

Functional Movement Screening

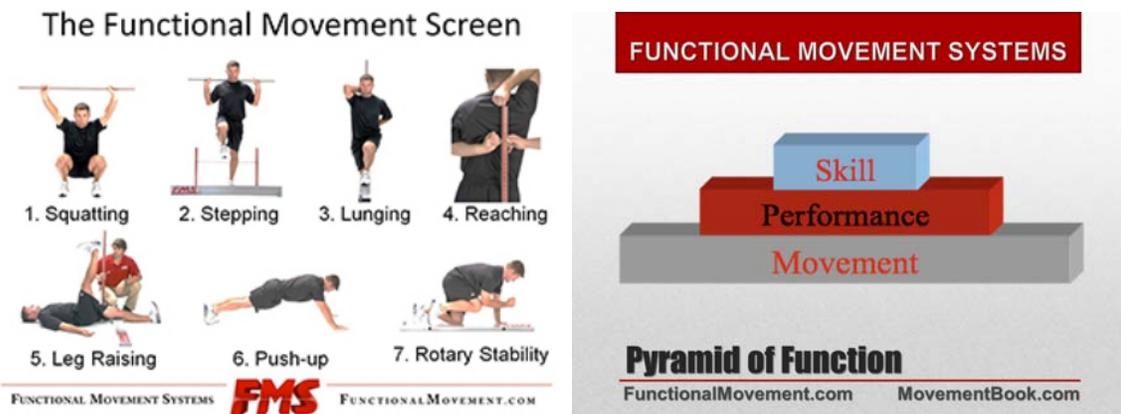
Another Way Dr. Arnold Can Help You Minimize Your Risk of Injury

In 2015, [Dr. Arnold became certified in Functional Movement Screening](#):



The FMS consists of [7 different test movements](#) 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 / PitchingDoc@msn.com)
to make an appointment!