THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

SFMA SCORING			FN	FP	DP	DN
Active Cervical Flexion						
Active Cervical Extension						
Cervical Rotation		L R		\exists	=	=
Upper Extremity Pattern 1 (MRE)		L R			=	=
Upper Extremity Pattern 2 (LRF)		L R		=		=
Multi-Segmental Flexion	7					
Multi-Segmental Extension	7					
Multi-Segmental Rotation		L R			\equiv	=
Single Leg Stance	12	L R				=
Overhead Deep Squat	*					

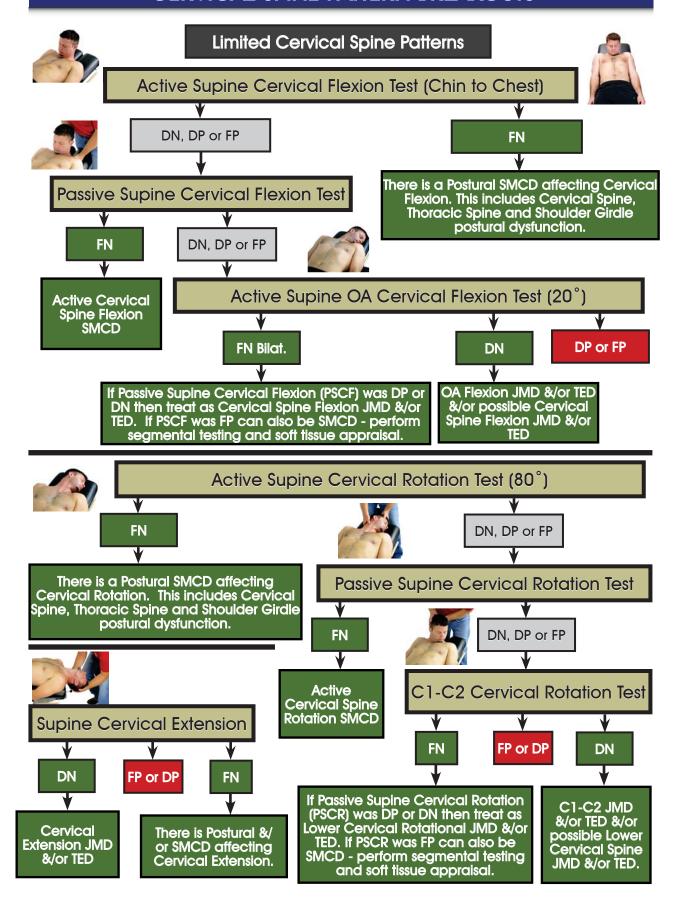


THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

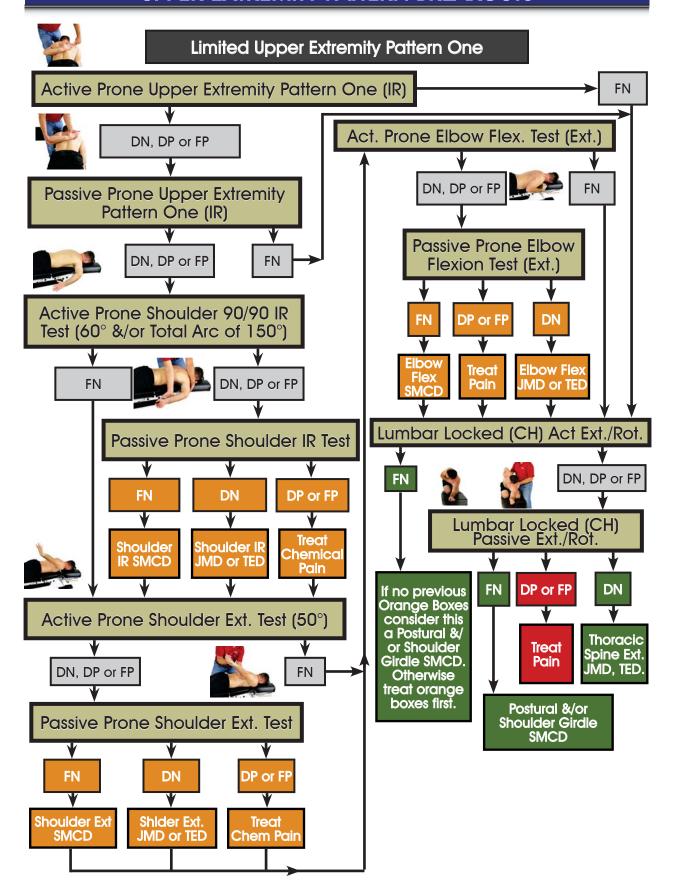
Na	ıme:				Date:	Total Score:				
Ce	rvical Flexio	n		Painful						
	Can't touch Sternum to Chin									
	☐ Excessive effort and/or lack of motor control									
Ce	rvical Extens	sion	□ P	ainful						
	Not within 10	degrees of par	allel							
	Excessive effe	ort and/or lack	of mo	otor control						
Ce	rvical Rotati	on	□ P	ainful Right		☐ Painful Left				
	Right	□ Left	Nose	e not in line	with mi	d-clavicle				
	Right	□ Left	Exce	ssive effort	and/or a	appreciable asymmetry or lack of motor control				
Pa	ttern #1 – M	IRE	□ Pa	ainful Right		☐ Painful Left				
	Right	□ Left	Doe	s not reach	inferior	angle of scapula				
	Right	□ Left	Exce	ssive effort	and/or	appreciable asymmetry or lack of motor control				
