

## Appendix B

### Selective Functional Movement Assessment Scoring Sheet for Data Collection

#### SFMA 50-Point Criterion Checklist

- Cervical Flexion** ❑ Pain
- Unable touch sternum to chin
  - Excessive effort/lack of motor control
- Cervical Extension** ❑ Pain
- Lacking 10 degrees from parallel
  - Excessive effort/lack of motor control
- Cervical Rotation** ❑ Pain Right ❑ Pain Left
- Right  Left      Nose not in line with mid-clavicle
  - Right  Left      Excessive effort/lack of motor control
- UEP #1 (MRE)** ❑ Pain Right ❑ Pain Left
- Right  Left      Unable touch inferior scapula angle
  - Right  Left      Excessive effort, asymmetry, or lack control
- UEP #2 (LRF)** ❑ Pain Right ❑ Pain Left
- Right  Left      Unable touch spine of scapula
  - Right  Left      Excessive effort, asymmetry, or lack control
- Multi-segmental Flexion** ❑ Pain
- Unable touch toes
  - Sacral angle <70 degrees
  - Non-uniform spinal curve
  - Lack posterior weight shift
  - Excessive effort/lack of motor control
- Multi-segmental Extension** ❑ Pain
- Shoulders/UE does not achieve or maintain 170 degrees
  - ASIS does not clear toes
  - Spine scapula does not clear heels
  - Non-uniform spinal curve
  - Excessive effort/lack of motor control
- Multi-segmental Rotation** ❑ Pain Right ❑ Pain Left
- Right  Left      Pelvis rotation <50 degrees
  - Right  Left      Shoulders rotation <50 degrees
  - Right  Left      Spine/pelvic deviation
  - Right  Left      Excessive knee flexion
  - Right  Left      Excessive effort/lack of motor control
- Single Leg Stance** ❑ Pain Right ❑ Pain Left
- Right  Left      Eyes open <10 seconds
  - Right  Left      Eyes closed <10 seconds
  - Right  Left      Loss of head height
  - Right  Left      Excessive effort/lack of motor control
- Overhead Deep Squat** ❑ Pain
- Loss of UE start position
  - Tibia and torso not parallel or better
  - Thighs do not break parallel
  - Right  Left      Loss sagittal plan alignment
  - Excessive effort, weight shift/asymmetry, or motor control

#### SFMA Categorical Classification

Cervical Flexion	FN	FP	DP	DN
Cervical Extension	FN	FP	DP	DN
Cervical Rotation	FN	FP	DP	DN
Upper Extremity Pattern 1 (MRF)	FN	FP	DP	DN
Upper Extremity Pattern 2 (LRF)	FN	FP	DP	DN
Multi-Segmental Flexion	FN	FP	DP	DN
Multi-Segmental Extension	FN	FP	DP	DN
Multi-Segmental Rotation	FN	FP	DP	DN
Single-Leg Stance	FN	FP	DP	DN
Deep Squat	FN	FP	DP	DN

**Overall Composite Score:** \_\_\_\_\_ / 50