



Orthopedic and Sports
Therapy Institute

FREE! Functional Movement System Screens

Available only at Roscoe Physical Therapy. Call to schedule your FREE appointment.

Roscoe Physical Therapy

5003 Hononegah Road – Roscoe • (815) 623-9700 • www.ostiplt.com

A part of the Orthopedic and Sports Therapy Institute network of clinics.

What is the Functional Movement System Screen (FMS)?



The Functional Movement System (FMS) provides a standardized approach to assessing fundamental movement, identifying limitations and asymmetries.

The concept behind FMS is that in order to maximize your body's performance potential the whole body must be functioning properly. If there are weak functional elements of the body, this weakens the performance of the body. Ignoring a weakness increases the chances of injury and possibly strengthening the wrong elements of the body.

Benefits of the Functional Movement System

Whether you're training for a marathon, getting into shape or preparing for your next athletic season, the FMS system can build total-body fitness, long term fitness and identify and resolve movement impairments. This system reduces risk of injury and helps you establish a plan and timeline for success. The systems will help

- Improve functional fitness and athletic performance
- Establish a starting point and realistic goals
- Identify and resolve movement impairments
- Build lasting fitness instead versus temporary ability
- Measure and establish a record of progress

The following organizations utilize the FMS system:

- NFL Combine Camp
- Professional MLB, NFL, and NHL Athletes
- German National Soccer Team
- United States Military
- Mayo Clinic



Your local, Roscoe physical therapy provider

Our physical therapy team is dedicated to reducing pain and restoring function in the lives of our patients. Each of our patients receives care by a licensed, physical therapy provider. We strive to keep our staff members up to date on the latest, most advanced physical therapy techniques. Our clinics specialize in orthopedic, sports, and industrial rehabilitation.

Patients can be confident in the care that they receive at Roscoe Physical Therapy. Patients receive care in a friendly environment by an attentive physical therapist that will help them achieve their functional goals.

Call to inquire about upcoming screening dates for a FREE FMS Screen at Roscoe Physical Therapy.

By appointment only. Open from 8:00 a.m. until 5:00 p.m. Allow 15 - 30 minutes per test.