Pa	ttern #2 – LF	RF	□ Pa	ainful Right		☐ Painful Left				
	Right	□ Left	Doe	s not reach	spine of	scapula				
	Right	□ Left	Exce	ssive effort	and/or	appreciable asymmetry or lack of motor control				
M	ulti-Segment	tal Flexion	□ P	ainful						
	Cannot touch	n toes								
	Sacral angle	<70 degrees								
	Non-uniform	spinal curve								
	Lack of poste	rior weight shif	t							
	Excessive effe	ort and/or appr	eciab	ole asymmet	ry or lac	ck 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									
	Non-Uniform	-								
	Excessive effo	ort and/or lack i	moto	or control						
M	ulti-Segment	tal Rotation	□ P	ainful Right		☐ Painful Left				
	Right	□ Left		is Rotation	_					
	J	□ Left	Shou	ulders rotati	on <50	degrees				
	O		-	e/pelvic dev						
		□ Left		essive Knee						
		□ Left			and/or	lack of symmetry or motor control				
	ngle Leg Stan			ainful Right		☐ Painful Left				
	0 -	□ Left	-	open <10 s						
	J	□ Left	-	closed < 10) second	S				
	_	□ Left _		of Height						
	•	□ Left			or lack o	of symmetry or motor control				
Overhead Deep Squat										
	Loss of UE start position									
	Tibia and Torso are not parallel or better									
	Thighs do not break parallel									
	Loss of sagittal plane alignment: Right Left									
	Excessive effort, weight shift, or motor control									



