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					

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, _____

SFMA

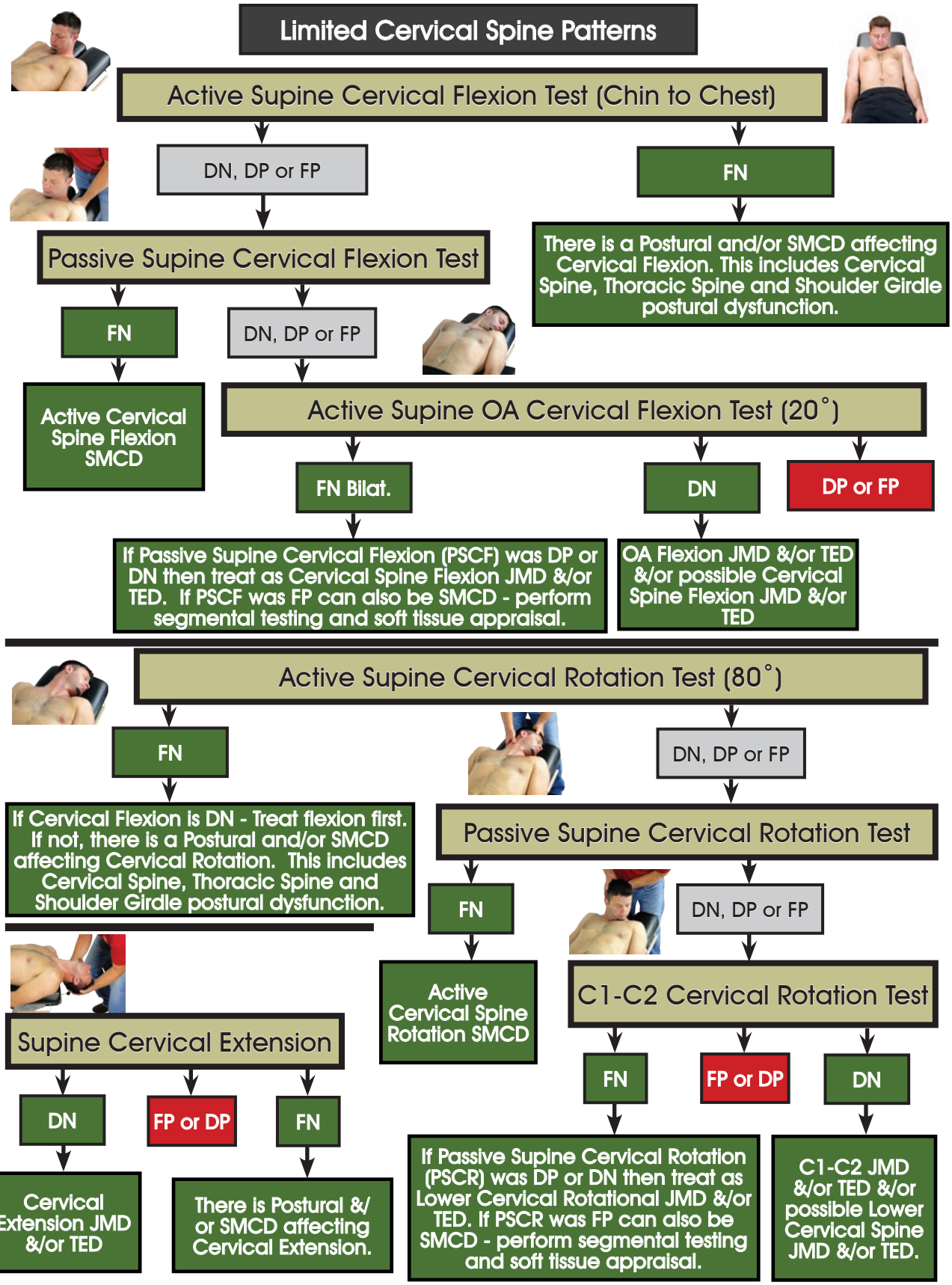
Name:

Date:

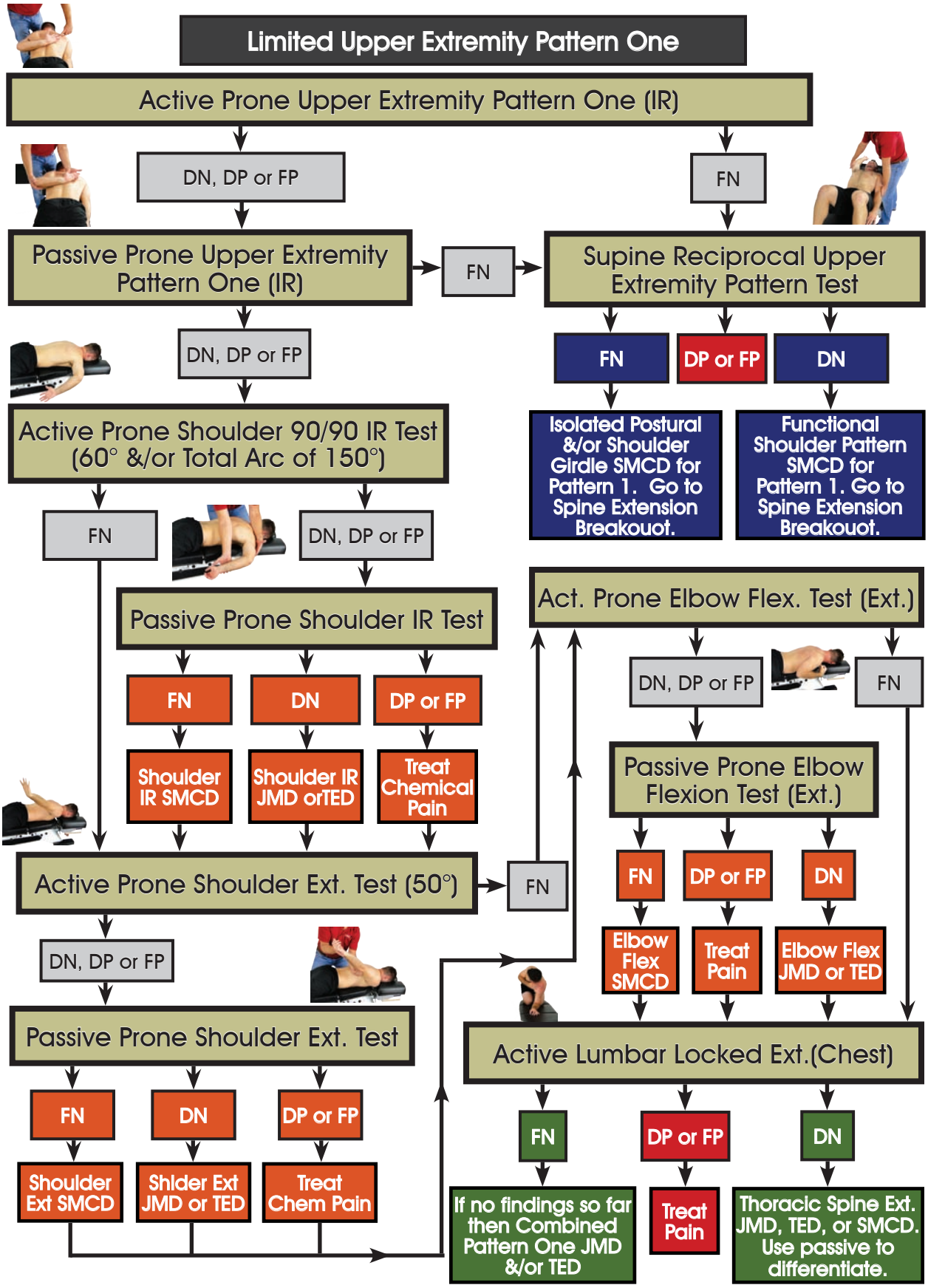
	R	L	R	L	R	L	R	L
	FN		DP		FP		DN	
Cervical Flexion								
Active Supine Cervical Flexion								
Passive Supine Cervical Flexion								
Active Supine OA Flexion								
Cervical Extension								
Supine Cervical Extension								
Shoulder Pattern One								
Active Prone Shoulder Pattern One								
Passive Prone Shoulder Pattern One								
Supine Reciprocal Shoulder								
Active Prone 90/90 Shoulder IR (70°)								
Passive Prone 90/90 Shoulder IR (70°)								
Active Prone Shoulder Extension (50°)								
Passive Prone Shoulder Extension (50°)								
Active Prone Elbow Flexion (70°)								
Passive Prone Elbow Flexion (80°)								
Lumbar Lock Chest (50°)								
Shoulder Pattern Two								
Active Prone Shoulder Pattern Two								
Passive Prone Shoulder Pattern Two								
Supine Reciprocal Shoulder								
Active Prone 90/90 Shoulder ER (90°)								
Passive Prone 90/90 Shoulder ER (90°)								
Active Prone Shoulder Flex/Abd (170°)								
Passive Prone Shoulder Flex/Abd (170°)								
Active Prone Elbow Flexion (70°)								
Passive Prone Elbow Flexion (80°)								
Lumbar Lock Chest (50°)								
Multi-Segmental Flexion								
Single Leg Forward Bend								
Long Sitting								
Active Straight Leg Raise								
Passive Stragiht Leg Raise								
Prone Rocking								
Supine Knee to Chest Holding Thighs								
UB Rolling - Supine to Prone								
LB Rolling - Supine to Prone								
Multi-Segmental Extension								
Spine Extension	FN		DP		FP		DN	
Backward Bend w/o UE								
Single Leg Backward Bend								
Prone Press Up								
Lumbar Lock (IR) - Active Rot./Ext. (50°)								
Lumbar Lock (IR) - Passive Rot./Ext. (50°)								
Prone on Elbow Unilateral Extension (30°)								
Lower Body Extension	FN		DP		FP		DN	
Faber								
Modified Thomas								
Prone Active Hip Extension (10°)								
UB Rolling - Prone to Supine								
LB Rolling - Prone to Supine								
Upper Body Extension	FN		DP		FP		DN	
Unilateral Shoulder Backward Bend								
Supine Lat Stretch Hips Flexed								
Supine Lat Stretch Hips Extended								
Lumbar Lock (ER) - Unilateral Ext (50°)								
Lumbar Lock (IR) - Active Rot./Ext. (50°)								
Lumbar Lock (IR) - Passive Rot./Ext. (50°)								

