




























































THE SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT

SFMA SCORING		FN	FP	DP	DN
Active Cervical Flexion					
Active Cervical Extension					
Cervical Rotation		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

Painful

- Can't touch Sternum to Chin
- Excessive effort and/or lack of motor control

Cervical Extension

Painful

- Not within 10 degrees of parallel
- Excessive effort and/or lack of motor control

Cervical Rotation

Painful Right

Painful Left

- Right Left Nose not in line with mid-clavicle
- Right Left Excessive effort and/or appreciable asymmetry or lack of motor control

Pattern #1 – MRE

Painful Right

Painful Left

- Right Left Does not reach inferior angle of scapula
- Right Left Excessive effort and/or appreciable asymmetry or lack of motor control

Pattern #2 – LRF

Painful Right

Painful Left

- Right Left Does not reach spine of scapula
- Right Left Excessive effort and/or appreciable asymmetry or lack of motor control

Multi-Segmental Flexion

Painful

- Cannot touch toes
- Sacral angle <70 degrees
- Non-uniform spinal curve
- Lack of posterior weight shift
- Excessive effort and/or appreciable asymmetry or lack of motor control

Multi-Segmental Extension

Painful

- UE does not achieve or maintain 170
- ASIS does not clear toes
- Spine of scapula does not clear heels
- Uniform spinal curve
- Excessive effort and/or lack motor control

Multi-Segmental Rotation

Painful Right

Painful Left

- Right Left Pelvis Rotation <50 degrees
- Right Left Shoulders rotation <50 degrees
- Right Left Spine/pelvic deviation
- Right Left Excessive Knee flexion
- Right Left Excessive effort and/or lack of symmetry or motor control

Single Leg Stance

Painful Right

Painful Left

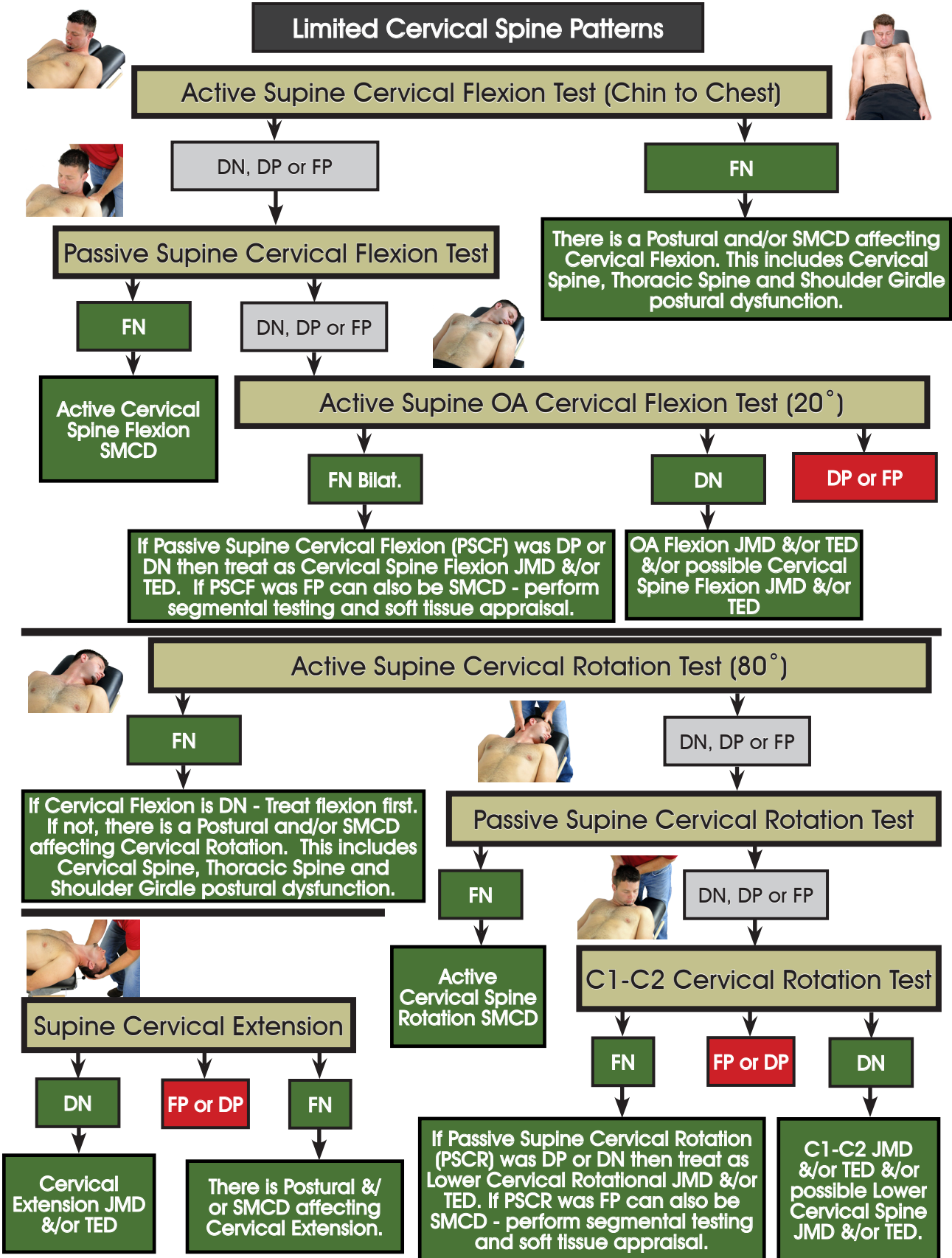
- Right Left Eyes open <10 seconds
- Right Left Eyes closed < 10 seconds
- Right Left Loss of Height
- Right Left Excessive effort or lack of symmetry or motor control

Overhead Deep Squat

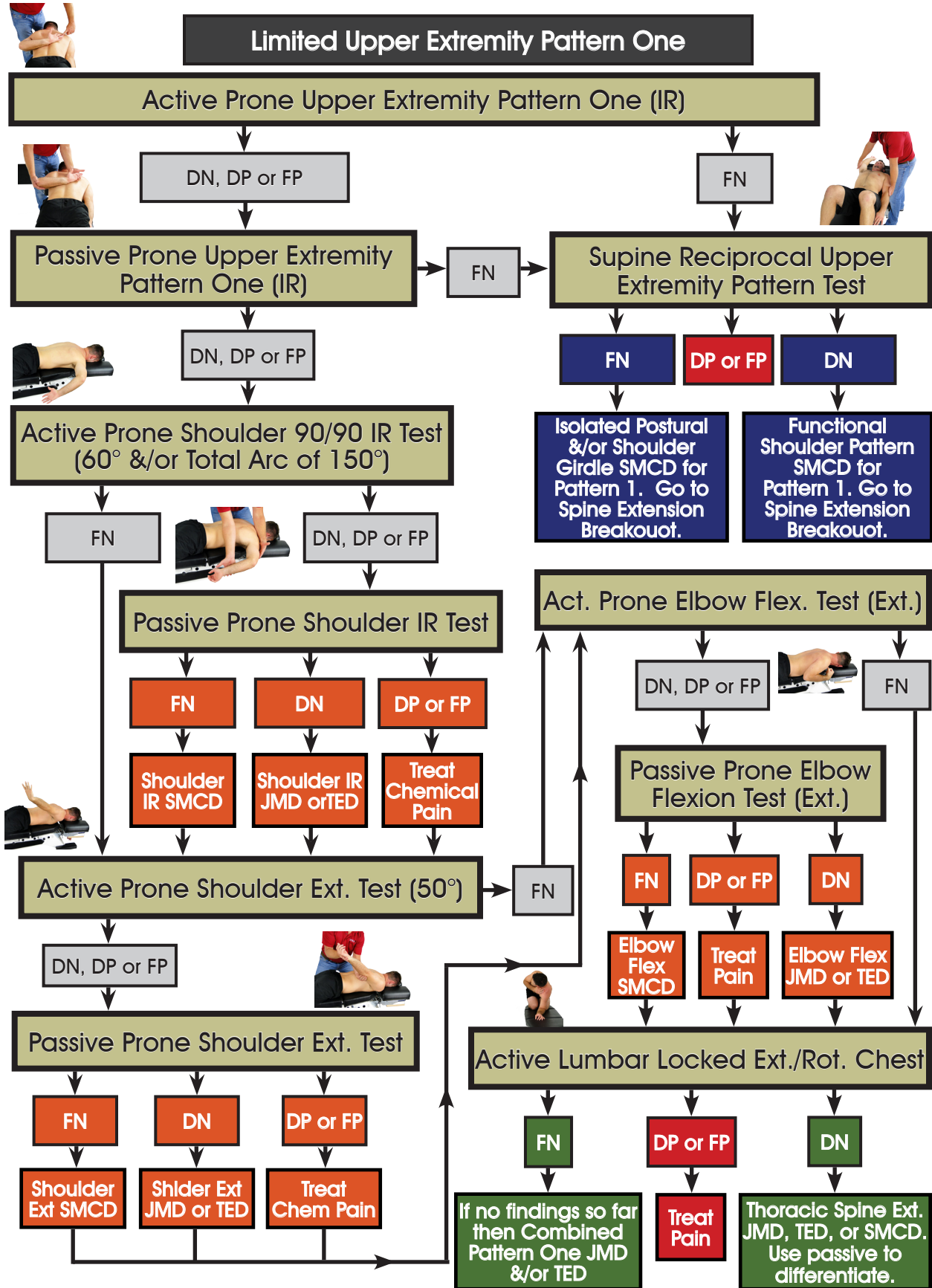
Painful

- Loss of UE start position
- Tibia and Torso are not parallel or better
- Thighs do not break parallel
- Right Left Loss of sagittal plane alignment
- Excessive effort, weight shift, or motor control

