

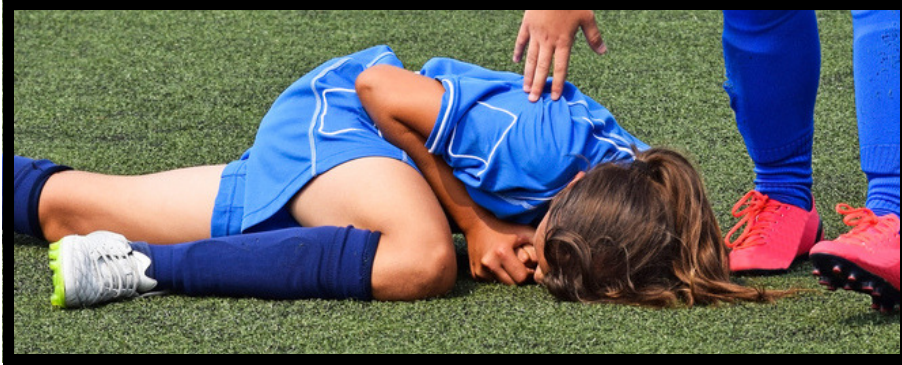
# 8.6 MILLION

sports injuries annually

Up to

# 6 MONTHS

recovery time for severe injuries



## THE FUNCTIONAL MOVEMENT SCREEN HELPS PREDICT RISK FOR INJURY

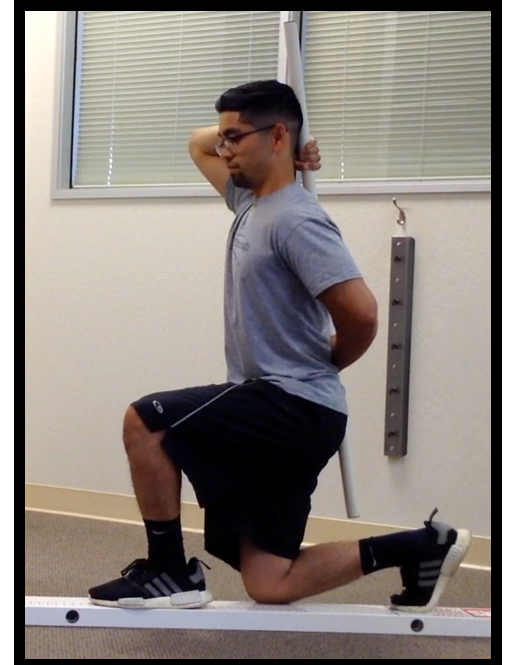
# FMS™



**Quickly identify** and correct functional limitations and movement asymmetries that may lead to injury in 20 minutes or less



**Enhance** movement confidence through guided sports specific corrective exercises from a certified specialist



### Book your Functional Movement Screen

Call to schedule your appointment

40 min appointment +  
exercise consult:

# \$80