

Selective Functional Movement Assessment

PATIENT INFORMATION

Name: _____ Age: _____

Gender: _____ Date of assessment: _____ dd / mm / yyyy

Chief complaint:

TOP-TIER SCORING — FIFTEEN SCORED LINES

Active cervical flexion:

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Active cervical extension:

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Cervical rotation-lateral bend (Left):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Cervical rotation-lateral bend (Right):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Upper extremity pattern 1 (MRE) (Left):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Upper extremity pattern 1 (MRE) (Right):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Upper extremity pattern 2 (LRF) (Left):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Upper extremity pattern 2 (LRF) (Right):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Multi-segmental flexion:

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Multi-segmental extension:

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Multi-segmental rotation (Left):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Multi-segmental rotation (Right):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Single-leg stance (Left):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Single-leg stance (Right):

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

Overhead deep squat:

☐ Functional and non-painful (FN) ☐ Functional painful (FP) ☐ Dysfunctional non-painful (DN) ☐ Dysfunctional painful (DP)

CERVICAL FLEXION BREAKOUT

☐ Primary ☐ Secondary ☐ Can't touch sternum

Is cervical extension greater than 10 degrees past parallel?

☐ Yes ☐ No

Specify below:

Right – nose not in line with mid-clavicle?

☐ Yes ☐ No

Specify below:

Left – nose not in line with mid-clavicle?

☐ Yes ☐ No

Specify below:

UPPER EXTREMITY BREAKOUT

☐ Primary ☐ Secondary ☐ Right ☐ Left

Can't touch inferior angle of the contralateral scapula:

☐ Right ☐ Left

Can't touch spine of the contralateral scapula:

☐ Right ☐ Left

MULTI-SEGMENTAL FLEXION BREAKOUT

☐ Primary ☐ Secondary

Can't touch toes and return to standing position?

☐ Yes ☐ No

Specify below:

No posterior weight shift (T-L junction over foot)?

☐ Yes ☐ No

Specify below:

Non-uniform spinal curves?

☐ Yes ☐ No

Specify below:

MULTI-SEGMENTAL EXTENSION BREAKOUT

☐ Primary ☐ Secondary

ASIS doesn't clear the toes?

☐ Yes ☐ No

Specify below:

Can't maintain normal (≥ 170 degrees) shoulder flexion?

☐ Yes ☐ No

Specify below:

Spine of scapula doesn't clear the heels?

☐ Yes ☐ No

Specify below:

Non-uniform spinal curves?

☐ Yes ☐ No

Specify below:

MULTI-SEGMENTAL ROTATION BREAKOUT

☐ Primary ☐ Secondary

Limited pelvis rotation:

☐ Right ☐ Left

Specify below:

Limited trunk or shoulder rotation:

☐ Right ☐ Left

Specify below:

Spinal or pelvic deviation:

☐ Right ☐ Left

Specify below:

Excessive knee flexion:

☐ Right ☐ Left

Specify below:

SINGLE-LEG STANCE BREAKOUT

☐ Primary ☐ Secondary

Eyes open standing < 10 seconds:

☐ Right ☐ Left

Specify below:

Eyes closed standing < 10 seconds:

☐ Right ☐ Left

Specify below:

Loss of height:

☐ Right ☐ Left

Specify below:

OVERHEAD SQUATTING BREAKOUT

☐ Primary ☐ Secondary

Loss of shoulder flexion?

☐ Yes ☐ No

Specify below:

Thoracic spine flexes?

☐ Yes ☐ No

Specify below:

Hips don't break parallel?

☐ Yes ☐ No

Specify below:

Sagittal plane deviation of lower extremity?

☐ Yes ☐ No

Specify below:

RT: _____

LT: _____

SCORING AND INTERPRETATION

Every top-tier line is graded functional non-painful (FN), functional painful (FP), dysfunctional non-painful (DN), or dysfunctional painful (DP). Any line that does not score FN sends the clinician into that pattern's breakout sequence. The breakout ends in a joint mobility dysfunction, a tissue extensibility dysfunction, or a stability and motor control dysfunction. Treat DP patterns first, then DN, then FP, and leave FN patterns alone.

ADDITIONAL NOTES

Name: _____

License ID: _____

Signature: _____

Date of assessment: _____ dd / mm / yyyy