	R	L	R	L	R	L	R	L
	FN		DP		FP		DN	
Cervical Rotation								
Active Supine Cervical Rotation								
Passive Supine Cervical Rotation								
C1-C2 Cervical Rotation								
Multi-Segmental Rotation								
Spine Rotation	FN		DP		FP		DN	
Seated Rotation (50°)								
Lumbar Lock (ER) - Unilateral Ext (50°)								
Lumbar Lock (IR) - Active Rot./Ext. (50°)								
Lumbar Lock (IR) - Passive Rot./Ext. (50°)								
Prone on Elbow Unilateral Extension (30°)								
UB Rolling - Supine to Prone								
LB Rolling - Supine to Prone								
UB Rolling - Prone to Supine								
LB Rolling - Prone to Supine								
Hip Rotation	FN		DP		FP		DN	
Seated Active External Hip Rotation (40°)								
Seated Passive External Hip Rotation (40°)								
Prone Active External Hip Rotation (40°)								
Prone Passive External Hip Rotation (40°)								
Seated Active Internal Hip Rotation (30°)								
Seated Passive Internal Hip Rotation (30°)								
Prone Active Internal Hip Rotation (30°)								
Prone Passive Internal Hip Rotation (30°)								
Tibia Rotation	FN		DP		FP		DN	
Seated Active Internal Tibia Rotation (20°)								
Seated Passive Internal Tibia Rotation (20°)								
Seated Active External Tibia Rotation (20°)								
Seated Passive External Tibia Rotation (20°)								
Single Leg Stance								
Vestibular & Core	FN		DP		FP		DN	
CTSIB (Static Head Movement)								
CTSIB (Dynamic Head Movement)								
Half-Kneeling Narrow Base								
UB Rolling - Supine to Prone								
LB Rolling - Supine to Prone								
UB Rolling - Prone to Supine								
LB Rolling - Prone to Supine								
Quadruped Diagonals								
Ankle	FN		DP		FP		DN	
Heel Walks								
Prone Passive Dorsiflexion								
Toe Walks								
Prone Passive Plantarflexion								
Seated Ankle Inversion/Eversion								
Seated Passive Ankle Inversion/Eversion								
Overhead Deep Squat								
Interlocking Fingers Behind the Neck Squat								
Assisted Squat								
Half Kneeling Dorsiflexion								
Supine Knee to Chest Holding Shins								
Supine Knee to Chest Holding Thighs								