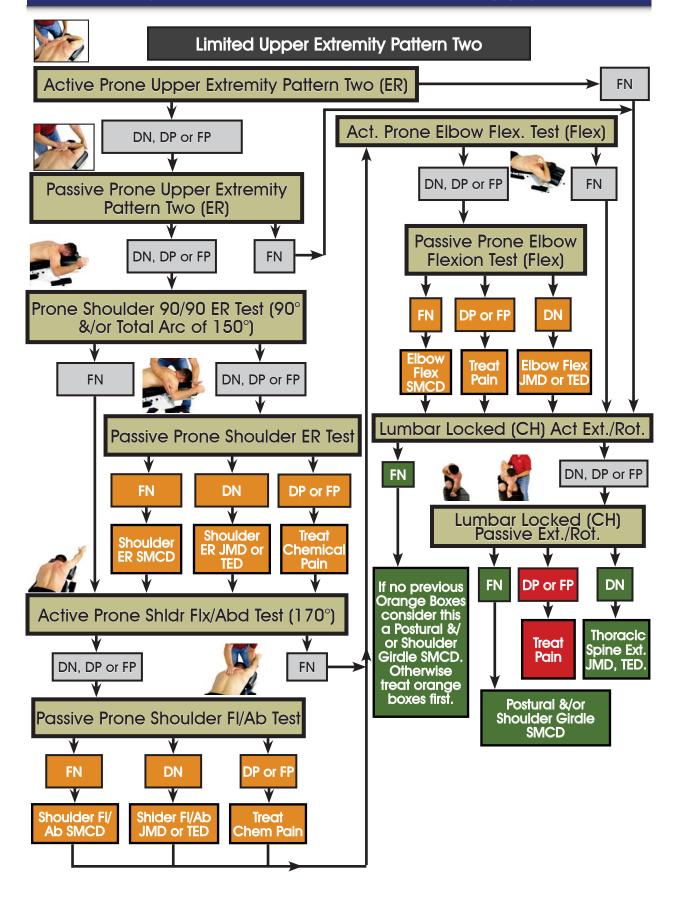
CERVICAL SPINE PATTERN BREAKOUTS



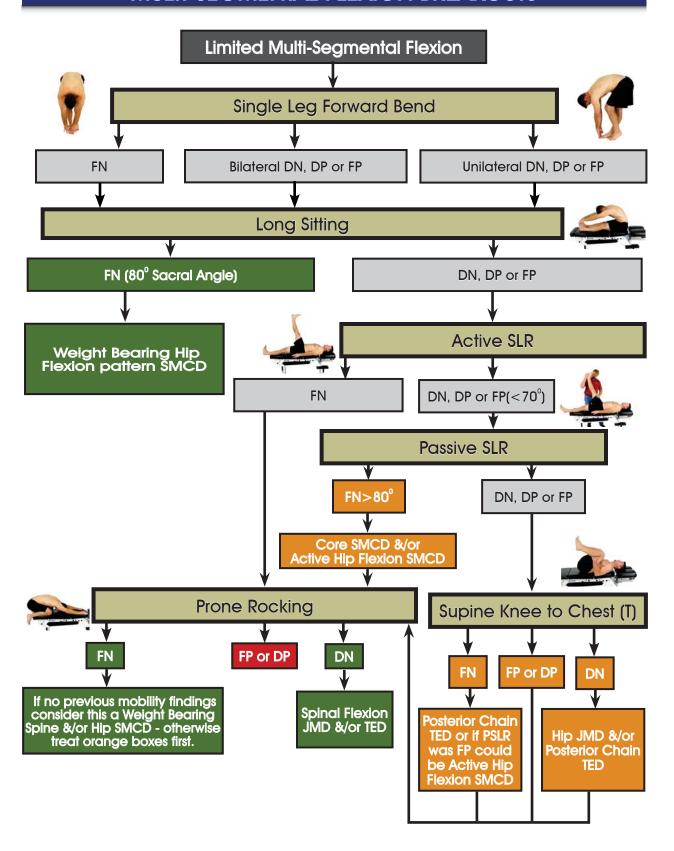
UPPER EXTREMITY PATTERN BREAKOUTS



UPPER EXTREMITY PATTERN BREAKOUTS

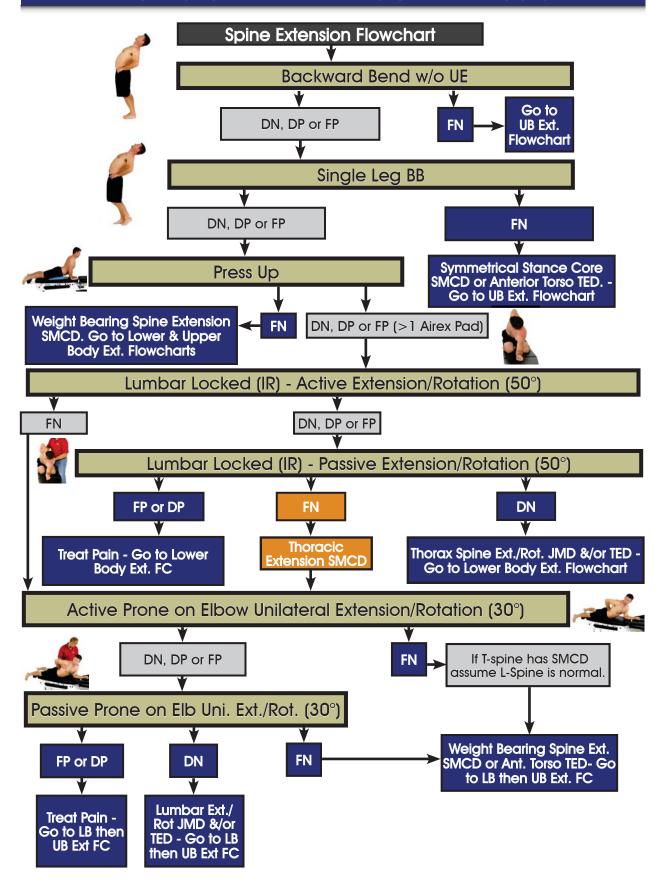


MULTI-SEGMENTAL FLEXION BREAKOUTS

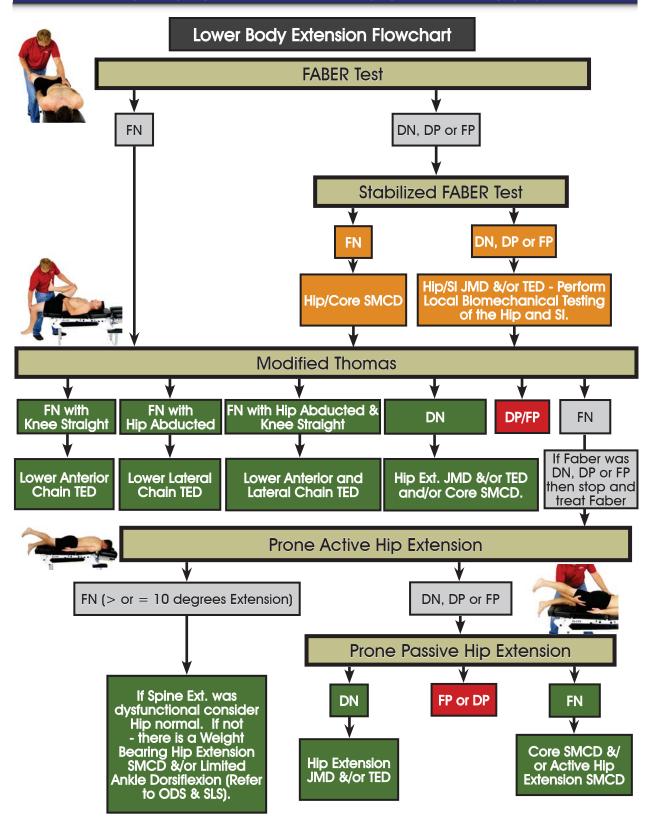




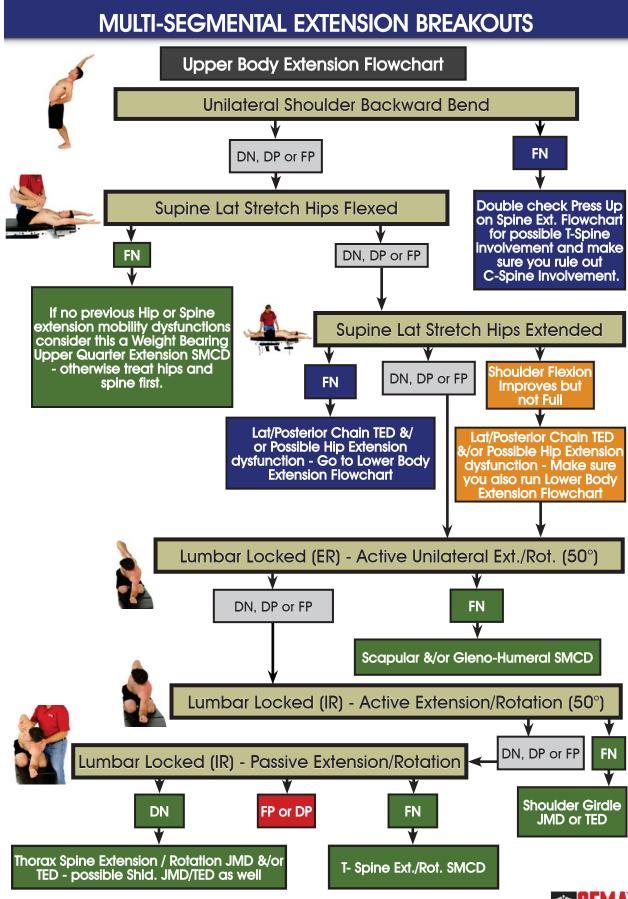
