

THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

Name _____ Date _____ Total Score _____

Cervical Flexion Primary Secondary

Can't Touch Sternum _____

Cervical Extension

Greater than 10 Degrees of Parallel _____

Cervical Rotation

RIGHT – Can't Touch Chin to Mid-Clavicle _____

LEFT - Can't Touch Chin to Mid-Clavicle _____

Upper Extremity Primary Secondary RIGHT LEFT

RIGHT LEFT Can't Touch Inferior Angle of the Contralateral Scapula

RIGHT LEFT Can't Touch Spine of the Contralateral Scapula

Multi-Segmental Flexion Primary Secondary

Can't Touch Toes and Return to Standing Position _____

< 70 Degrees Sacral Angle _____

No Posterior Weight Shift (T-L Junction over foot) _____

Non-Uniform Spinal Curves _____

Multi-Segmental Extension Primary Secondary

ASIS Doesn't Clear the Toes _____

Can't Maintain Normal (≥ 170 degrees) Shoulder Flexion _____

Spine of Scapula Doesn't Clear the Heels _____

Non-Uniform Spinal Curves _____

Multi-Segmental Rotation Primary Secondary RIGHT LEFT

RIGHT LEFT Pelvis Rotation < 50 degrees _____

RIGHT LEFT Trunk/shoulder < 50 degrees more than pelvis _____

RIGHT LEFT Spinal/Pelvic Deviation _____

RIGHT LEFT Excessive Knee Flexion _____

Single Leg Stance Primary Secondary RIGHT LEFT

RIGHT LEFT Eyes Open Standing < 10 seconds _____

RIGHT LEFT Eyes Closed Standing < 10 seconds _____

RIGHT LEFT Loss of Height _____

Overhead Squating Primary Secondary

Loss of Shoulder Flexion _____

Thoracic Flexes _____

Hips Don't Break Parallel _____

Sagittal Plane Deviation of Lower Extremity Rt. _____ Lt. _____

THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

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