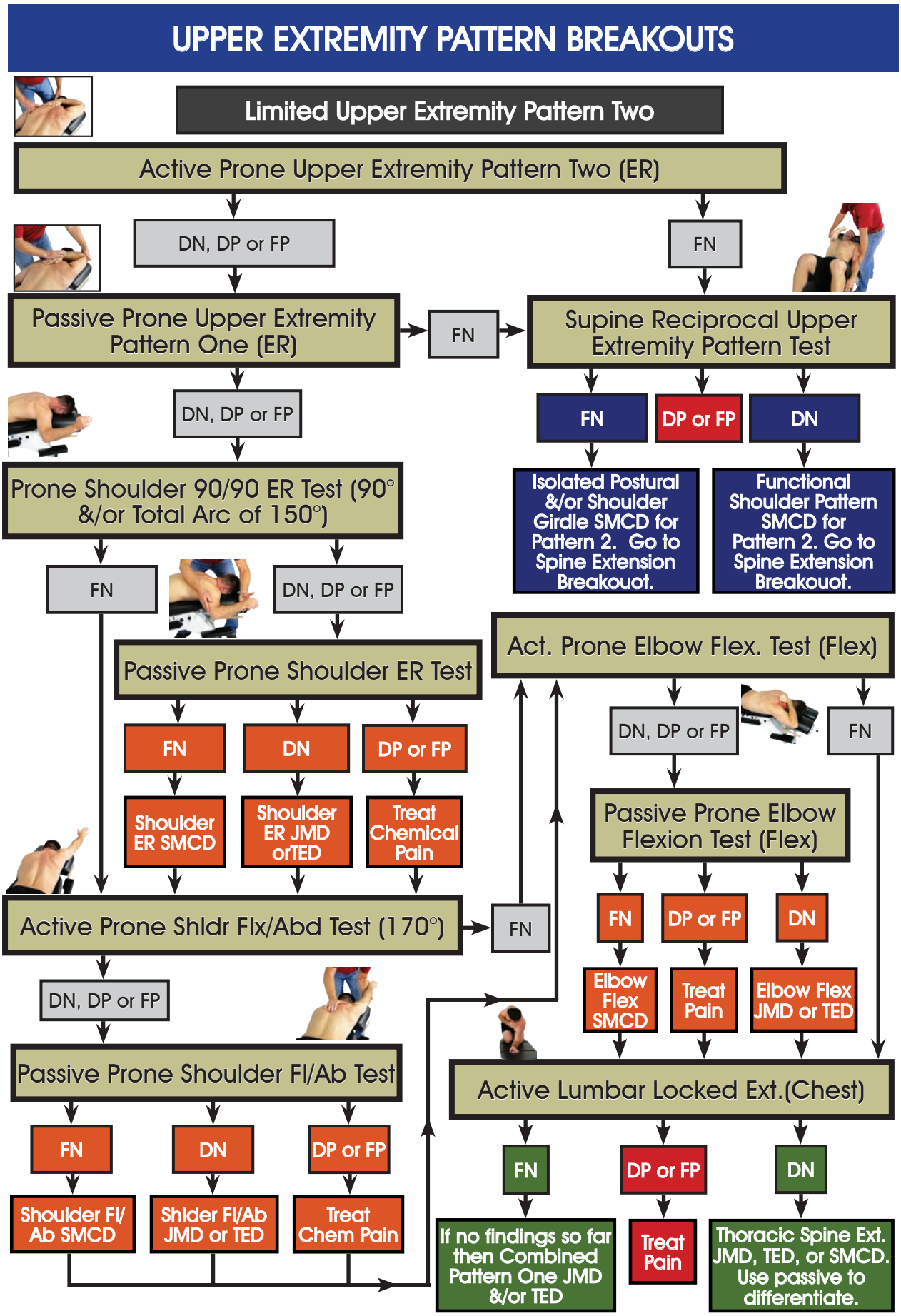
CERVICAL SPINE PATTERN BREAKOUTS



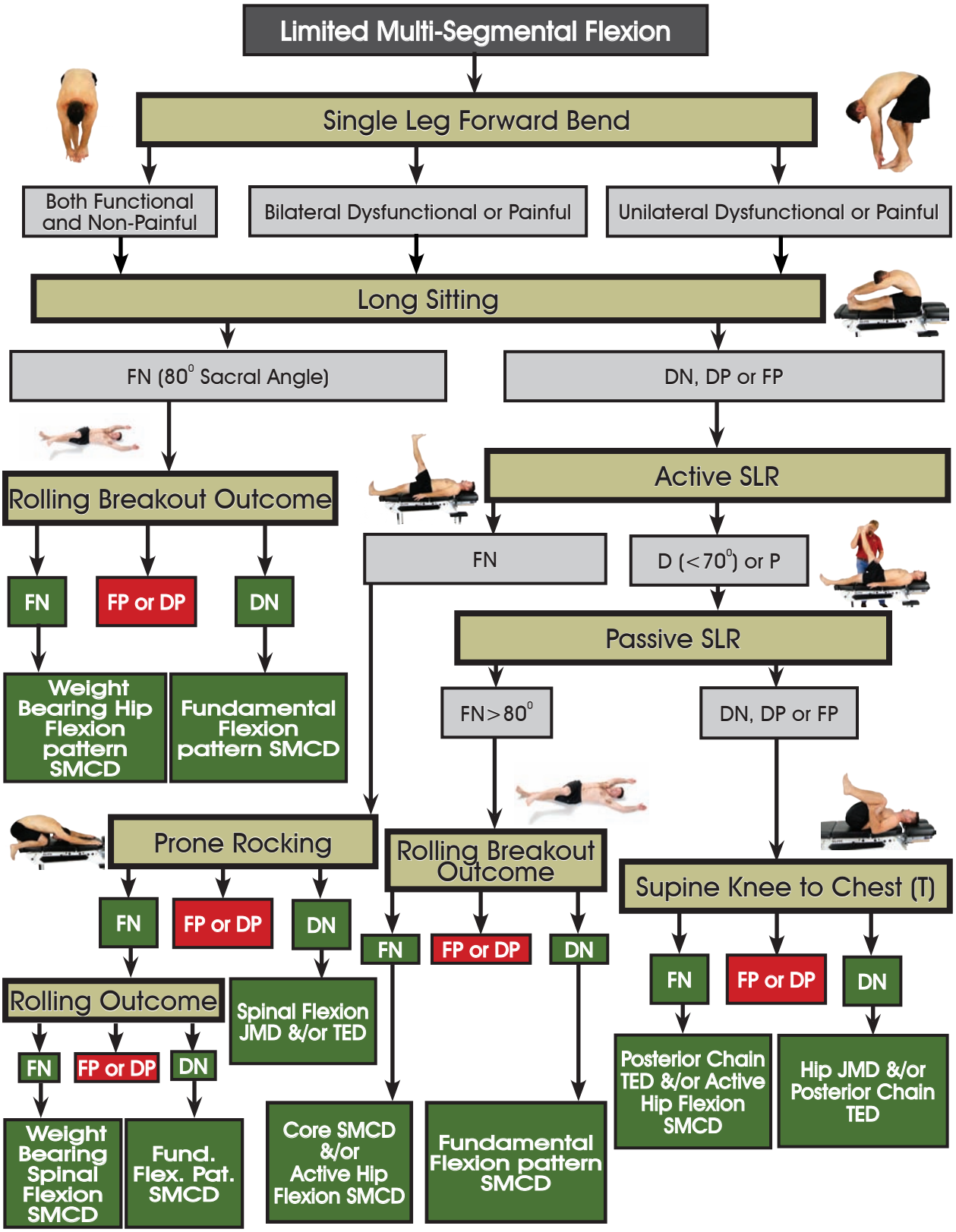
UPPER EXTREMITY PATTERN BREAKOUTS



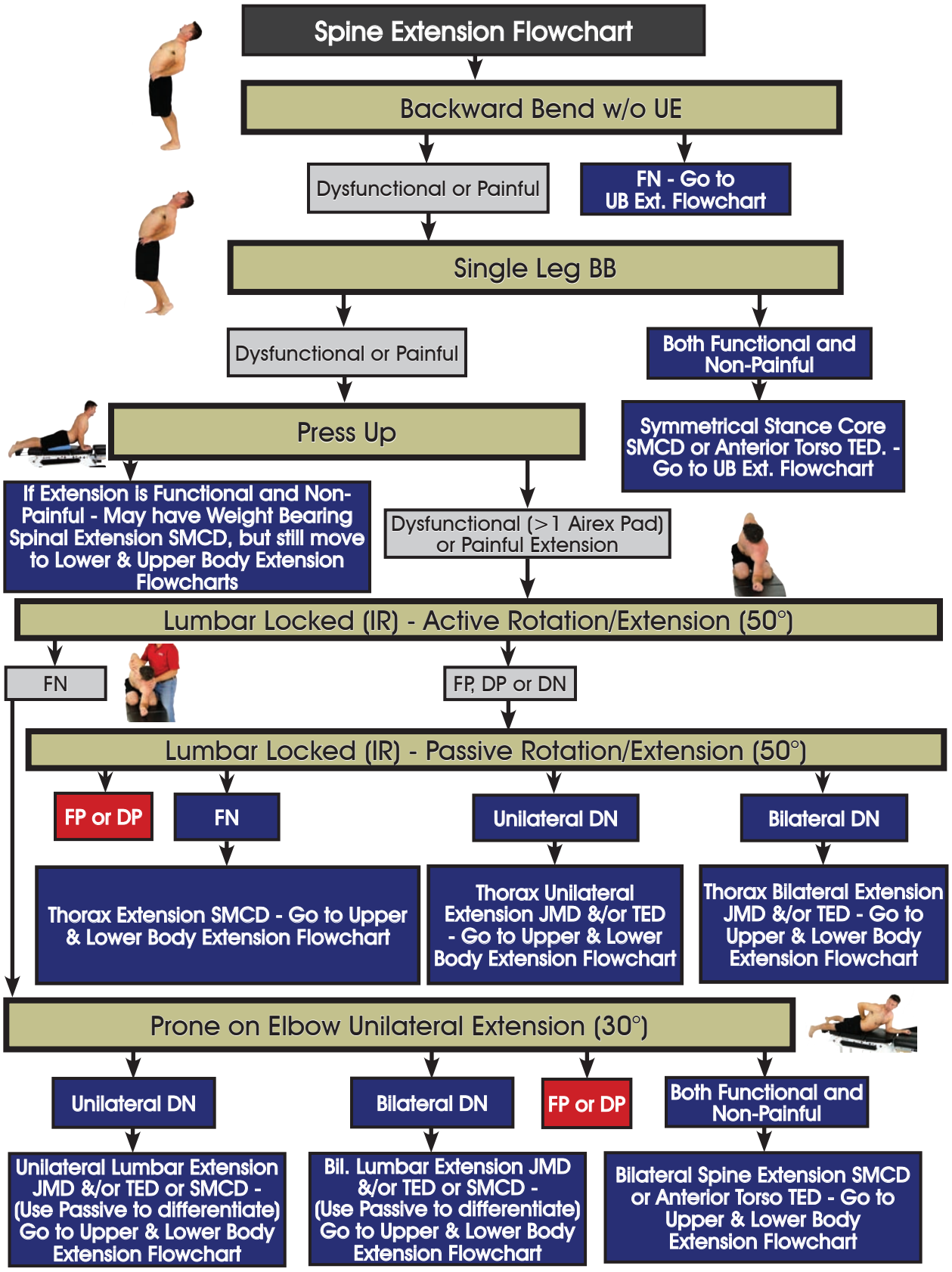
