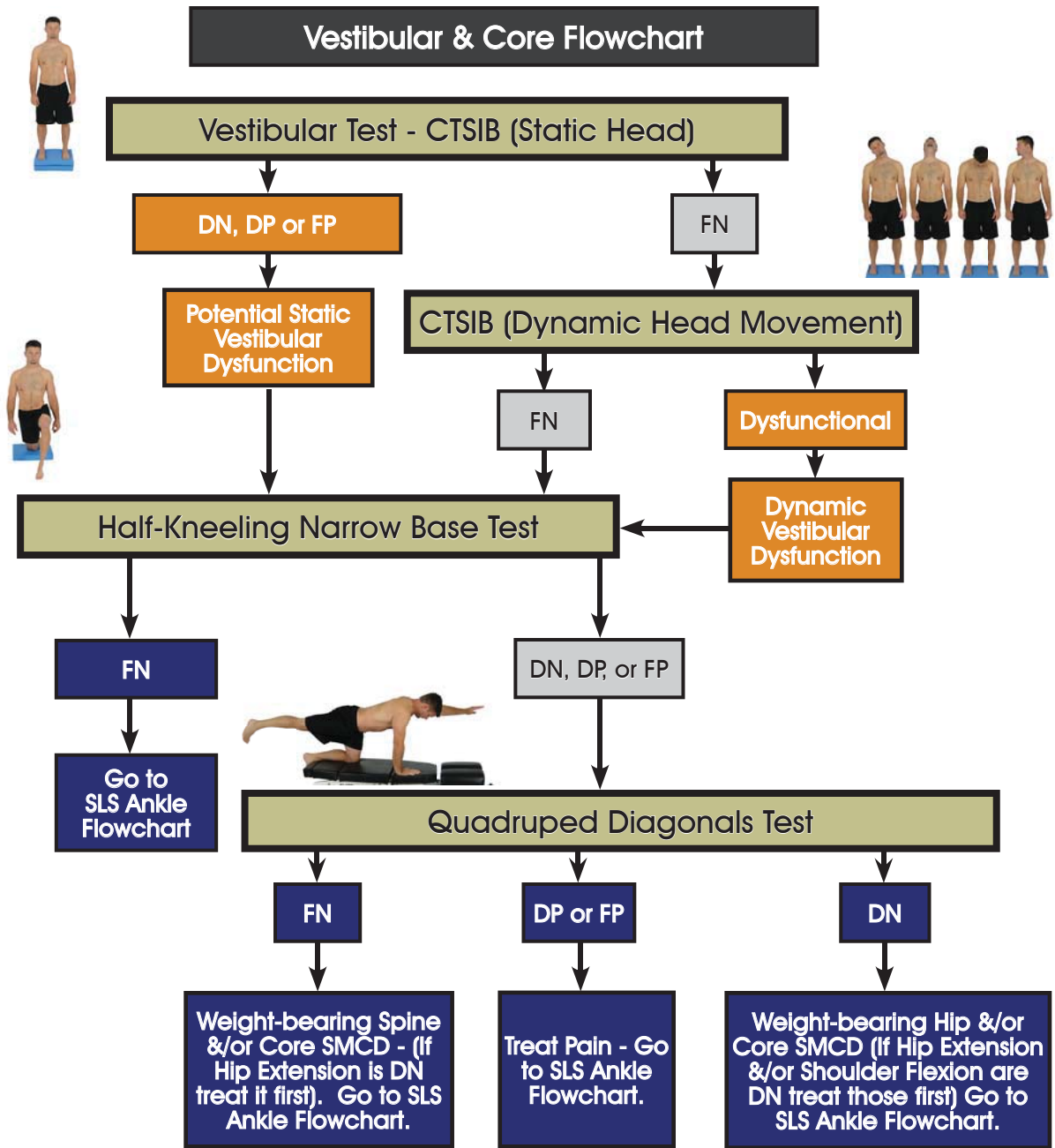
# MULTI-SEGMENTAL ROTATION BREAKOUTS



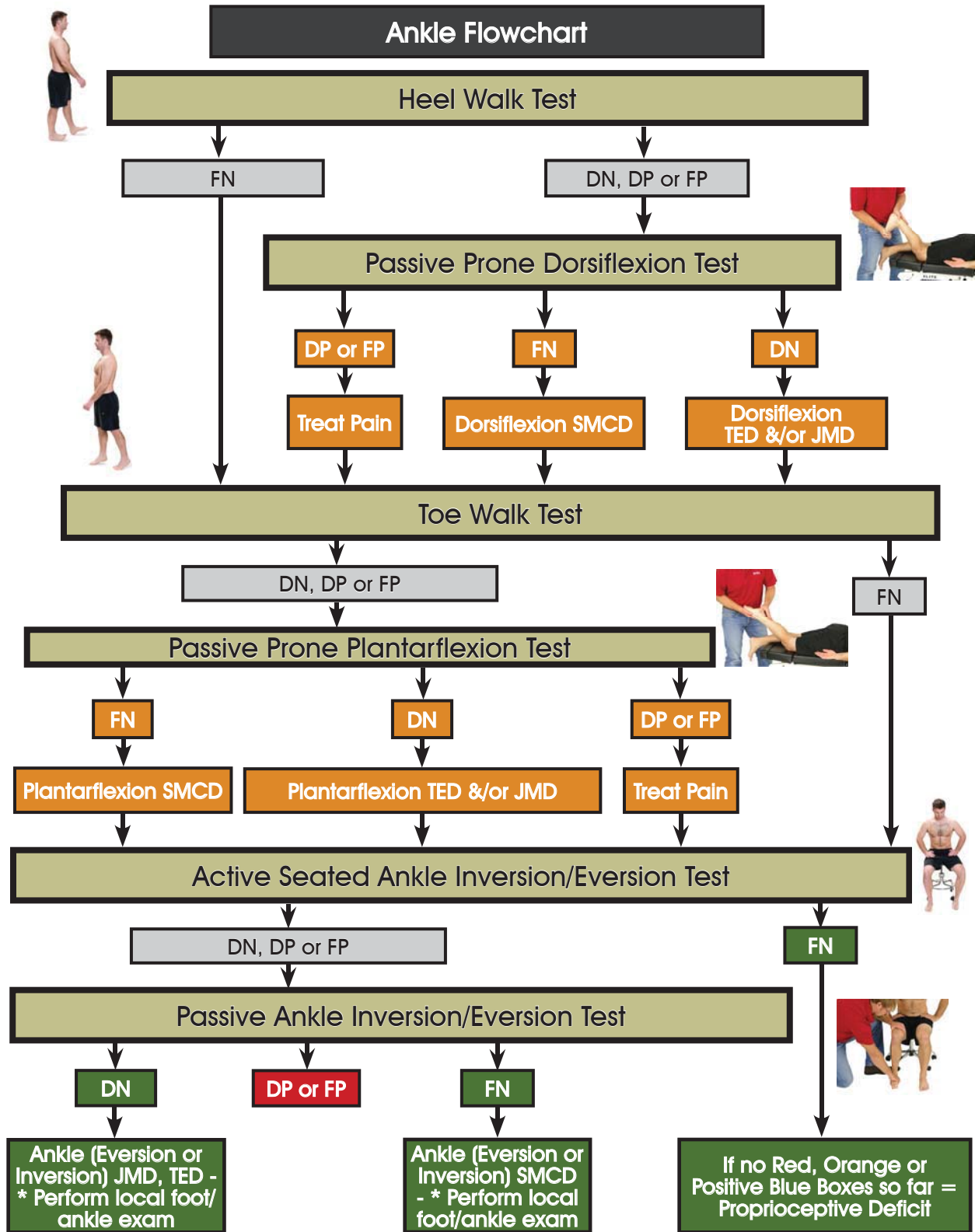
# MULTI-SEGMENTAL ROTATION BREAKOUTS



# SINGLE-LEG STANCE BREAKOUTS



# SINGLE-LEG STANCE BREAKOUTS





# OVERHEAD DEEP SQUATTING PATTERN BREAKOUTS