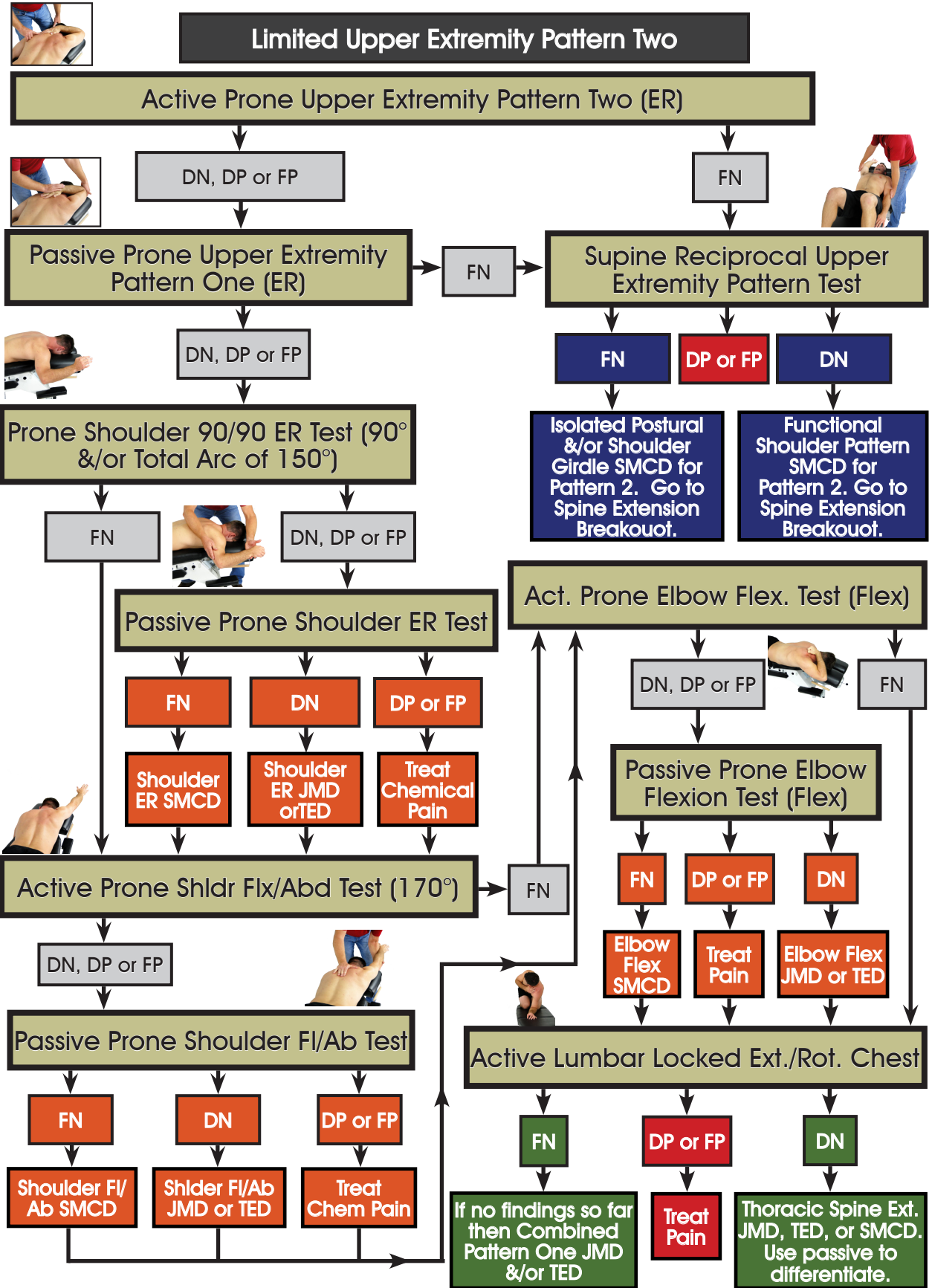
CERVICAL SPINE PATTERN BREAKOUTS



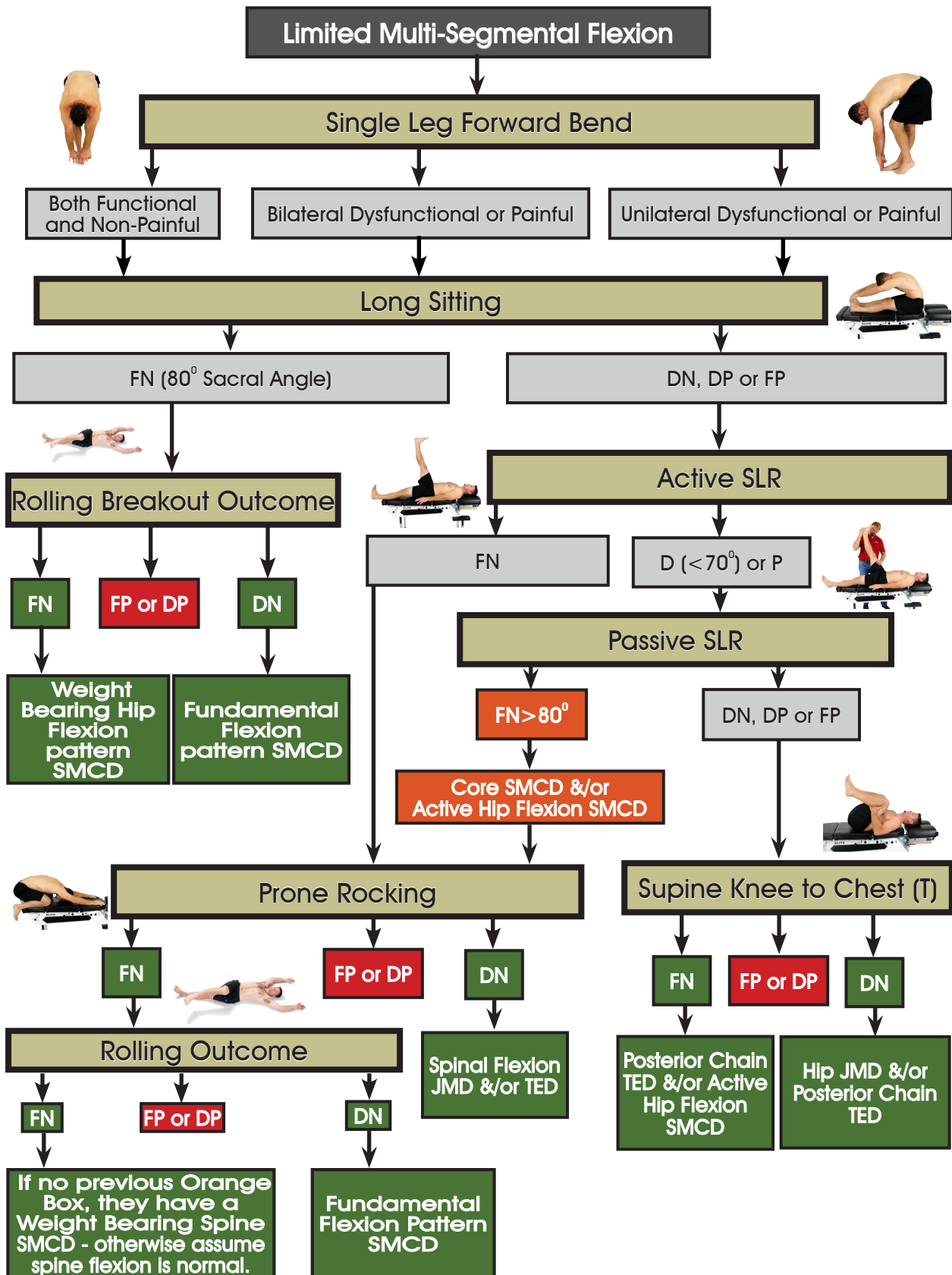
UPPER EXTREMITY PATTERN BREAKOUTS



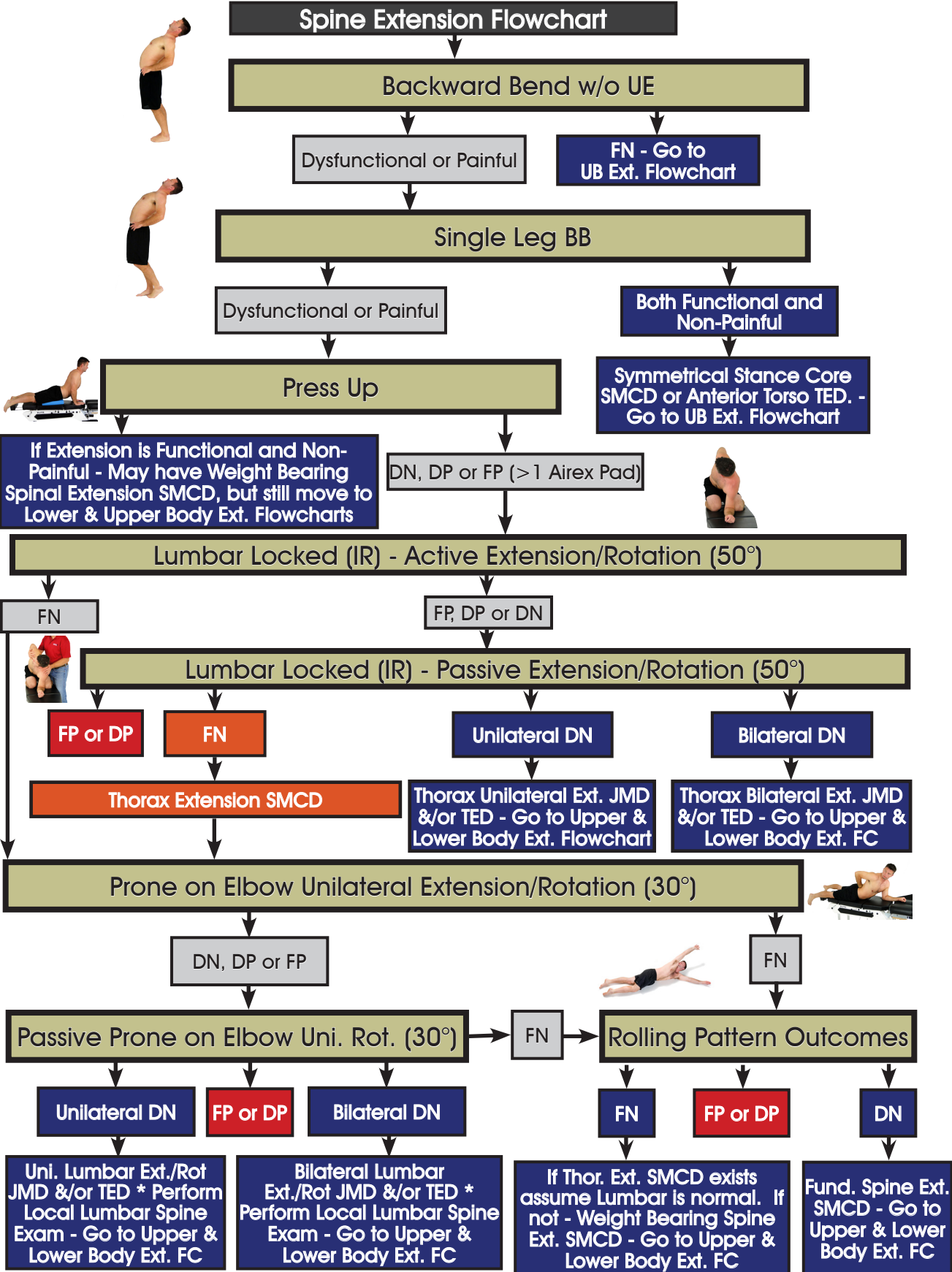
