FMS's COPY - FCS DATA COLLECTION

AGE: SEX: HEIGHT: WEIGHT (lbs or kg):

SPORT: POSITION:

MOVEMENT CONTROL

MOTOR CONTROL SCREEN	RIGHT	LEFT	TARGET	SYMMETRY
Ankle Clearing (Beyond/Within/Behind Malleolus)			Beyond	
Pain				
Where is it felt?				
Forward Reach				
Wrist Extension Clearing -/+				
Horizontal Adduction Clearing -/+				
Horizontal Reach				
FOOT LENGTH				

EXPLOSIVE CONTROL

POWER CONTROL	MAX DISTANCE (cm)	TARGET RATIO	RATIO
Broad Jump		>110	
Broad Jump Hands on Hips		115-125	

SINGLE-LEG JUMP TEST	MAX LEFT (cm)	MAX RIGHT (cm)	TARGET SYMMETRY	% SYMMETRY
Single-Leg Jump			>90%	

IMPACT CONTROL

TRIPLE BROAD JUMP	MAX DISTANCE (cm)	TARGET
Double Broad Jump		
Triple Broad Jump		
Energy Storing Ratio		>110

2-1-2 Bound	MAX LEFT (cm)	MAX RIGHT (cm)	TARGET SYMMETRY	% SYMMETRY
2-1-2 Bound			>95%	

POSTURAL CONTROL

BODY WEIGHT	75% BW	CARRIED	DISTANCE (ft)	TIME (SEC)	CARRY LOAD
		TARGET	250	>90	

The Beighton Criteria are used to determine if a person has a connective tissue dysfunction. We are collecting this information to determine if there is a relationship to movement patterns for these individuals and ultimately whether these individuals might need a different course of intervention.

		LEFT	RIGHT
	Little (fifth) finger Passive dorsiflexion beyond 90º		
	Thumb Passive dorsiflexion to the flexor aspect of the forearm		
	Elbow Hyperextends beyond 10º		
	Knee Hyperextends beyond 10º		
	Forward flexion of trunk with knees full extended Palms and hands can rest flat on the floor		
	TOTAL / 9		

FUNDAMENTAL CAPACITY SCREEN

EXPLOSIVE CONTROL SCORE SHEET

Broad Jump	Trial 1 (cm)	Trial 2 (cm)	Trial 3 (cm)	Max distance
With Arm Swing				
With Hands on Hips				

Apprehension or pain with previous testing? ☐ YES ☐ NO

Is there any reason this person should not continue to next test? ☐ YES ☐ NO

Single-Leg Jump				
Side	Trial 1 (cm)	Trial 2 (cm)	Trial 3 (cm)	Max distance
Left				
Right				

Apprehension or pain with previous testing? ☐ YES ☐ NO

Is there any reason this person should not continue to next test? ☐ YES ☐ NO

Interpretation:

1. At a minimum, we expect the person to the broad jump his /her height (i.e. should be greater than 100)

Also, consult normative data for age, sex, and sport/activity.

(_____ / _____)x100 = _____
Broad Jump Height

2. **(Broad Jump with Arms/Broad Jump with Hand on Hips) x100 (Take max distance for calculations)**

This number should be greater than 120. The comparison of the two tests will give an idea of the individual's fundamental ability to use the upper and lower extremities to generate power.

(_____ / _____) x100 = _____
Broad Jump With Arms; Broad Jump with Hands on Hips

3. Limb Symmetry Index:

Determine which side had a shorter greatest single leg jump distance and divide it by the other side and multiply by 100

For example, if the left single leg jump was 130cm and the right was 135cm the equation would be:

(130/135) X 100 = 96.2% (That value should be greater than 95%)

(_____ / _____) x 100=_____
Shorter Greatest; Greatest other Leg

FUNDAMENTAL CAPACITY SCREEN

IMPACT CONTROL SCORE SHEET

Triple Broad Jump				
	Trial 1 (cm)	Trial 2 (cm)	Trial 3 (cm)	Max distance
Double Broad Jump				
Triple Broad Jump				

Apprehension or pain with previous testing? ☐ YES ☐ NO

Is there any reason this person should not continue to next test? ☐ YES ☐ NO

2-1-2 Bound				
Side	Trial 1 (cm)	Trial 2 (cm)	Trial 3 (cm)	Max distance
Left				
Right				

Apprehension or pain with previous testing? ☐ YES ☐ NO

Is there any reason this person should not continue to next test? ☐ YES ☐ NO

Interpretation:

Elastic Broad Jump Ratio: Target = >110, less than or equal to 110, consider fail.

((Triple Broad Jump - Double Broad Jump) / Broad Jump) x 100)

(_____ **–** _____**) / (**_____**) x100 =** _____

Triple Broad Jump — Double Broad Jump — Broad Jump

2-1-2 Energy Storing Ratio:

((Single Limb 2-1-2 Distance - Single-Leg Jump Test/Single-Leg Jump Test)) x 100

271-203/271x100= 33% (That value should be greater than 20%)

(_____ **–** _____**) / (**_____**) x100 =** _____

Single Limb 2-1-2 — Single Limb Hop — Single Limb Hop

2-1-2 Limb Symmetry Index:

Determine which side had a shorter max single leg jump distance and divide it by the other side and multiply by 100

For example, if the left 2-1-2 bound was 130cm and the right was 135cm the equation would be:

(130/135) X 100 = 96.2% (That value should be greater than 95%)

(_____ **/** _____**) x 100=**_____

Shorter Max Jump — Greatest Max Jump

FUNDAMENTAL CAPACITY SCREEN

POSTURAL CONTROL SCORE SHEET

BODYWEIGHT (LBS)	50% BW	25% (EACH HAND)	75% BW	37.5% (EACH HAND)
100	50	25	75	37.5
110	55	27.5	82.5	41.25
120	60	30	90	45
130	65	32.5	97.5	48.75
140	70	35	105	52.5
150	75	37.5	112.5	56.25
160	80	40	120	60
170	85	42.5	127.5	63.75
180	90	45	135	67.5
190	95	47.5	142.5	71.25
200	100	50	150	75
210	105	52.5	157.5	78.75
220	110	55	165	82.5
230	115	57.5	172.5	86.25
240	120	60	180	90
250	125	62.5	187.5	93.75
260	130	65	195	97.5
270	135	67.5	202.5	101.25
280	140	70	210	105
290	145	72.5	217.5	108.75
300	150	75	225	112.5
310	155	77.5	232.5	116.25
320	160	80	240	120
330	165	82.5	247.5	123.75
340	170	85	255	127.5
350	175	87.5	262.5	131.25

Interpretation:

At a minimum, we expect greater than 250 feet for 90 seconds with 75% body weight with good postural integrity.

Calculation of Carry Energy = (Weight Carried x Distance x Time)/Body Weight

(_____ x _____ x _____) / _____ = _____

Weight Carried **Distance** **Time** **Body Weight** **Carry Load**

This data is then compared with norms for age, sex and sport/activity of the individual.

FMS's COPY - FCS DATA COLLECTION

KETTLEBELL HOLD

BOTTOMS UP KB	LEFT WEIGHT	RIGHT WEIGHT
Standing		
Dynamic		
Squat		
Press		

ARM HANGS	TIME (sec)
Extended	
Flexed	

GRIP STRENGTH TESTING

POSITION				
	Flexed	Overhead	Flexed	Overhead
Trial 1 (kg)				
Trial 2 (kg)				
Trial 3 (kg)				
Greatest				
Average				