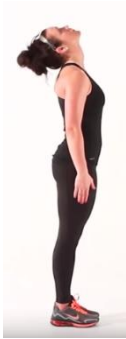


Functional Movement Screen Exercises



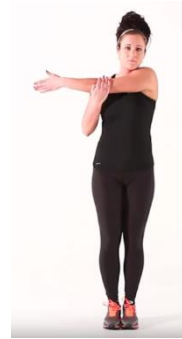
1. Cervical Extension



2. Cervical Flexion



3. Cervical Rotation



4. AC Joint Stress Test



5. Rotator Cuff Test



6. Shoulder External Rotation



7. Shoulder Internal Rotation



8. Multi-Segmental Flexion



9. Multi-Segmental Extension



10. Multi-Segmental Rotation



11. Single-Leg Stance



12. Single-Leg Stance Swings



13. Overhead Squat



14. Overhead Squat Frontal