UPPER EXTREMITY PATTERN BREAKOUTS



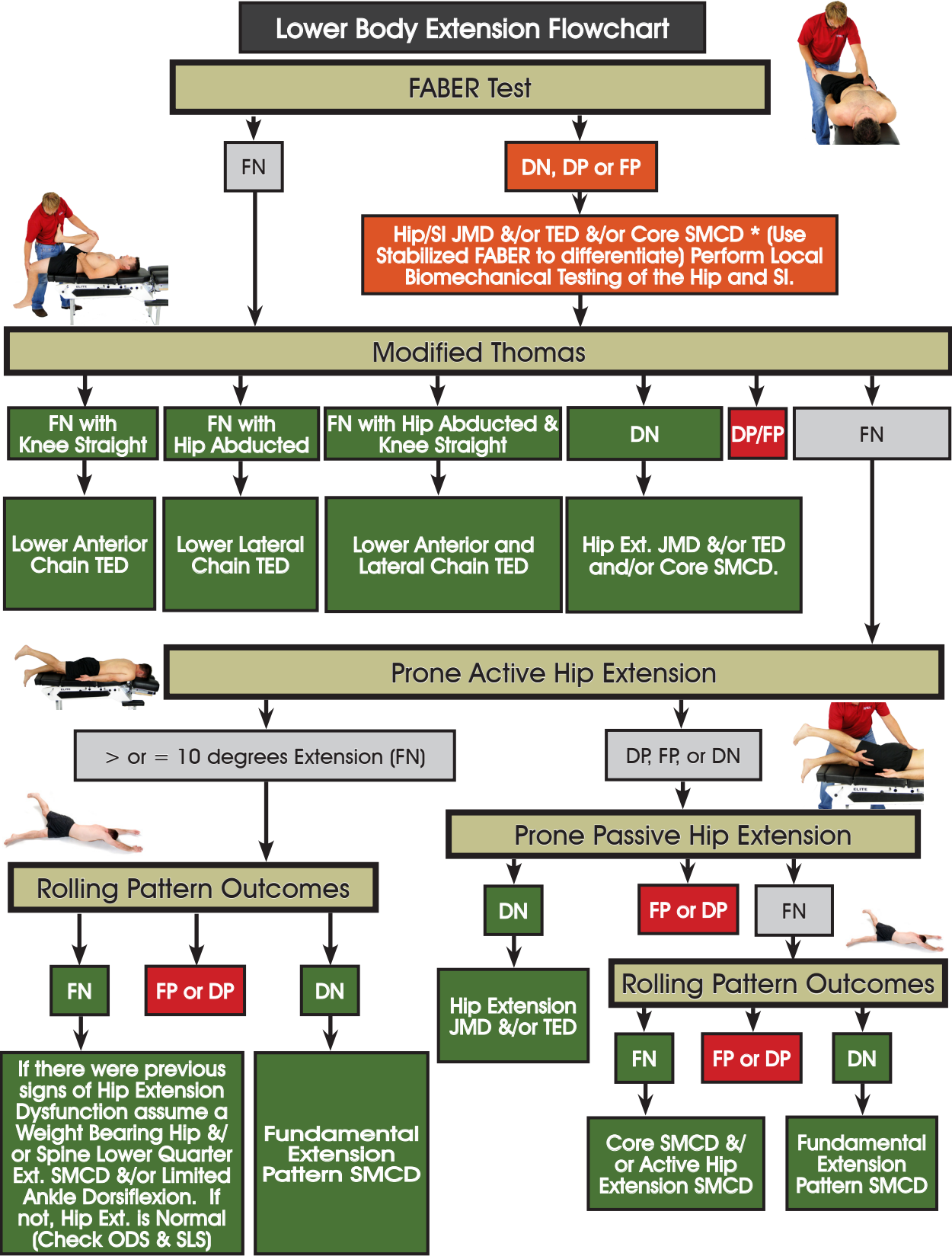
MULTI-SEGMENTAL FLEXION BREAKOUTS



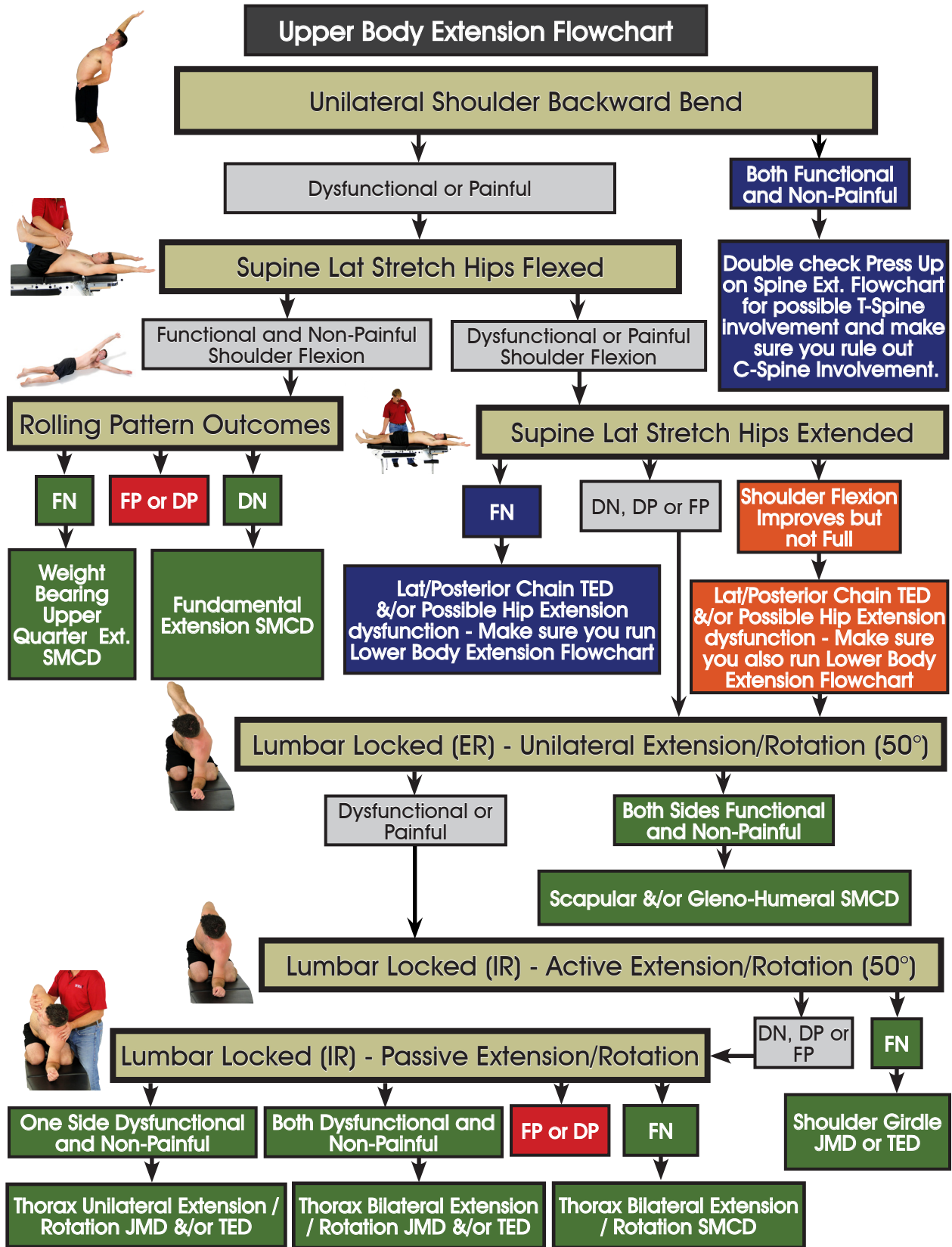
MULTI-SEGMENTAL EXTENSION BREAKOUTS