UPPER EXTREMITY PATTERN BREAKOUTS



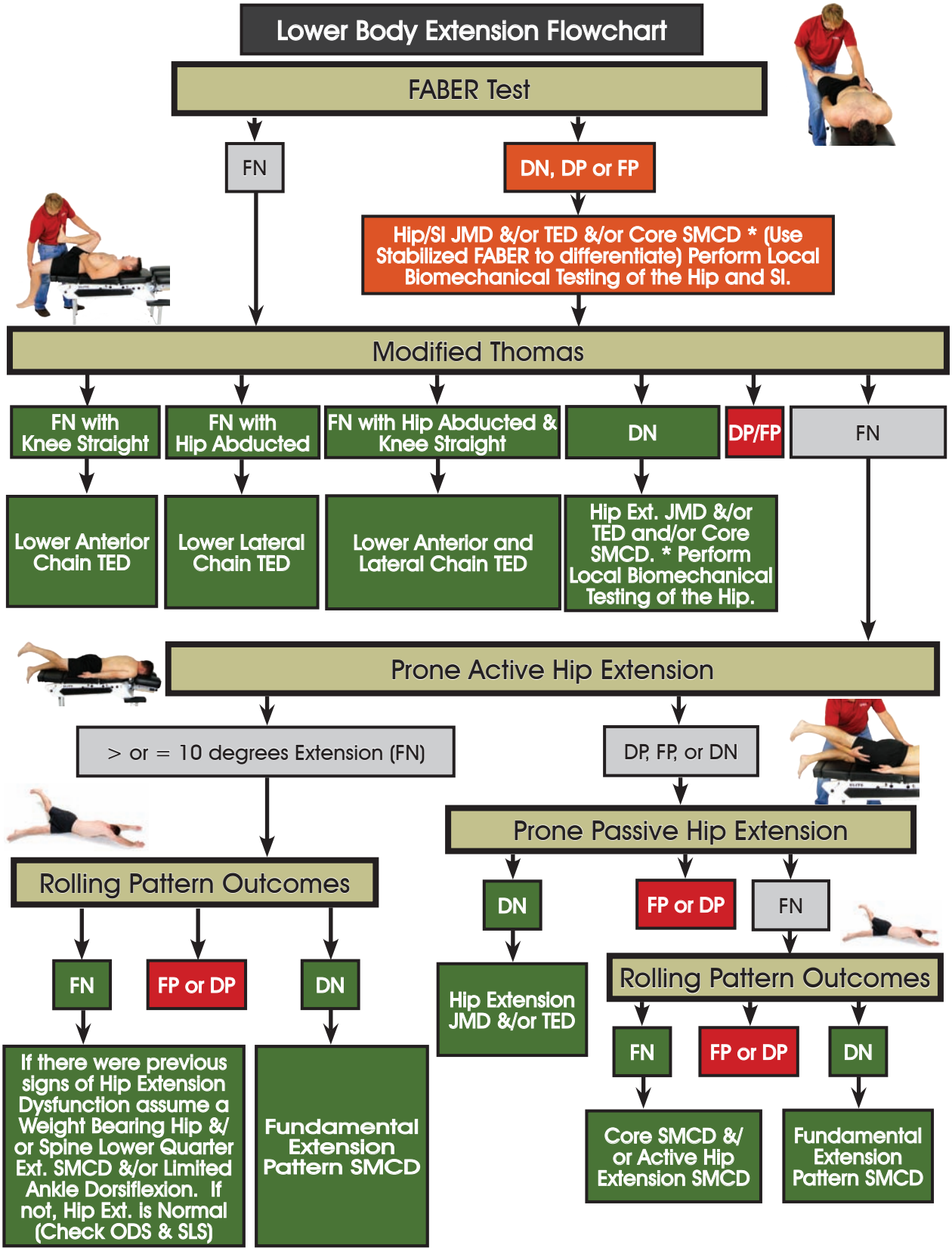
MULTI-SEGMENTAL FLEXION BREAKOUTS



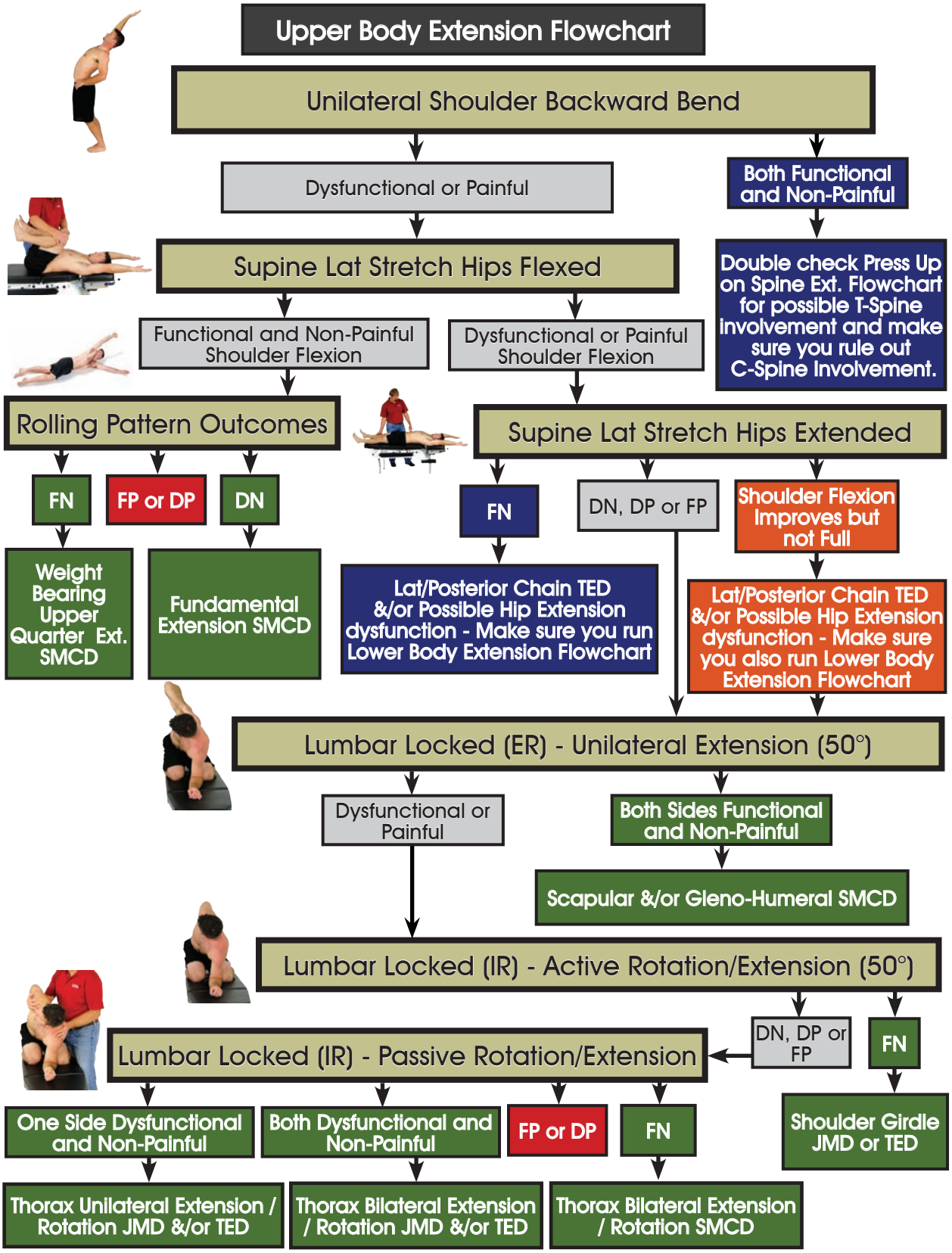
MULTI-SEGMENTAL EXTENSION BREAKOUTS



