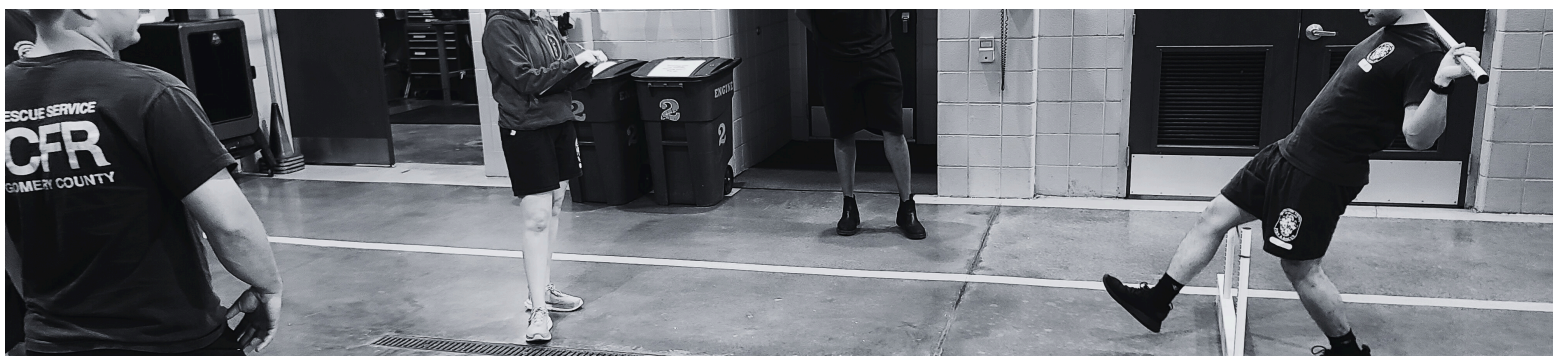


WHAT DOES MY FMS SCORE MEAN?



How'd You Score?

Starting in March 2024, Dr. Kelsey Tanler began utilizing the Functional Movement Screen (FMS) system to provide personnel with the option to figure out the root of some of their ailments or determine areas in need of improvement physically. So, what exactly is this FMS and what does it mean for you? The FMS is *"designed to put the individual into extreme positions where movement deficits become noticeable if appropriate stability and mobility are not used."* This screen can pinpoint areas of imbalance and compensation that may not otherwise come up in a traditional physical examination. The purpose of Kelsey's use of the FMS for field personnel and recruits is to give the individual an idea of areas to improve upon to decrease future injury risk. Whether it be shoulder immobility, hip instability, or any other area in the body that stands out as being the possible cause of discomfort or an area that could cause future injury or issues. Instead of just accepting that your back has always hurt, you get an objective measure of why your back might always be a pain point for you. For those that have not had a chance to go through the FMS, you can sign up for a station visit with Kelsey where your whole crew can go through the test, or you can sign up for an individual appointment with Kelsey. Both can be done through scanning or clicking on the QR codes below!



How to Improve FMS Score

Linked below, you will find programs aimed at the major components of the FMS: full body mobility, shoulder mobility/stability, hip mobility/stability, and core rotational stability. As a reminder though, these programs are very generalized and are not tailored exactly to you and your needs. If you'd like a preventative program aimed at your own dysfunctions, please contact Kelsey directly! Click on or scan each QR code to access.

FULL BODY MOBILITY



SHOULDER MOBILITY/STABILITY



HIP MOBILITY/STABILITY



CORE ROTATIONAL STABILITY



Did you know March is National Athletic Training Month? Take advantage of YOUR Athletic Trainer, Kelsey, for all of your injury prevention and rehab needs this month!



Dr. Kelsey Loftus

Certified Athletic Trainer
MCFR Health & Injury Prevention

Did you know that you have someone working within MCFRS to provide you with quality injury care, injury prevention, and functional assessments to lengthen your time on the floor and keep you out of FROMS?

IMPORTANT ANNOUNCEMENT!

Starting this year, all station visit requests will be submitted through the link attached to the QR code below. Any station in any battalion can sign up for a station visit with the choice of activities, now including:

- [In-station injury clinic](#)
- Trigger point release work
- Group mobility instruction
- Group instruction on prevention of common injuries (low back pain, shoulder immobility, or any area of your choosing!)
- And more!

Also, you may have noticed a change in last name. Kelsey's new married last name is Loftus! But as always, Kelsey just goes by Kelsey :)



kelsey.tanler@montgomerycountymd.gov



(240) 962-0147

Concentra