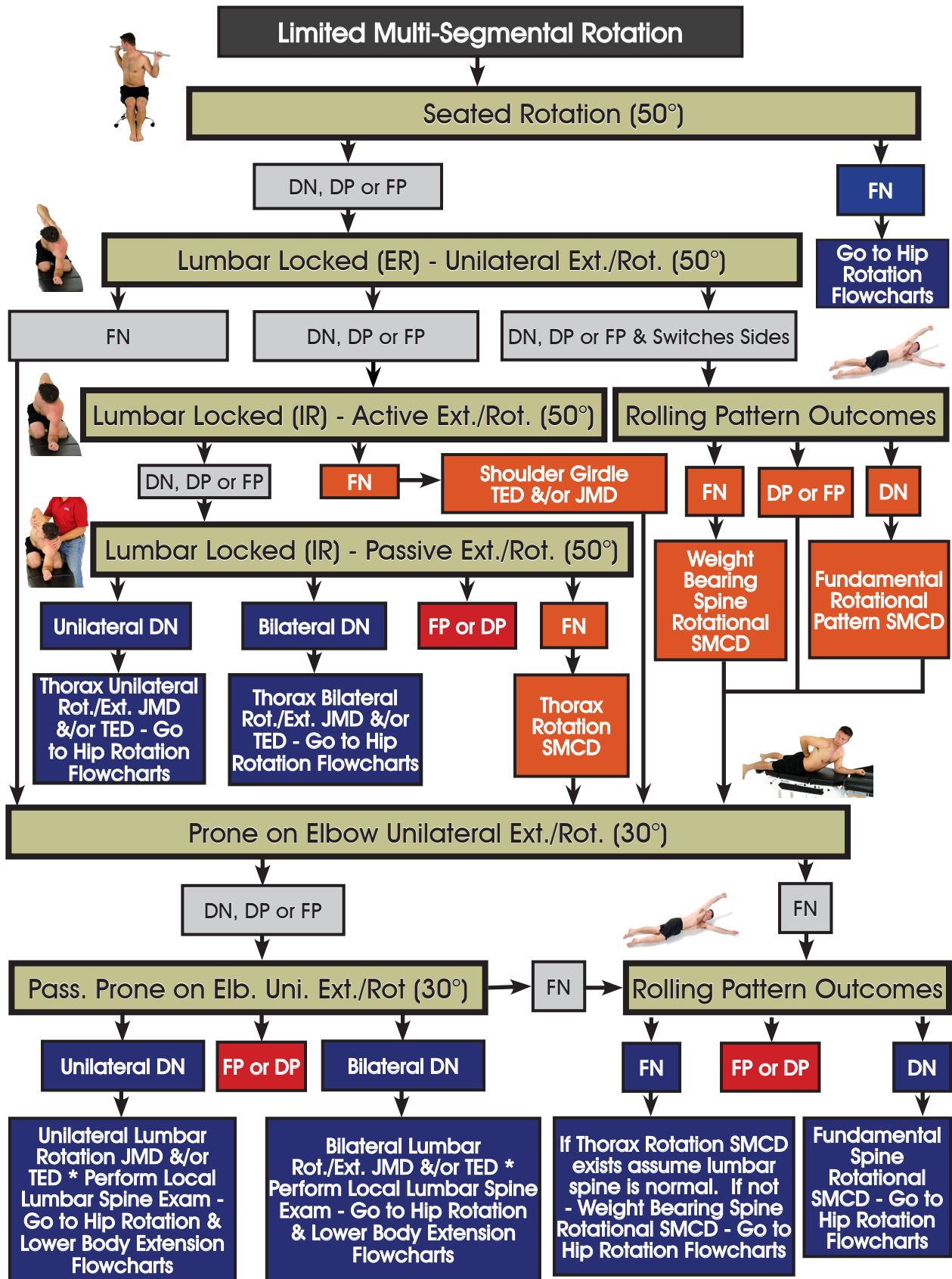
MULTI-SEGMENTAL EXTENSION BREAKOUTS



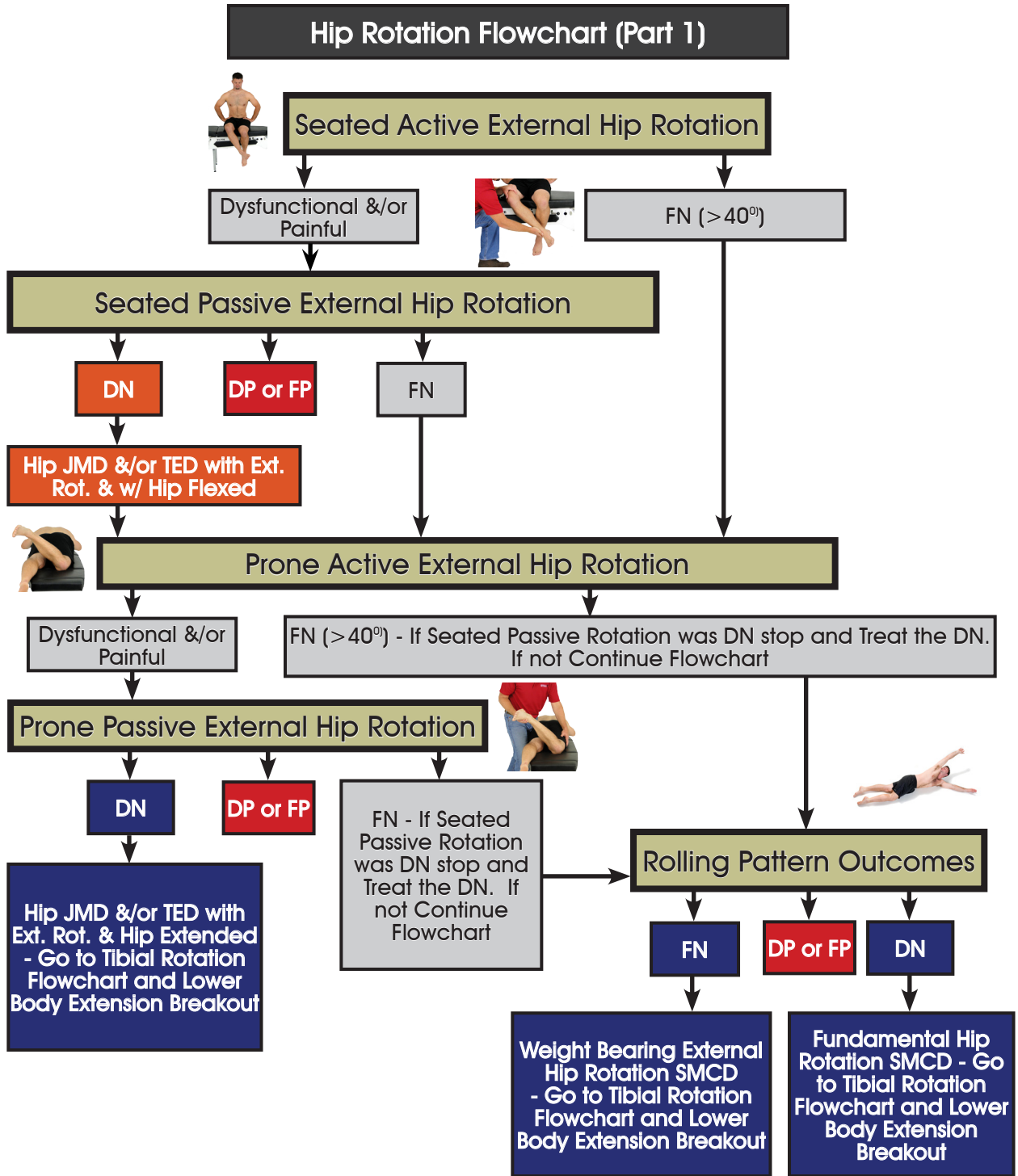
MULTI-SEGMENTAL EXTENSION BREAKOUTS



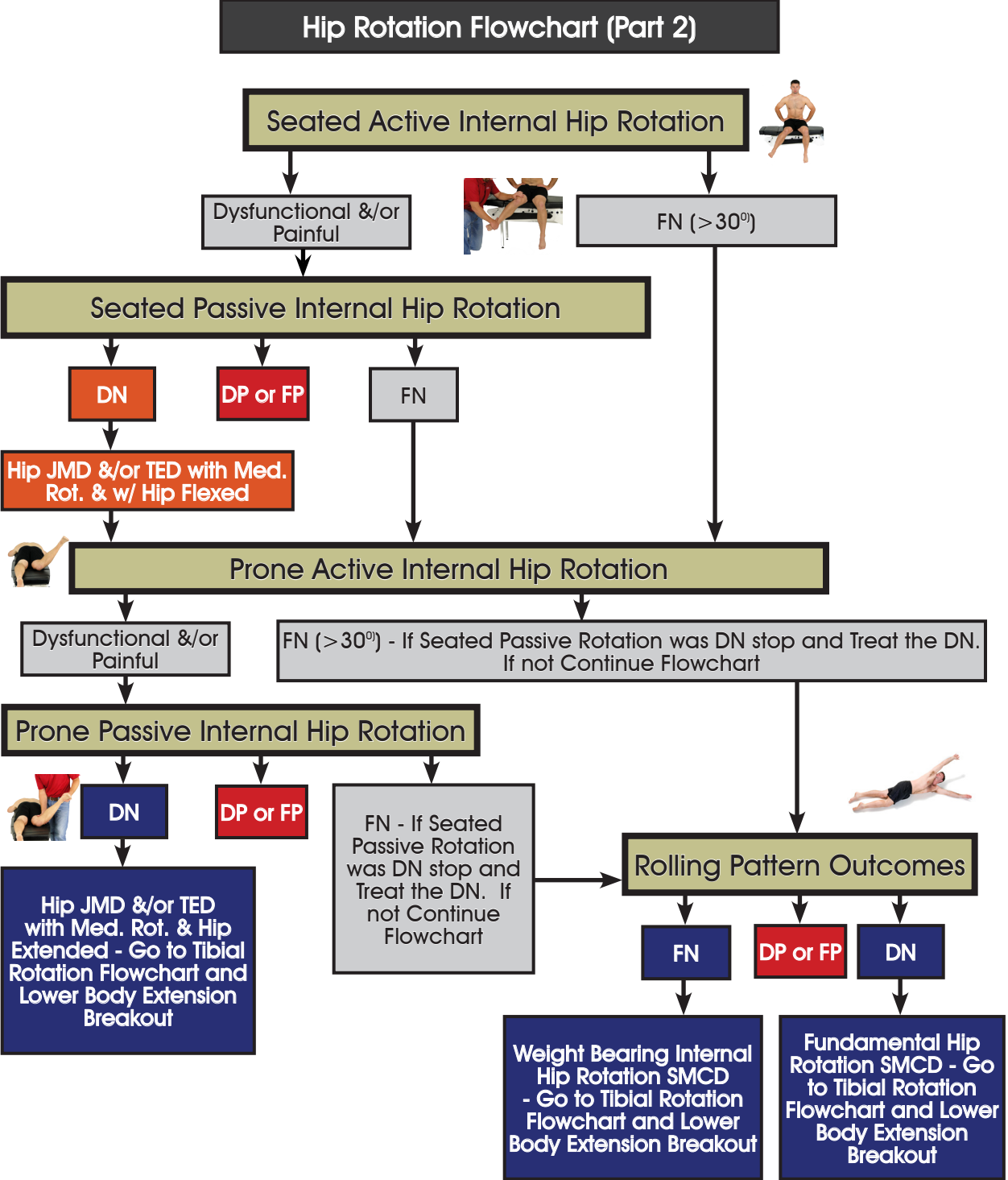
