

# Download Functional Movement Screen Manual

Functional Movement Screen. At Excel Physical Therapy, our therapists utilize innovative testing methods to get to the root cause of your problem. Not able to get to a live SFMA Level 1, but want to get started? The SFMA Level 1 Online Prerequisite Course is your first step. This course introduces viewers to our movement based diagnostic system through our online education. Movement is a vivid discovery, a fundamental and explicit teaching in which the return to basics takes on a whole new meaning. In it, author Gray Cook crosses the lines between rehabilitation, conditioning and fitness, providing a clear model and a common language under which fitness and rehabilitation professionals can work together. Bodden, JG, Needham, RA, and Chockalingam, N. The effect of an intervention program on functional movement screen test scores in mixed martial arts athletes.