

GET SCREENED

Use the Functional Movement Screen to determine your current level of movement quality.



CORRECT YOUR PATTERNS

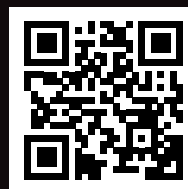
Apply custom programming to improve your movement baselines.

MOVE BETTER

Train at a higher level, return to activity faster post-rehab, enjoy a better quality of life!



Caleb Kennedy, MS, ATC, LAT
FMS Level 1 Certified
North Ridge Tennis & Golf Club
5475 Mills Creek Ln, North Ridgeville OH
(440) 327- 2114



FREE FUNCTIONAL
MOVEMENT SCREEN
ARTICLE DOWNLOAD
<http://bit.ly/introtofms>



WHAT'S YOUR MOVEMENT BASELINE?

The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying your functional movement quality. The process provides a reliable baseline for actionable and effective steps to improve your performance and recovery.



SEVEN
MOVEMENTS



CUSTOM
PROGRAMS



TRACKABLE
PROGRESS



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