MULTI-SEGMENTAL EXTENSION BREAKOUTS



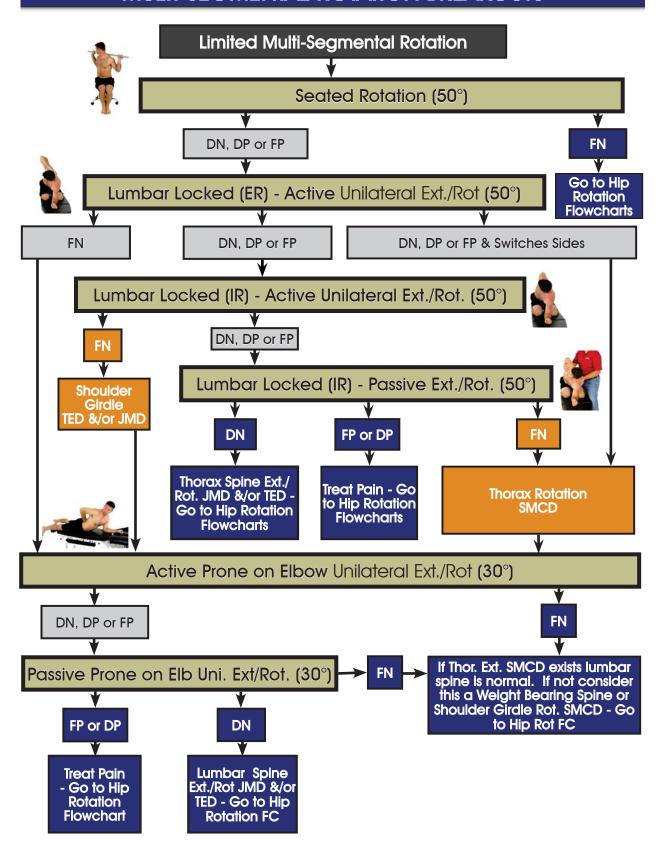
MULTI-SEGMENTAL EXTENSION BREAKOUTS

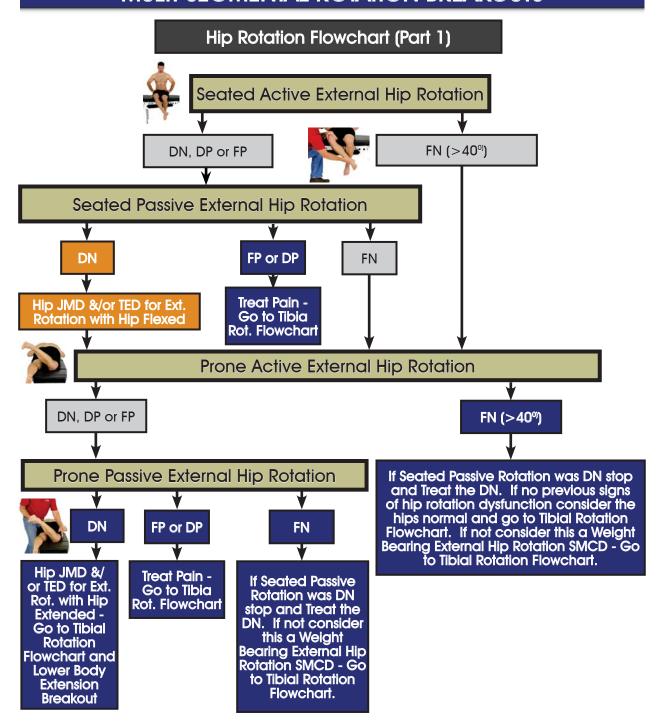




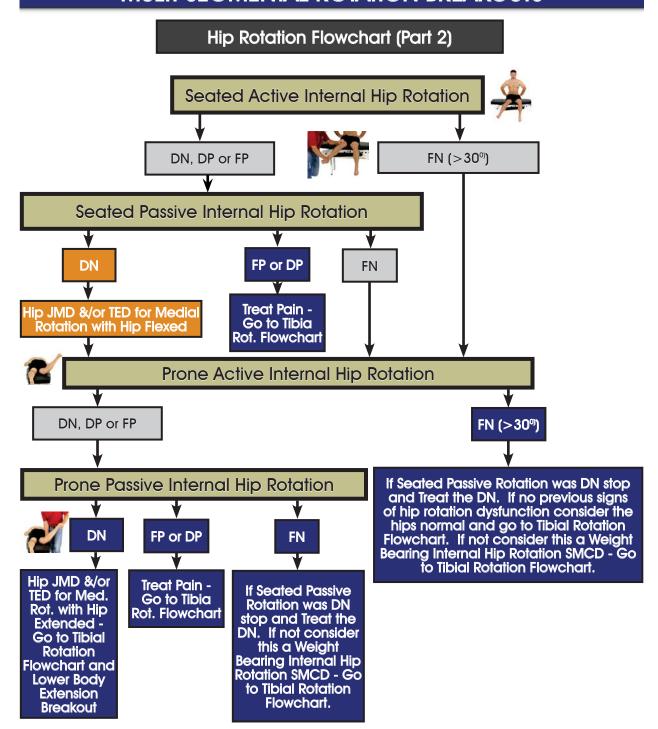




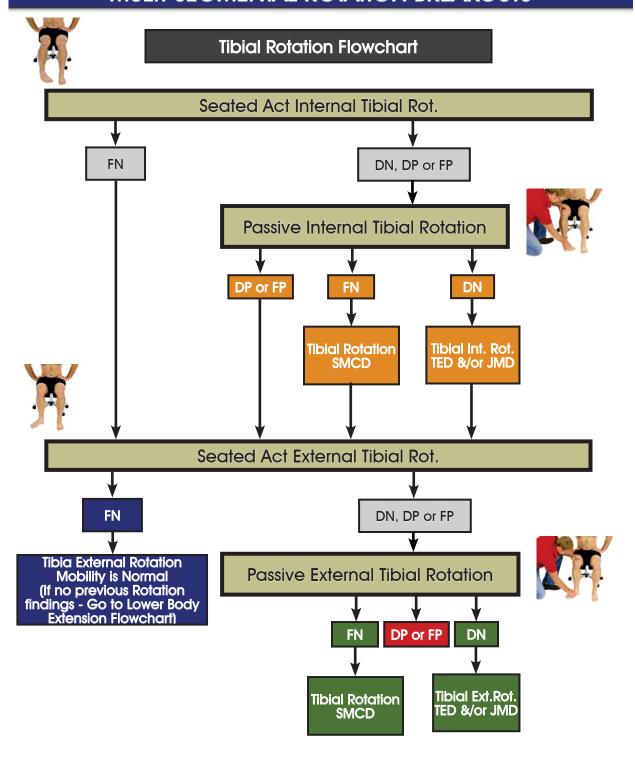






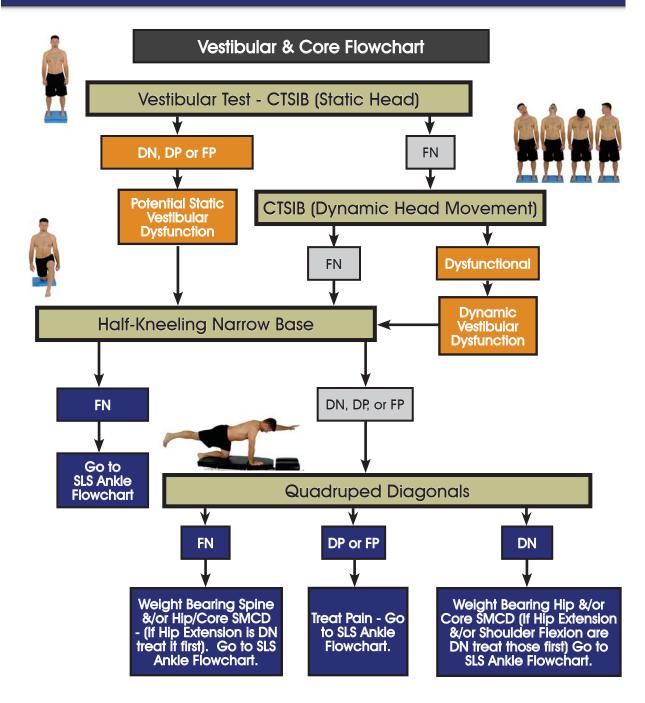