MULTI-SEGMENTAL ROTATION BREAKOUTS



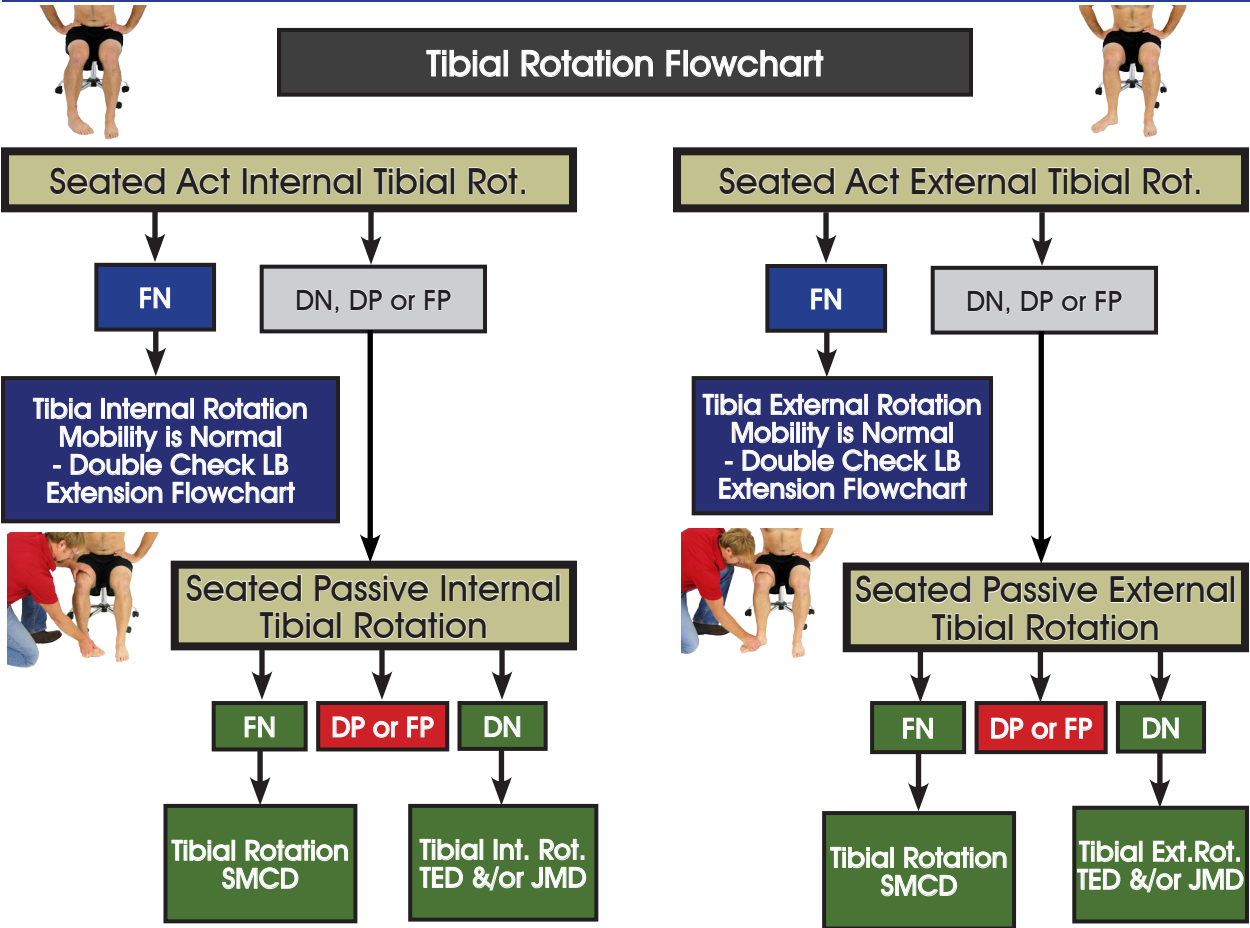
MULTI-SEGMENTAL ROTATION BREAKOUTS



MULTI-SEGMENTAL ROTATION BREAKOUTS

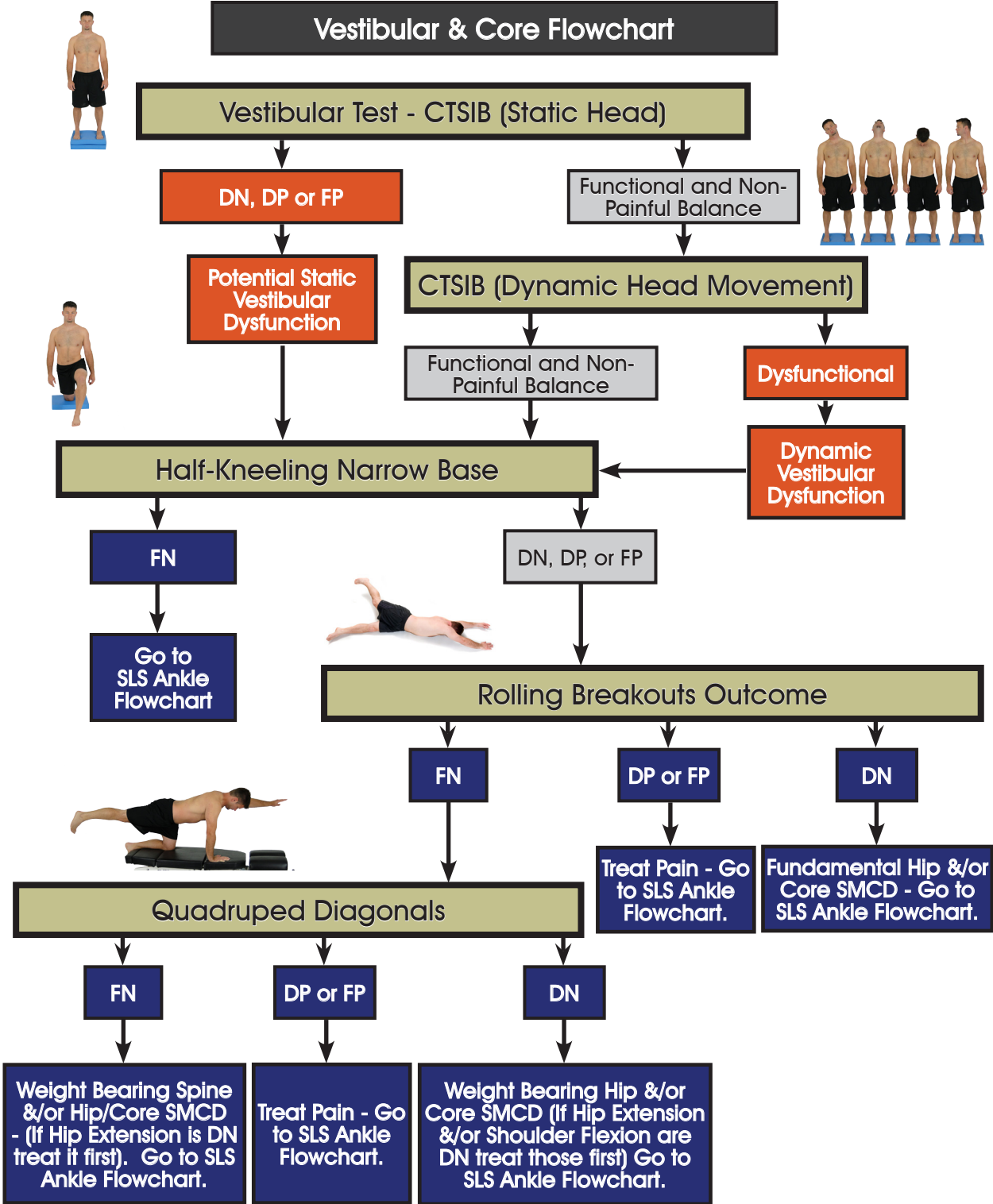


MULTI-SEGMENTAL ROTATION BREAKOUTS

