



FMS
Functional Movement Systems



ACHIEVE YOUR BREAKTHROUGH

GET SCREENED, IDENTIFY THE WEAKEST LINK AND CORRECT IT



The Functional Movement Screen™ is an innovative system used to evaluate movement pattern quality for clients and athletes.

The FMS screen takes as little as 20 minutes and evaluates your ability to perform seven movement patterns that require balance, mobility, and stability. Awareness of your body's limitations helps:

1. Prevent injuries
2. Reduce Pain
3. Maximize Athletic Performance



Join us Saturday January 7, 2017

TO TAKE ADVANTAGE OF OUR INTRODUCTORY RATE

Introductory Rate

\$40

Regular Price

\$80

Call to reserve your seat now!

263 N Mathilda Ave. Sunnyvale, CA 94086

408-736-7600

www.BreakThroughPT.com