

FMS Report: Test Player



Date: 4/11/25 Sport: Baseball Team: Team Name

FMS Scores:

| Pattern | Left | Right | Total |
|---------------------------|------|-------|-------|
| Active Straight Leg Raise | 1 | 2 | 1 |
| Shoulder Mobility | 3 | 2 | 2 |
| Ankle Mobility | 3 | 2 | 2 |
| Rotary Stability | 2 | 2 | 2 |
| Trunk Stability Push Up | | | 2 |
| Inline Lunge | 3 | 3 | 3 |
| Hurdle Step | 2 | 2 | 2 |
| Deep Squat | | | 2 |

Clearing Tests

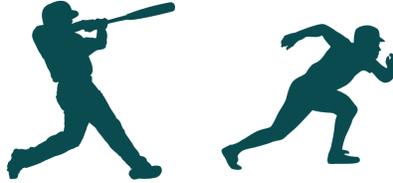
| Test | Left | Right |
|--------------------|------------|------------|
| Ankle Mobility | Green | Yellow |
| Ankle Clearing | ● Negative | ● Negative |
| Shoulder Clearing | ● Negative | ● Negative |
| Extension Clearing | ● Negative | |
| Flexion Clearing | ● Negative | |

The Functional Movement Screen (FMS) is a tool used to assess fundamental movement patterns. These patterns are the building blocks for athletic skills and help identify mobility, stability, or motor control issues that may impact performance or increase injury risk.

Player Summary

Player: Test Player

Position: Hitter



Hitting relies on sequencing and force transfer throughout the entire kinetic chain. FMS identifies weak links in mobility or motor control that might reduce bat speed, alter timing, or increase injury risk. Small limitations in movement can have big effects on power and consistency.

Below are the results for the player based on the FMS tests.

Top 3 Movement Priorities

- **ASLR** : Score of 1 — high priority
- **SM** : Asymmetry (3/2) — needs attention
- **AM** : Asymmetry (3/2) — needs attention

Additional Notes:

The player should focus on mobility in the hips and stability in the pelvis and core. You may notice mechanic or performance deficits in skills that require coordinated lower body movements during quick direction changes or feel limited in hamstring mobility. You may notice an asymmetry in shoulder mobility and should pay attention to any stiffness or soreness they might feel in the shoulder or spine. They should also work on ankle mobility. If they would like a more detailed and personalized report based on individual mechanics, please reach out to DisruptEd Sports.

Report prepared by: DisruptEd Sports
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Disclaimer: This report is for educational and informational purposes only. It is not a diagnosis, treatment plan, or medical advice. Movement assessments and suggested training insights should be interpreted in conjunction with professional guidance from qualified coaches, physical therapists, or medical professionals.

Hitting

Limitations

- **ASLR** : Poor lower-half loading and front-side brace
- **SM** : Mild restrictions in shoulder control and trunk posture
- **RS** : Functional rotation but lacking full trunk and hip integration.
- **TSPU** : Slight core instability in high-speed rotation
- **IL** : Stable stride and strong front-side bracing
- **HS** : Moderate instability during stride phase
- **DS** : Slight inconsistencies in depth, loading, or posture under fatigue or speed.

On-Field Impact

| | Test | Impact | Why it Happens | Compensations |
|---|-------------|--|--|---|
| ● | ASLR | Upright posture in swing, inconsistent timing | Inability to disassociate upper and lower halves | Leans back, over-rotates, early extension |
| ● | SM | Inconsistent posture through swing, occasional early extension | Limited thoracic extension and shoulder rhythm | Early shoulder elevation, tight swing pattern |
| ● | RS | Inconsistent swing timing under speed or fatigue. | Rotational control not fully automatic or linked. | Compensatory trunk turn or arm-led swing. |
| ● | TSPU | Inconsistent barrel path on fast swings | Core can't fully stabilize during load-to-launch | Arching back, early hip rotation |
| ● | IL | Efficient energy transfer and balanced swing mechanics | Controlled load and bracing mechanics | None |
| ● | HS | Inconsistent timing and hip rotation | Asymmetry in lower body control | Mild lean, loss of front-side brace |
| ● | DS | Less consistent lower-body contribution to power | Limited neuromuscular control or subtle mobility restrictions. | Occasional pop-ups, inconsistent hip rotation |

