






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 90°		
	Thumb Passive dorsiflexion to the flexor aspect of the forearm		
	Elbow Hyperextends beyond 10°		
	Knee Hyperextends beyond 10°		
	Forward flexion of trunk with knees full extended Palms and hands can rest flat on the floor		
TOTAL / 9			



# 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	

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## 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				