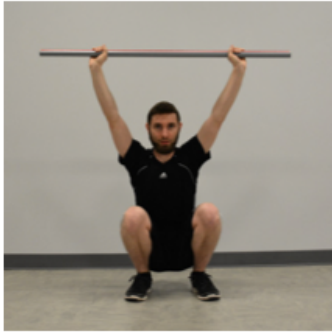


Appendix A: Functional Movement Screen™



**Deep Squat
(Frontal View)**



**Deep Squat
(Sagittal View)**



Trunk Push-Up



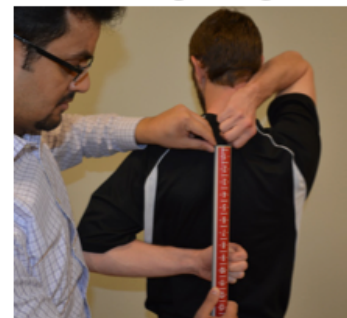
Active Straight Leg Raise



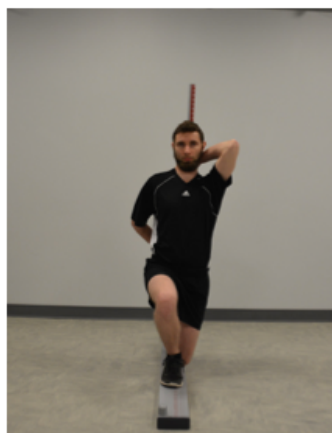
**Hurdle Step
(Frontal View)**



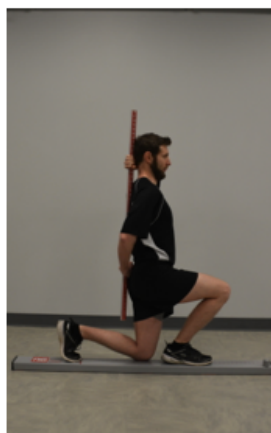
**Hurdle Step
(Sagittal View)**



Shoulder Mobility



**In-line lunge
(Frontal View)**



**In-line lunge
(Sagittal View)**



Rotary Stability (Extended Position)



Rotary Stability (Flexed Position)



Impingement-clearing test



Press-up clearing test



Posterior-rocking clearing test