

Selective Functional Movement Assessment (SFMA)

Category	Information		
Patient Name:			
Patient Age:			
Patient Gender:			
Date of Assessment:			
Chief Complaint	Lower back pain and stiffness		
#	Movement Pattern	Left	Right
1a	Cervical Flexion		
1b	Cervical Extension		
1c	Cervical Rotation		
2a	Shoulder Mobility		
2b	Internal & External Rotation at 90°		
3	Multi-segmental Flexion (Toe Touch)		
4	Multi-segmental Extension (Prone)		
5	Multi-segmental Rotation (Seated)		
6	Single-leg Stance		
7	Overhead Deep Squat		
Interpretation			
Next Steps			
Legend: FN: Functional, Non-Painful FP: Functional, Painful DN: Dysfunctional, Non-Painful DP: Dysfunctional, Painful			