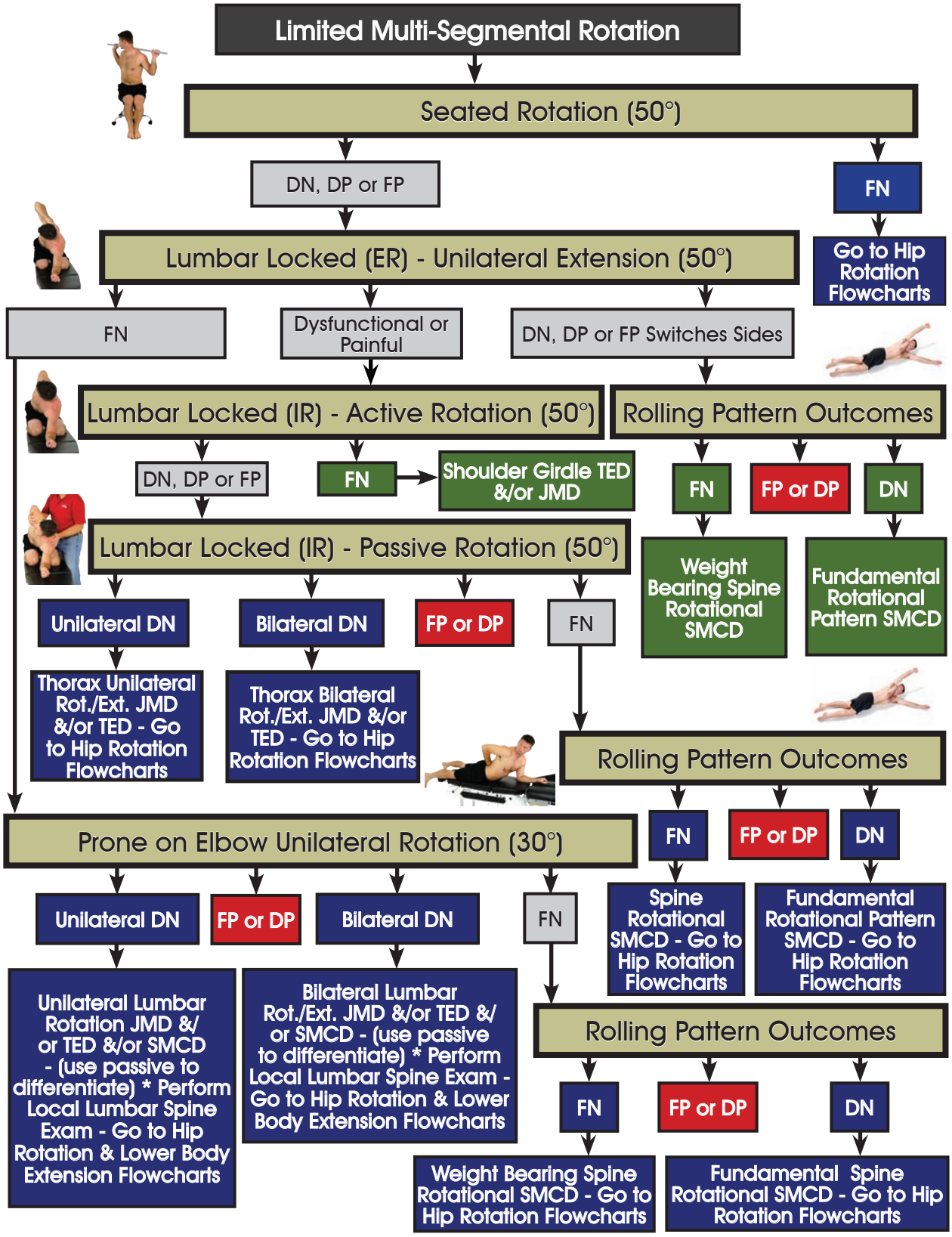
MULTI-SEGMENTAL EXTENSION BREAKOUTS



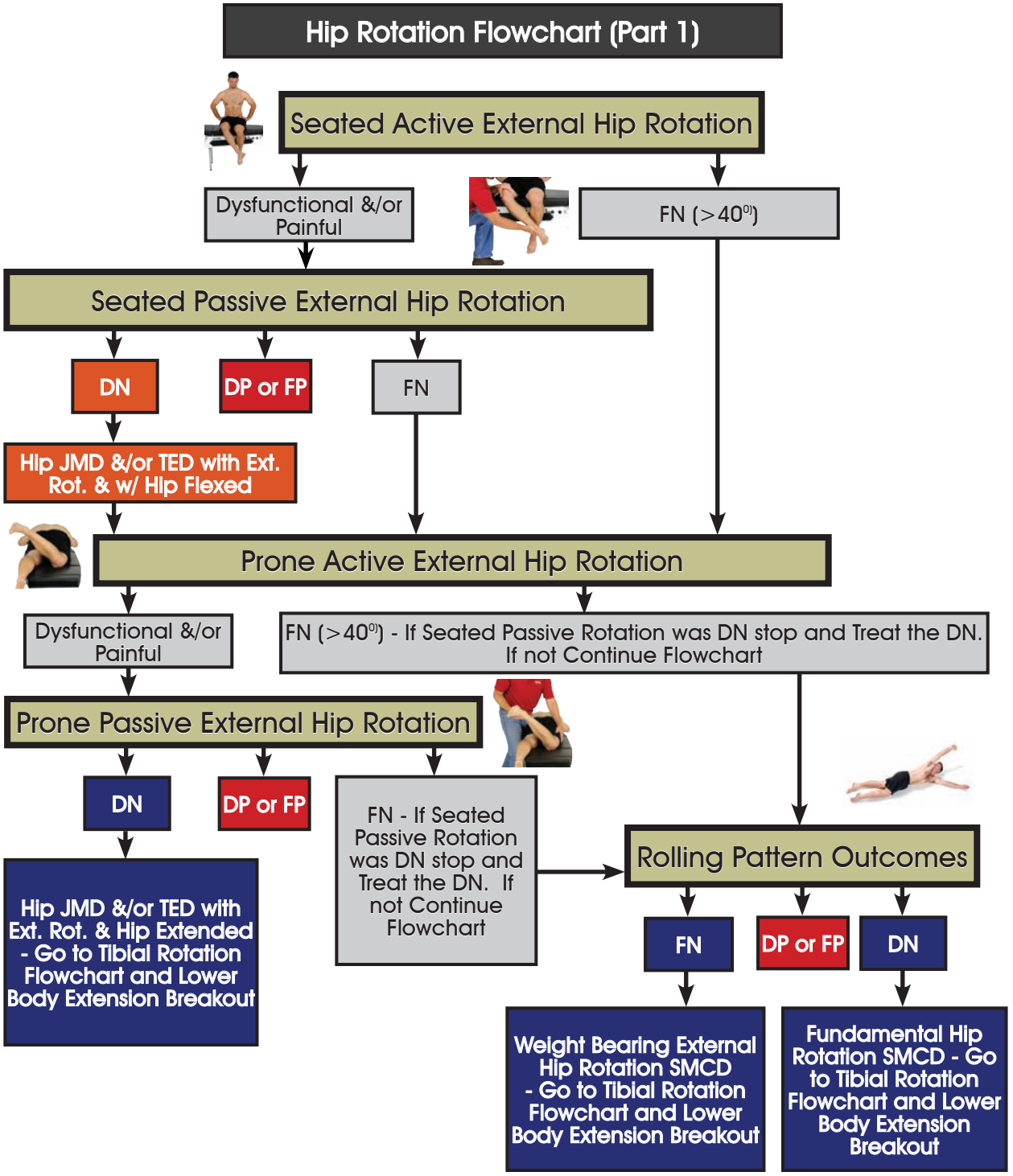
MULTI-SEGMENTAL EXTENSION BREAKOUTS



MULTI-SEGMENTAL ROTATION BREAKOUTS

