

Functional Movement Screening

Another Way Dr. Arnold Can Help You Minimize Your Risk of Injury

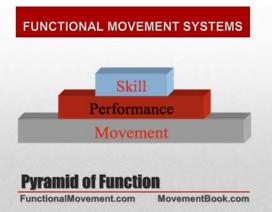
In 2015, Dr. Arnold became certified in Functional Movement Screening:



The FMS consists of <u>7 different test movements</u> designed to

"Identify limitations or asymmetries in individuals with no current pain complaint or known musculoskeletal injury."





After calculating your FMS score, Dr. Arnold will design an exercise program to:

- ✓ Address your movement weaknesses
- ✓ Improve your overall functional capacity
 - ✓ Further minimize your risk of injury.

Questions About Functional Movement Screening?

Contact Dr. Arnold (631-352-7654 / <u>PitchingDoc@msn.com</u>) to make an appointment!

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