


# Sports Advantage | POWERED BY EXOS®

## PERFORMANCE EVALUATION

### Functional Movement Screen



Training at Sports Advantage powered by EXOS begins with an initial evaluation. This evaluation looks at the client's biomechanical breakdown, the results of which lead us to a greater understanding of the person's body which helps create an individualized game plan.



**Altru**  
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[altru.org/sport](http://altru.org/sport) | 701.732.SPORT

# Functional Movement Screen

*The initial evaluation we use is a functional movement screen. This combined with a variety of performance test ensures that we can provide greater results safely and efficiently.*

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## **FUNCTIONAL MOVEMENT SCREENS ALLOW FOR THE FOLLOWING:**

- » The assessment of seven basic, or functional, movements and how well the person can perform them.
- » This assessment shows us strengths and weaknesses that allow us to tweak training to strengthen weaknesses without causing our client pain.
- » Having this information about each client allows for safer work-outs, as both trainer and client are aware of movements or situations that may lead to injury.
- » If in the assessment a client has pain, we are able to refer them to a physical therapist at Altru for further treatment before they begin their work in the gym.



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