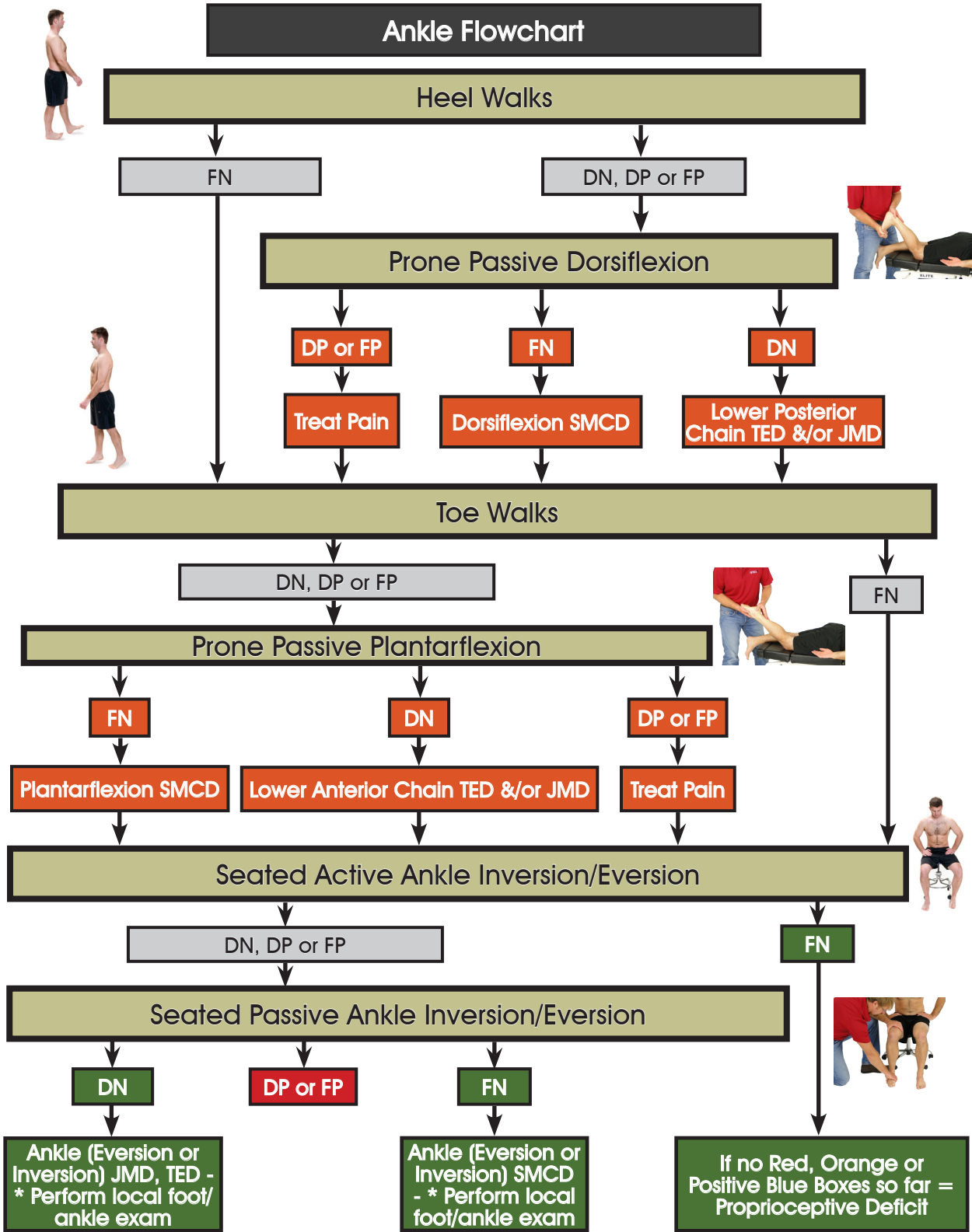


If spine, hips, and tibia are all functional and non-painful, double check Rolling for Spine SMCD, LB Extension and Single Leg Stance Breakouts