Performance Focus

| | Test | Expected Improvements | Performance Focus |
|---|-------------|---|---|
| ● | ASLR | More stable lower-half load, better power transfer and rotational control | Improve hip hinge + disassociation |
| ● | SM | More consistent trunk control and smoother barrel path | Clean shoulder rhythm + upper-body mobility |
| ● | RS | Improved repeatability and swing control in high-speed settings. | High-speed rotational control |
| ● | TSPU | Cleaner trunk rotation, smoother swing transitions, consistent power output | Core timing under speed |
| ● | IL | Optimized swing stability, timing, and trunk rotation | Power through stable front side |
| ● | HS | More consistent swing sequence and improved power transfer | Refine stride control under dynamic loading |
| ● | DS | Better use of lower half, improved energy transfer, more consistent ball flight | Clean up stability under speed/fatigue |

Base Running



Limitations

- **ASLR** : Tight lower half during acceleration phase
- **SM** : Mild shoulder stiffness affecting arm rhythm
- **RS** : Functional but not optimal cross-body mechanics.
- **TSPU** : Mild trunk control deficit
- **IL** : Clean deceleration and directional control.
- **HS** : Occasional loss of form when changing direction
- **DS** : Slight inconsistencies in depth, loading, or posture under fatigue or speed.

On-Field Impact

| | Test | Impact | Why it Happens | Compensations |
|---|-------------|---|---|---|
| ● | ASLR | Delayed top speed and poor deceleration | Hamstring tightness reduces turnover efficiency | Shuffling gait, heel strike, high back-kick |
| ● | SM | Minor loss of acceleration rhythm | Limited recoil or shoulder flow | Leans or over-swings arms |

| | Test | Impact | Why it Happens | Compensations |
|---|-------------|---|--|--|
| ● | RS | Hesitation or slow starts off base. | Core control doesn't hold during quick transitions. | Extra lean, trunk drift. |
| ● | TSPU | Slower acceleration from leadoff | Hips and shoulders misalign during start | Twisting run start, delayed drive |
| ● | IL | Efficient rounding and explosive takeoffs. | Good eccentric strength and stride alignment. | None under stress or fatigue. |
| ● | HS | Minor delays in acceleration or cuts | Hip imbalance or motor pattern issue | Exaggerated upper-body rotation |
| ● | DS | Inconsistent explosiveness in first few steps | Limited neuromuscular control or subtle mobility restrictions. | Compensates with upper-body momentum or shorter stride |

Performance Focus

| | Test | Expected Improvements | Performance Focus |
|---|-------------|--|--|
| ● | ASLR | Improved sprint form, better base-to-base transitions | Acceleration posture, top-speed gait, hamstring range |
| ● | SM | More controlled and efficient sprint form | Arm-leg coordination, postural alignment during acceleration |
| ● | RS | Faster breaks, improved lead-off and stealing rhythm. | Cross-body coordination, sprint-to-steal connection, stability under motion |
| ● | TSPU | Quicker takeoffs, improved trunk-pelvis connection | Takeoff rhythm, sprinting posture, core timing |
| ● | IL | Quick plant-and-go, smoother changes between bases. | Turns, transition acceleration, leadoff explosiveness. |
| ● | HS | More efficient sprint and cut mechanics | Direction change efficiency, coordination, reactivity off the bag |
| ● | DS | More efficient stride pattern, better base running angles and sharper changes of direction | Sprint posture refinement, base running transitions, controlled acceleration |