**Supplementary Table**. FMS scoring guidelines (taken from Cook, 2010).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **FMS Exercise** | **3 Points** | **2 Points** | **1 Point** | **0 points** |
| *Deep Squat* | Upper torso toward vertical or parallel with tibia | Upper torso toward vertical or parallel with tibia | Tibia and upper torso are not parallel | Pain is associated with any portion of the test |
| Femur below horizontal | Femur below horizontal | Femur is not below horizontal |
| Knees is aligned over feet | Knees aligned over feet | Knees are not aligned over feet |
| Dowel is aligned over feet | Dowel aligned over feet | Lumbar flexion is noted |
|  | Heels elevated |  |  |
|  |  |  |  |  |
| *Hurdle Step* | Hips, knees and ankles remain aligned in the sagittal plane | Alignment is lost between hips, knees and ankles | Contact between foot and hurdle occurs | Pain is associated with any portion of the test |
| Minimal to no movement is noted in lumbar spine | Movement is noted in lumbar spine | Loss of balance is noted |
| Dowel and hurdle remain parallel | Dowel and hurdle do not remain parallel |
|  |  |  |  |  |
| *In-line Lunge* | Dowel contacts maintained | Dowel contacts not maintained | Loss of balance is noted | Pain is associated with any portion of the test |
| Dowel remains vertical | Dowel does not remain vertical |
| No torso movement noted | Movement noted in torso |
| Dowel and feet remain in sagittal plane | Dowel and feet do not remain in sagittal plane |
| Knee touches board behind heel of front foot | Knee does not touch board behind heel of front foot |
|  |  |  |  |  |
| *Active Straight-Leg Raise* | Vertical line of the malleolus resides between mid-thigh and ASIS | Vertical line of the malleolus resides between mid-thigh and joint line | Vertical line of the malleolus resides below joint line | Pain is associated with any portion of the test |
| Non-moving limb remains in neutral position | Non-moving limb remains in neutral position | Non-moving limb remains in neutral position |
|  |  |  |  |  |
| *Rotary Stability* | Performs a correct unilateral repetition | Performs a correct diagonal repetition | Inability to perform a diagonal repetition | Pain is associated with any portion of the test |
|  |  |  |  |  |
| *Trunk Stability Push-Up (Women’s criteria)* | The body lifts as a unit with no lag in the spine | The body lifts as a unit with no lag in the spine | Unable to perform a repetition with thumbs aligned with the clavicle | Pain is associated with any portion of the test |
| Perform a repetition with thumbs aligned with the chin | Perform a repetition with thumbs aligned with the clavicle |