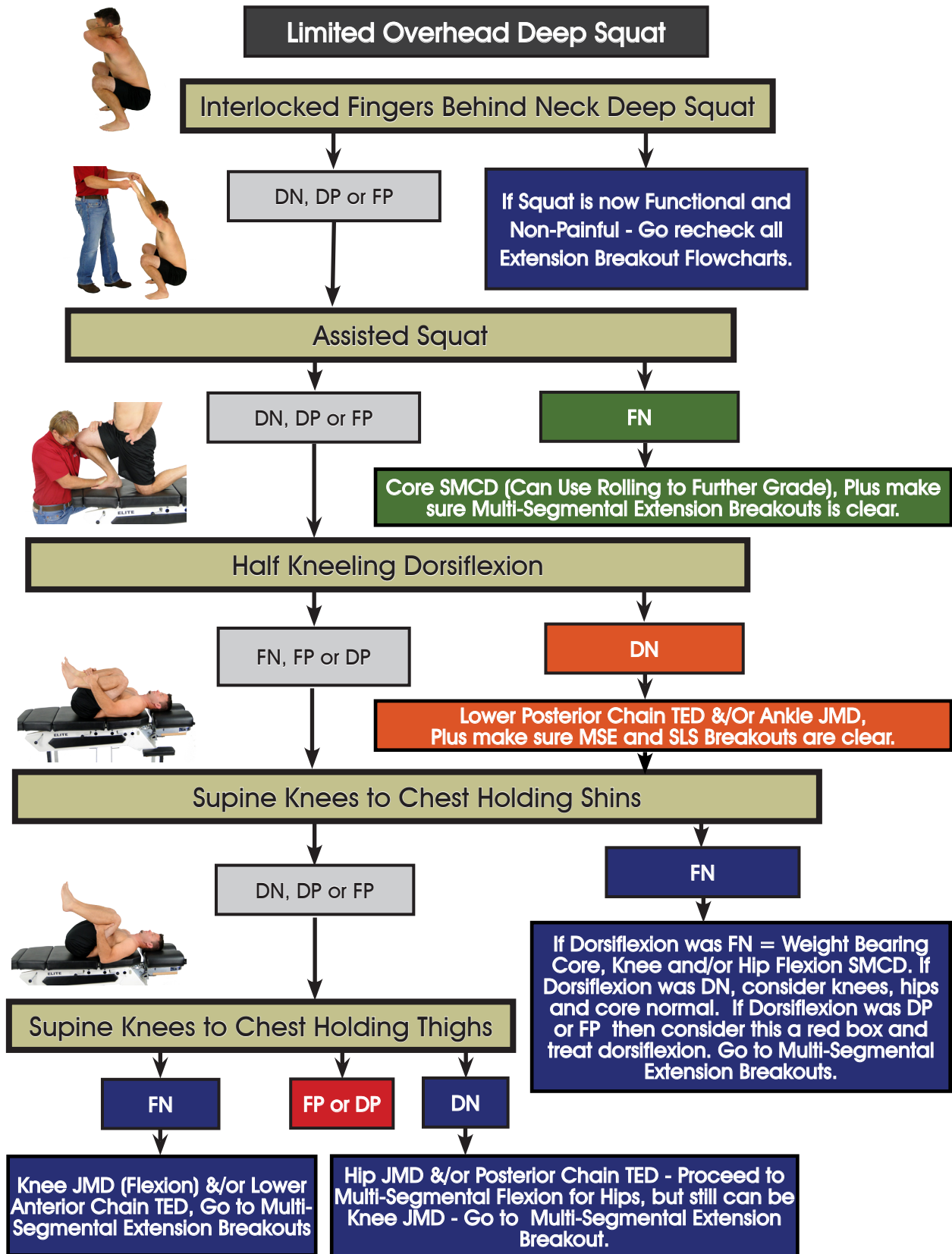
SINGLE LEG STANCE BREAKOUTS FLOWCHART



SINGLE LEG STANCE BREAKOUTS FLOWCHART



OVERHEAD DEEP SQUATTING PATTERN BREAKOUTS





Name: _____

Date: _____

	R	L	R	L	R	L	R	L		R	L	R	L	R	L	R	L		
	FN	DP	FP	DN	FN	DP	FP	DN		FN	DP	FP	DN	FN	DP	FP	DN		
Cervical Flexion	●	○	○	○	●	○	○	○	Cervical Extension	●	○	○	○	Cervical Rotation	●	○	○	○	
Active Supine Cervical Flexion	○	○	○	○	○	○	○	○	Supine Cervical Extension	○	○	○	○	Active Supine Cervical Rotation	○	○	○	○	
Passive Supine Cervical Flexion	○	○	○	○	○	○	○	○	Shoulder Pattern One	●	○	○	○	Passive Supine Cervical Rotation	○	○	○	○	
Active Supine OA Flexion	○	○	○	○	○	○	○	○	Active Prone Shoulder Pattern One	○	○	○	○	C1-C2 Cervical Rotation	○	○	○	○	
Shoulder Pattern One	●	○	○	○	●	○	○	○	Passive Prone Shoulder Pattern One	○	○	○	○	Multi-Segmental Rotation	●	○	○	○	
Supine Reciprocal Shoulder	○	○	○	○	○	○	○	○	Supine Reciprocal Shoulder	○	○	○	○	Spine Rotation	FN	DP	FP	DN	
Active Prone 90/90 Shoulder IR (60°)	○	○	○	○	○	○	○	○	Active Prone 90/90 Shoulder IR (60°)	○	○	○	○	Seated Rotation (50°)	○	○	○	○	
Passive Prone 90/90 Shoulder IR (60°)	○	○	○	○	○	○	○	○	Passive Prone 90/90 Shoulder IR (60°)	○	○	○	○	Lumbar Lock (ER) - Unilateral Ext (50°)	○	○	○	○	
Active Prone Shoulder Extension (50°)	○	○	○	○	○	○	○	○	Active Prone Shoulder Extension (50°)	○	○	○	○	Lumbar Lock (IR) - Active Rot./Ext. (50°)	○	○	○	○	
Passive Prone Shoulder Extension (50°)	○	○	○	○	○	○	○	○	Passive Prone Shoulder Extension (50°)	○	○	○	○	Lumbar Lock (IR) - Passive Rot./Ext. (50°)	○	○	○	○	
Active Prone Elbow Flexion (touches)	○	○	○	○	○	○	○	○	Active Prone Elbow Flexion (touches)	○	○	○	○	Prone on Elbow Unilateral Extension (30°)	○	○	○	○	
Passive Prone Elbow Flexion (touches)	○	○	○	○	○	○	○	○	Passive Prone Elbow Flexion (touches)	○	○	○	○	UB Rolling - Supine to Prone	○	○	○	○	
Lumbar Lock Chest (50°)	○	○	○	○	○	○	○	○	Lumbar Lock Chest (50°)	○	○	○	○	LB Rolling - Supine to Prone	○	○	○	○	
Shoulder Pattern Two	●	○	○	○	●	○	○	○	Active Prone Shoulder Pattern Two	○	○	○	○	UB Rolling - Prone to Supine	○	○	○	○	
Active Prone Shoulder Pattern Two	○	○	○	○	○	○	○	○	Passive Prone Shoulder Pattern Two	○	○	○	○	LB Rolling - Prone to Supine	○	○	○	○	
Passive Prone Shoulder Pattern Two	○	○	○	○	○	○	○	○	Supine Reciprocal Shoulder	○	○	○	○	Hip Rotation	FN	DP	FP	DN	
Supine Reciprocal Shoulder	○	○	○	○	○	○	○	○	Active Prone 90/90 Shoulder ER (90°)	○	○	○	○	Seated Active External Hip Rotation (40°)	○	○	○	○	
Active Prone 90/90 Shoulder ER (90°)	○	○	○	○	○	○	○	○	Passive Prone 90/90 Shoulder ER (90°)	○	○	○	○	Seated Passive External Hip Rotation (40°)	○	○	○	○	
Passive Prone 90/90 Shoulder ER (90°)	○	○	○	○	○	○	○	○	Active Prone Shoulder Flex/Abd (170°)	○	○	○	○	Prone Active External Hip Rotation (40°)	○	○	○	○	
Active Prone Shoulder Flex/Abd (170°)	○	○	○	○	○	○	○	○	Passive Prone Shoulder Flex/Abd (170°)	○	○	○	○	Prone Passive External Hip Rotation (40°)	○	○	○	○	
Passive Prone Shoulder Flex/Abd (170°)	○	○	○	○	○	○	○	○	Active Prone Elbow Flexion (touches)	○	○	○	○	Seated Active Internal Hip Rotation (30°)	○	○	○	○	
Active Prone Elbow Flexion (touches)	○	○	○	○	○	○	○	○	Passive Prone Elbow Flexion (touches)	○	○	○	○	Seated Passive Internal Hip Rotation (30°)	○	○	○	○	
Passive Prone Elbow Flexion (touches)	○	○	○	○	○	○	○	○	Lumbar Lock Chest (50°)	○	○	○	○	Prone Active Internal Hip Rotation (30°)	○	○	○	○	
Lumbar Lock Chest (50°)	○	○	○	○	○	○	○	○	Multi-Segmental Flexion	●	○	○	○	Prone Passive Internal Hip Rotation (30°)	○	○	○	○	
Multi-Segmental Flexion	●	○	○	○	●	○	○	○	Single Leg Forward Bend	○	○	○	○	Tibia Rotation	FN	DP	FP	DN	
Single Leg Forward Bend	○	○	○	○	○	○	○	○	Long Sitting	○	○	○	○	Seated Active Internal Tibia Rotation (20°)	○	○	○	○	