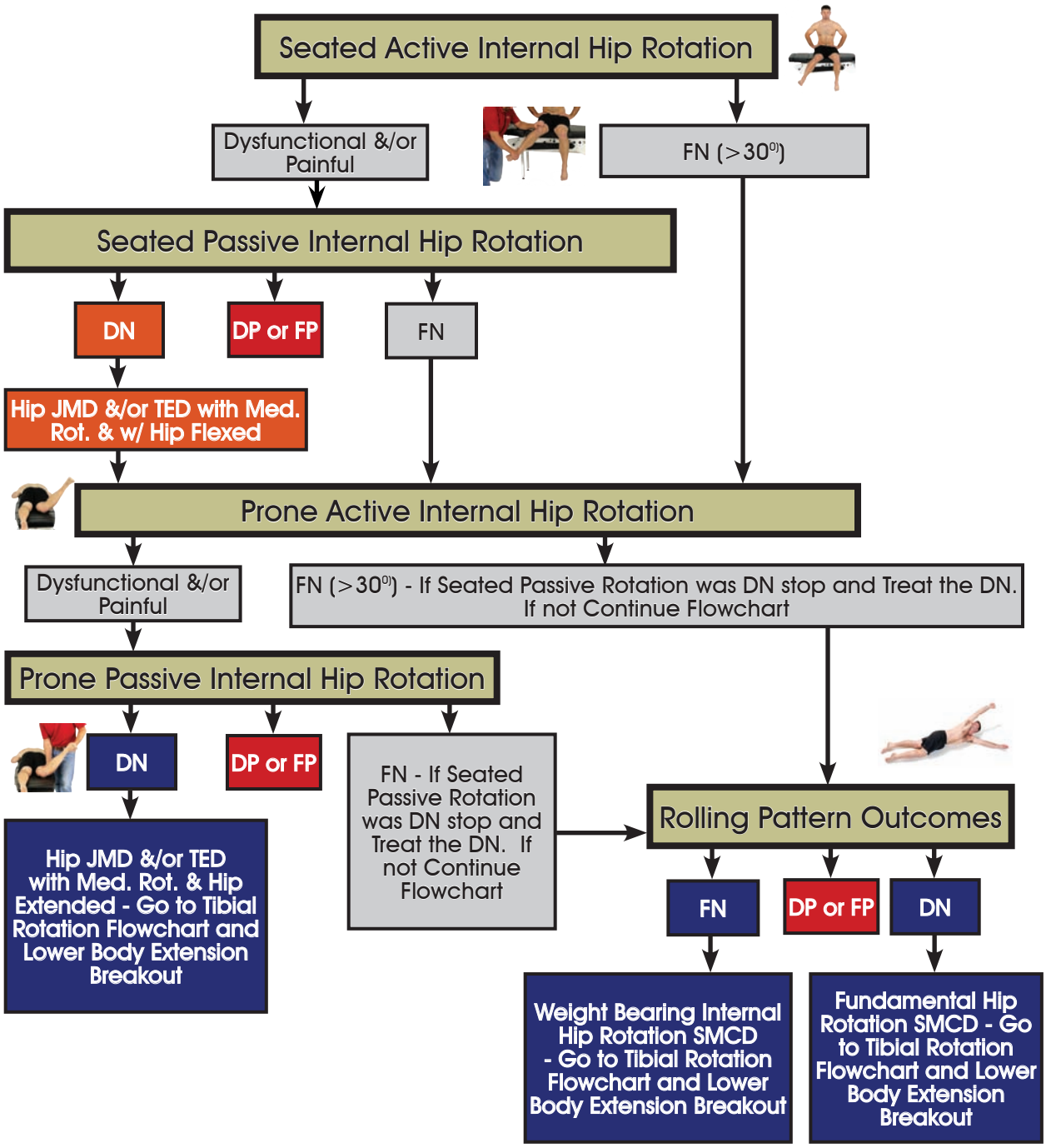


MULTI-SEGMENTAL ROTATION BREAKOUTS

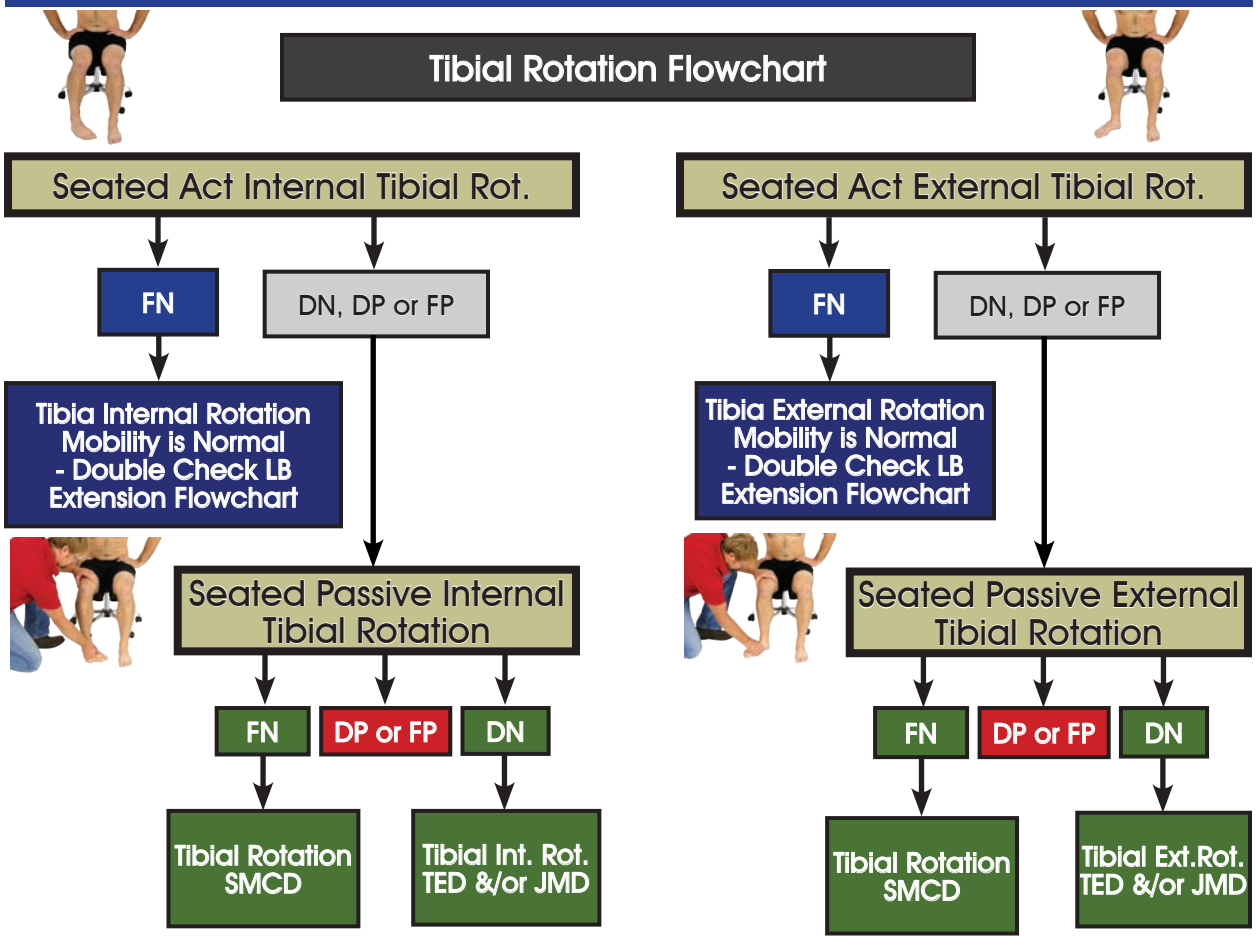


MULTI-SEGMENTAL ROTATION BREAKOUTS

Hip Rotation Flowchart (Part 2)

