



In-Line Lunge



Hurdle Step

BAY #5, 123 2ND AVE WEST,  
COCHRANE

CALL US TODAY: (403) 981-1991  
TO SET UP AN APPOINTMENT

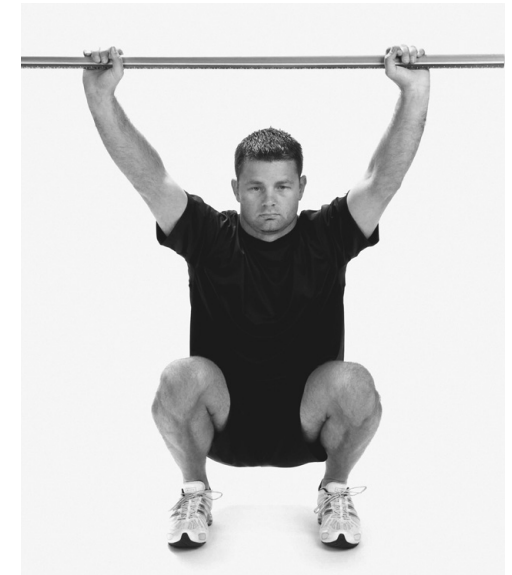
[www.sunshinephysio.com](http://www.sunshinephysio.com)

Physiotherapists at Sunshine are  
movement specialists. Our goal is to keep  
you moving well, active, and pain-free so  
you can enjoy life with ease!



# FUNCTIONAL MOVEMENT SYSTEMS

Testing helps to predict risk of injury  
during activity or sport.



**Sunshine Physiotherapy**

## Reasons To Get Screened

- The number one predictor of injury is a previous injury.
- One of the second highest risk factors are asymmetries.
- Asymmetry means one side of your body is not equal to the other.
- This asymmetry can be due to lack of mobility, stability, or motor control in one or more areas.
- The FMS can identify these "weak links".
- Once identified, Certified FMS Professionals can provide you with the right corrective exercises to fix the asymmetries or weaknesses.

## Who Should Get Screened?

- Anyone who is active (i.e. anyone who moves!)
- Anyone participating in a sport
- Anyone who has had a previous injury

**“Are you moving poorly  
because you are in pain?  
Or are you in pain  
because you are moving  
poorly?”**



The majority of the population simply doesn't move properly. This stems from the hours we spend sitting, our body forgets how it was programmed to move properly.

When our body does not move properly, we are at an increased risk for pain and injury.

The FMS can identify poor movement patterns, areas of decreased mobility, and stability.

Based on your FMS score, we can determine the right corrective exercises for YOU.

No two people are the same, so giving the same exercises to every person is not the solution.

We will design a program to fix YOUR "weak links".



The FMS is used world-wide! Many professional athletes and teams incorporate the FMS into their training.

NFL teams such as the New York Giants, NHL teams including the Toronto Maple Leafs, the Navy Seals, Firefighter Departments, and recreational teams all use the FMS.