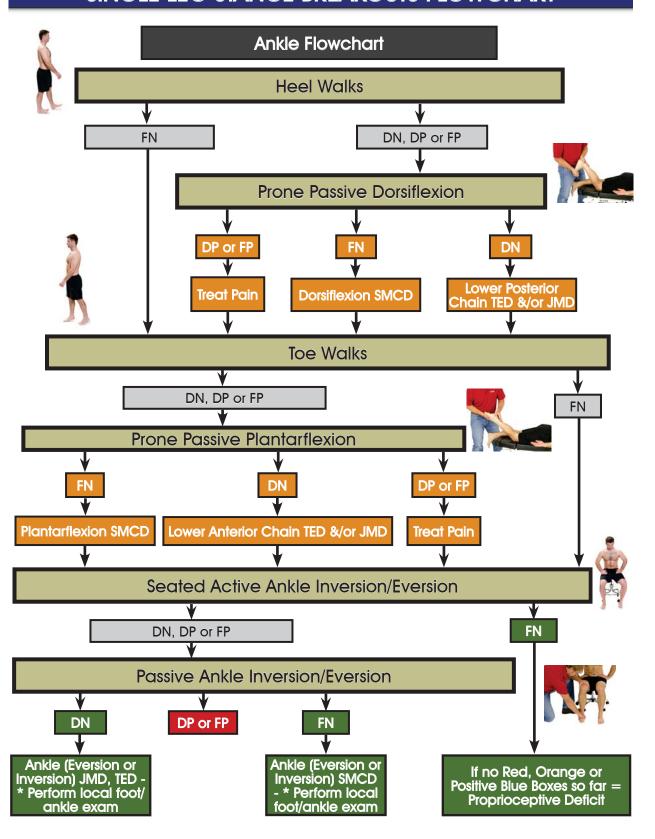


SINGLE LEG STANCE BREAKOUTS FLOWCHART





SINGLE LEG STANCE BREAKOUTS FLOWCHART





OVERHEAD DEEP SQUATTING PATTERN BREAKOUTS

Limited Overhead Deep Squat Deep Squat DN. DP or FP If Squat is now FN - Go to Multi-Segmental Extension Breakout. Half Kneeling Dorsiflexion DN FP or DP FN Lower Posterior Chain TED &/Or Ankle JMD Treat Pain Supine Knees to Chest Holding Shins FN w/ DP or FP FN w/ DN FN w/ FN DN, DP or FP Dorsiflexion **Dorsiflexion** Dorsiflexion **Treat Dorsiflexion -Treat Dorsiflexion** Consider Knee & Hip Flexion Normal **Chemical Pain** Supine Knees to Chest Holding Thighs **Assisted Squat** FN FP or DP DN DN **DP or FP** Weight Bearing Weight Bearing **Treat** Knee JMD Ankle, Knee and/or Hip/Core Hip JMD &/or Ankle, Knee Treat Chemical (Flexion) &/or **Posterior Chain** and/or Hip/ Chemical Pain in Hip. TED, but still can Flexion SMCD. Lower Anterior Core Flexion SMCD **Pain** Knee or have Knee JMD Chain TED Go to MSE Ankle. **Breakout**