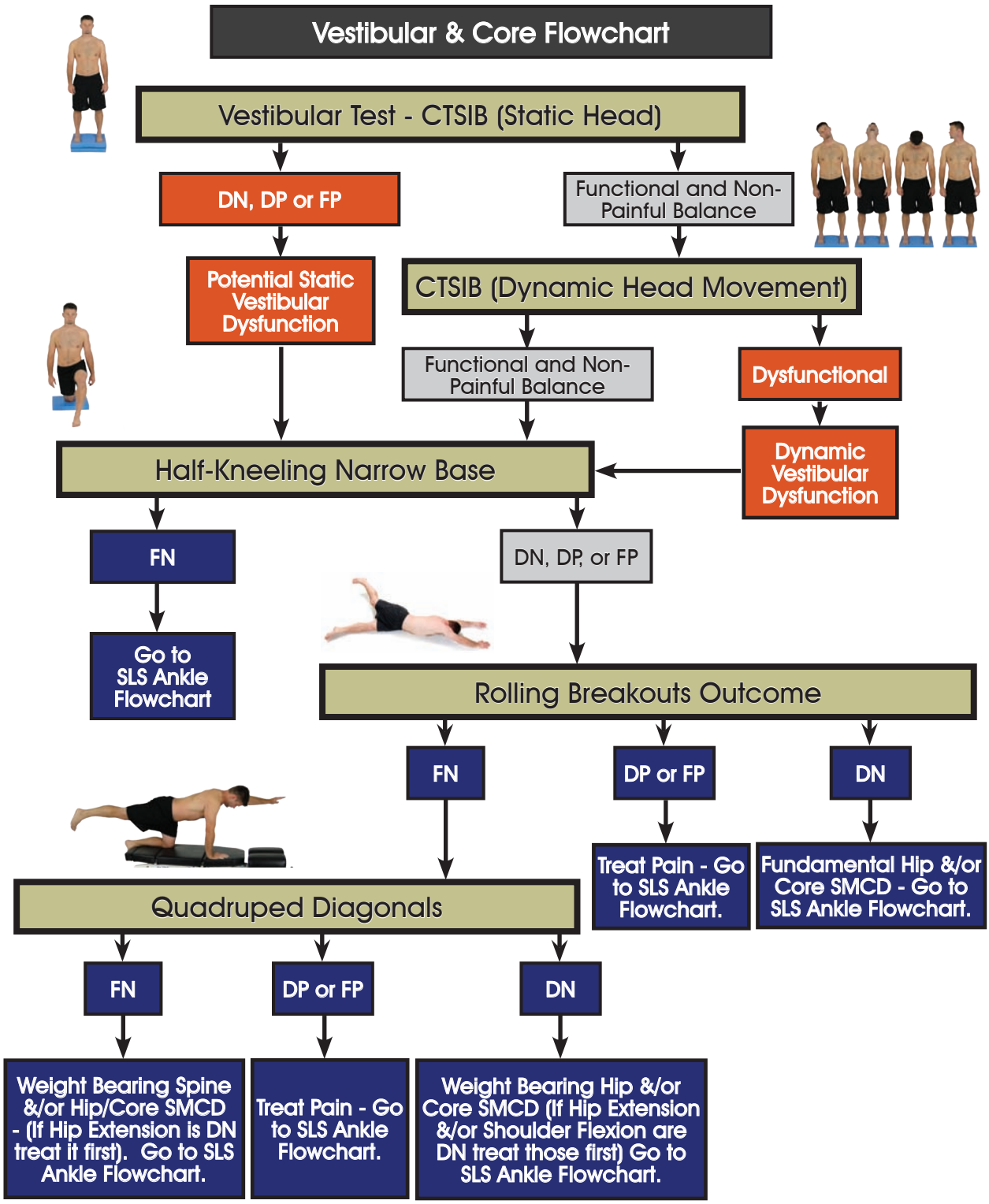


MULTI-SEGMENTAL ROTATION BREAKOUTS

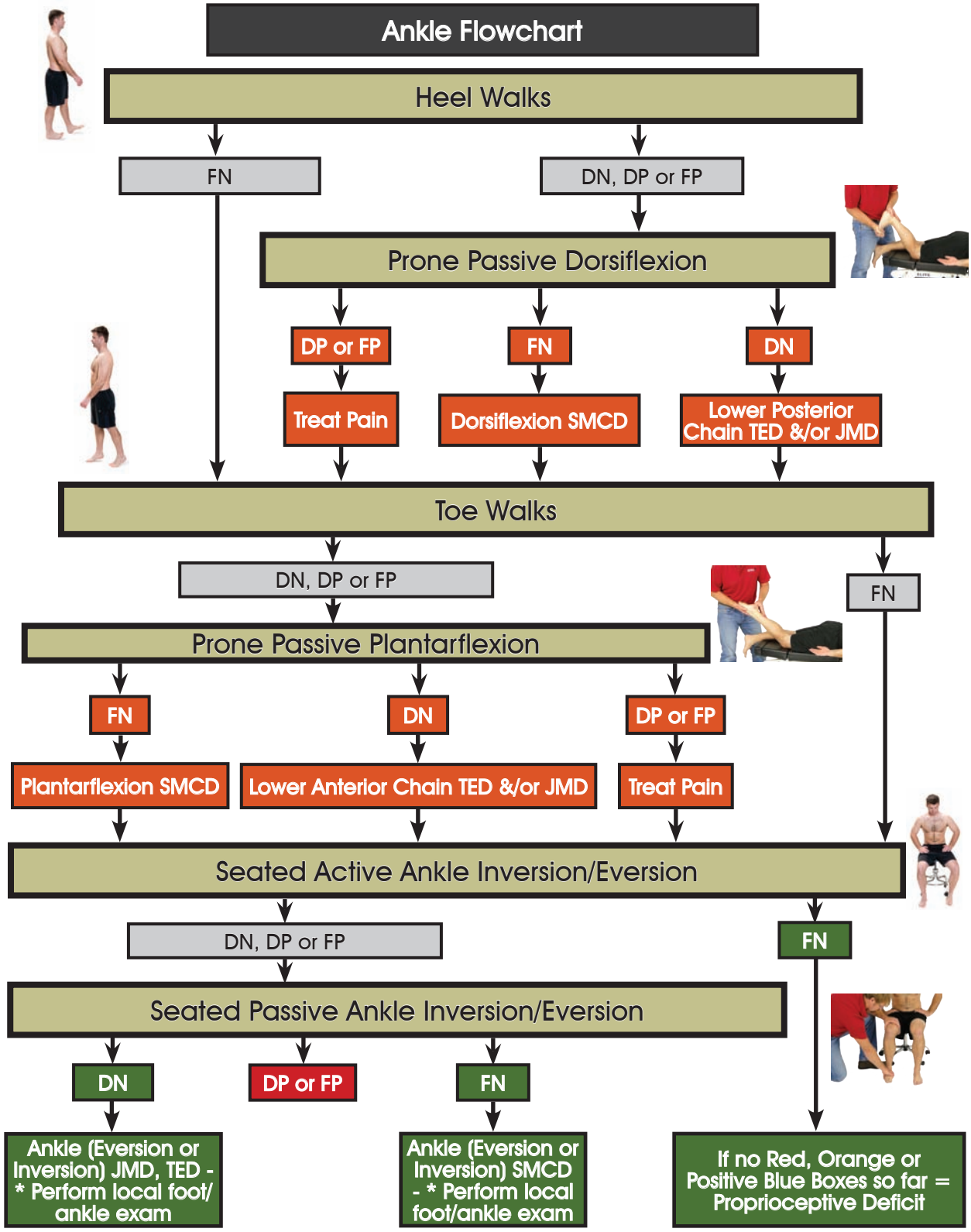


If spine, hips, and tibia are all functional and non-painful, double check Rolling for Spine SMCD, LB Extension and Single Leg Stance Breakouts

