



**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



## Have a friend who would benefit from FMS?

SHARE OUR INTRODUCTORY RATE

Introductory Rate

**\$40**

Regular Price

**\$80**

### FMS Appointment must be booked by February 28, 2017

263 N Mathilda Ave. Sunnyvale, CA 94086 **408-736-7600** (Please mention Monta Vista HS when booking)