Long Sitting	○	○	○	○	○	○	○	○	Active Straight Leg Raise	○	○	○	○	Seated Passive Internal Tibia Rotation (20°)	○	○	○	○	
Active Straight Leg Raise	○	○	○	○	○	○	○	○	Passive Straight Leg Raise	○	○	○	○	Seated Active External Tibia Rotation (20°)	○	○	○	○	
Passive Straight Leg Raise	○	○	○	○	○	○	○	○	Prone Rocking	○	○	○	○	Seated Passive External Tibia Rotation (20°)	○	○	○	○	
Prone Rocking	○	○	○	○	○	○	○	○	Supine Knee to Chest Holding Thighs	○	○	○	○	Single Leg Stance	○	○	○	○	
Supine Knee to Chest Holding Thighs	○	○	○	○	○	○	○	○	UB Rolling - Supine to Prone	○	○	○	○	Vestibular & Core	FN	DP	FP	DN	
UB Rolling - Supine to Prone	○	○	○	○	○	○	○	○	LB Rolling - Supine to Prone	○	○	○	○	CTSIB (Static Head Movement)	○	○	○	○	
LB Rolling - Supine to Prone	○	○	○	○	○	○	○	○	Prone Rocking	○	○	○	○	CTSIB (Dynamic Head Movement)	○	○	○	○	
Prone Rocking	○	○	○	○	○	○	○	○	Multi-Segmental Extension	●	○	○	○	Half-Kneeling Narrow Base	○	○	○	○	
Multi-Segmental Extension	●	○	○	○	●	○	○	○	UB Rolling - Supine to Prone	○	○	○	○	UB Rolling - Supine to Prone	○	○	○	○	
Spine Extension	FN	DP	FP	DN	Spine Extension	FN	DP	FP	DN	LB Rolling - Supine to Prone	○	○	○	○	UB Rolling - Prone to Supine	○	○	○	○
Backward Bend w/o UE	○	○	○	○	Backward Bend w/o UE	○	○	○	○	LB Rolling - Prone to Supine	○	○	○	○	LB Rolling - Prone to Supine	○	○	○	○
Single Leg Backward Bend	○	○	○	○	Single Leg Backward Bend	○	○	○	○	Quadruped Diagonals	○	○	○	○	Ankle	FN	DP	FP	DN
Prone Press Up	○	○	○	○	Prone Press Up	○	○	○	○	Heel Walks	○	○	○	○	Prone Passive Dorsiflexion	○	○	○	○
Lumbar Lock (IR) - Active Rot./Ext. (50°)	○	○	○	○	Lumbar Lock (IR) - Active Rot./Ext. (50°)	○	○	○	○	Toe Walks	○	○	○	○	Toe Walks	○	○	○	○
Lumbar Lock (IR) - Passive Rot./Ext. (50°)	○	○	○	○	Lumbar Lock (IR) - Passive Rot./Ext. (50°)	○	○	○	○	Prone Passive Plantarflexion	○	○	○	○	Prone Passive Plantarflexion	○	○	○	○
Prone on Elbow Unilateral Extension (30°)	○	○	○	○	Prone on Elbow Unilateral Extension (30°)	○	○	○	○	Seated Ankle Inversion/Eversion	○	○	○	○	Seated Ankle Inversion/Eversion	○	○	○	○
Lower Body Extension	FN	DP	FP	DN	Lower Body Extension	FN	DP	FP	DN	Seated Passive Ankle Inversion/Eversion	○	○	○	○	Overhead Deep Squat	○	○	○	○
Faber	○	○	○	○	Faber	○	○	○	○	Interlocking Fingers Behind the Neck Squat	○	○	○	○	Assisted Squat	○	○	○	○
Modified Thomas	○	○	○	○	Modified Thomas	○	○	○	○	Assisted Squat	○	○	○	○	Half Kneeling Dorsiflexion	○	○	○	○
Prone Active Hip Extension (10°)	○	○	○	○	Prone Active Hip Extension (10°)	○	○	○	○	Half Kneeling Dorsiflexion	○	○	○	○	Supine Knee to Chest Holding Shins	○	○	○	○
Prone Passive Hip Extension (10°)	○	○	○	○	Prone Passive Hip Extension (10°)	○	○	○	○	Supine Knee to Chest Holding Shins	○	○	○	○	Supine Knee to Chest Holding Thighs	○	○	○	○
UB Rolling - Prone to Supine	○	○	○	○	UB Rolling - Prone to Supine	○	○	○	○	Supine Knee to Chest Holding Thighs	○	○	○	○					
LB Rolling - Prone to Supine	○	○	○	○	LB Rolling - Prone to Supine	○	○	○	○										
Upper Body Extension	FN	DP	FP	DN	Upper Body Extension	FN	DP	FP	DN										
Unilateral Shoulder Backward Bend	○	○	○	○	Unilateral Shoulder Backward Bend	○	○	○	○										
Supine Lat Stretch Hips Flexed	○	○	○	○	Supine Lat Stretch Hips Flexed	○	○	○	○										
Supine Lat Stretch Hips Extended	○	○	○	○	Supine Lat Stretch Hips Extended	○	○	○	○										
Lumbar Lock (ER) - Unilateral Ext (50°)	○	○	○	○	Lumbar Lock (ER) - Unilateral Ext (50°)	○	○	○	○										
Lumbar Lock (IR) - Active Rot./Ext. (50°)	○	○	○	○	Lumbar Lock (IR) - Active Rot./Ext. (50°)	○	○	○	○										
Lumbar Lock (IR) - Passive Rot./Ext. (50°)	○	○	○	○	Lumbar Lock (IR) - Passive Rot./Ext. (50°)	○	○	○	○										