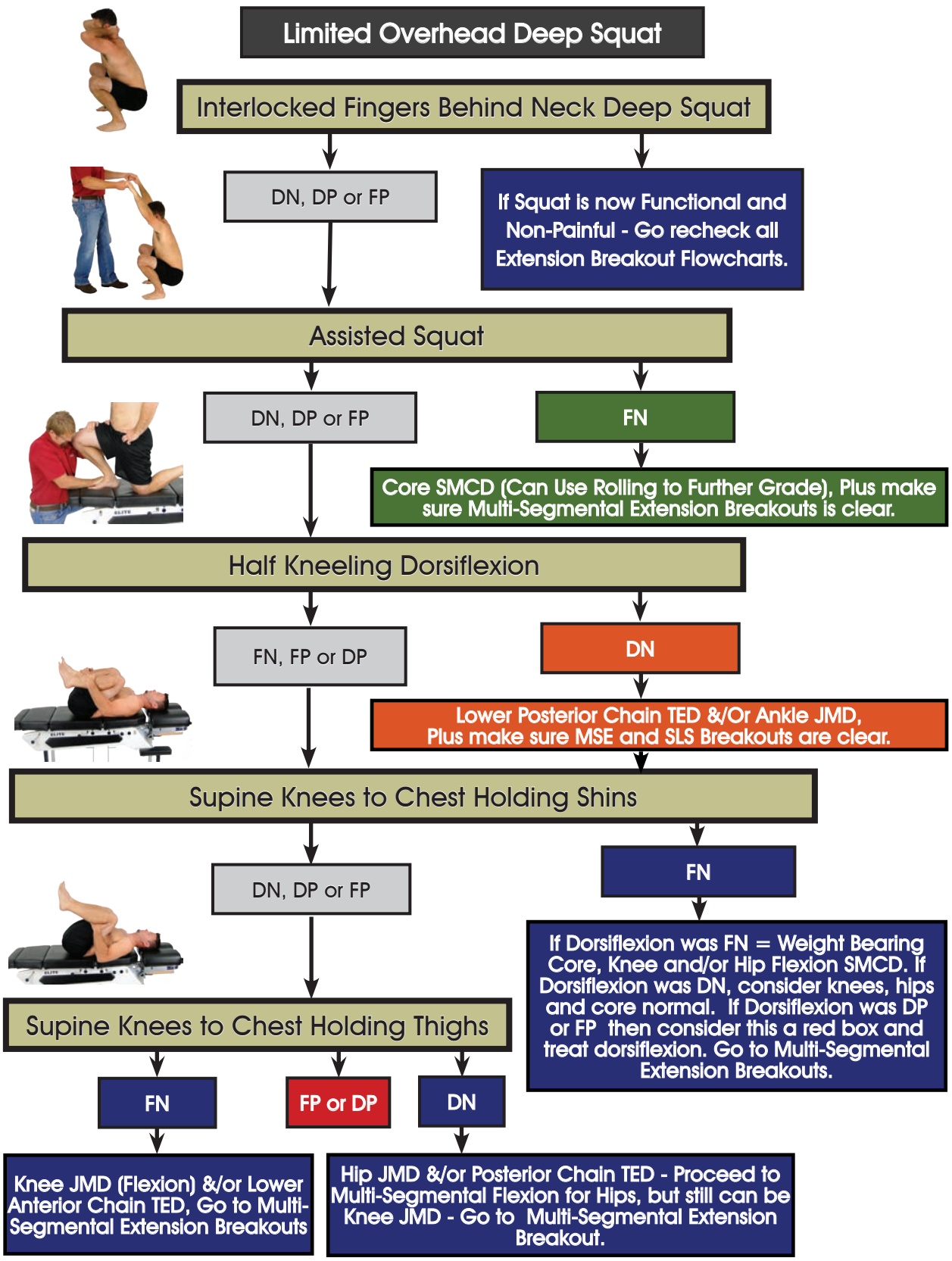
SINGLE LEG STANCE BREAKOUTS FLOWCHART

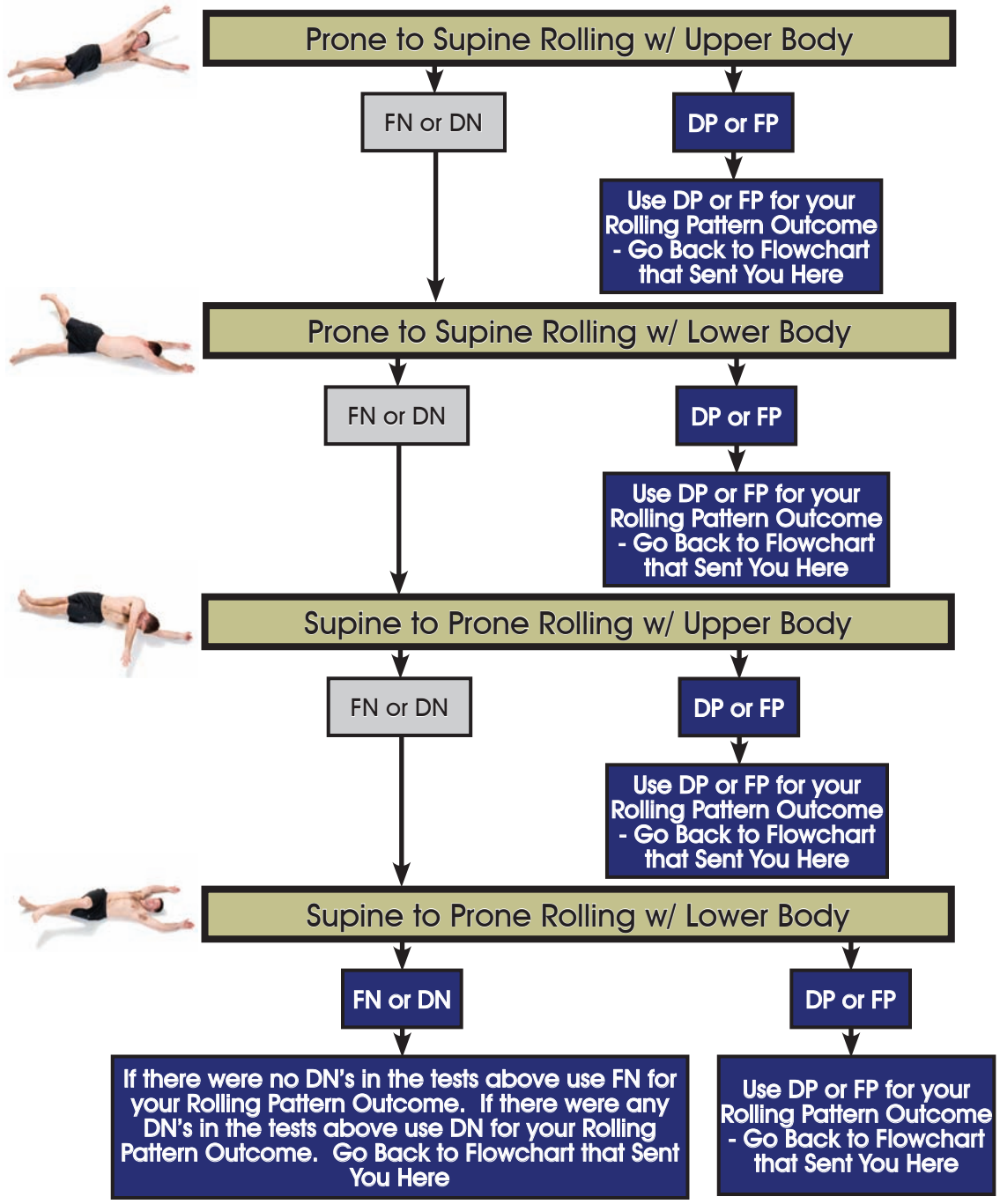


SINGLE LEG STANCE BREAKOUTS FLOWCHART



OVERHEAD DEEP SQUATTING PATTERN BREAKOUTS



ROLLING BREAKOUTS

Rolling Flowchart