

# SPORTS MEDICINE PHYSICALS



**Functional Movement Screen (FMS)  
Physical Examination**

Houston Christian High School has partnered with **Athletic Orthopedics & Knee Center (AOKC)**. We will host physical examinations and our **NEW** Functional Movement Screens (FMS) on **Tuesday, May 10 at 3:00 pm** for the 2016-2017 school year.

The FMS is a tool used at both the collegiate and professional levels to identify athlete's movement impairments, muscular imbalances, and asymmetries. Research has shown that athletes who improve their FMS score have an **increase in performance and a decreased risk of injury**. Corrective exercises will be given to the athlete to perform for 4-6 weeks after testing. A cash-based follow-up appointment is available at the AOK Physical Therapy clinic if the athlete would like to be re-tested.

AOK Orthopedics will also host physicals at the clinic on April 30th starting at 9am

**Cost:**  
**\$25 per student athlete physical examination**  
**\$5 per student FMS**

All proceeds from the physicals and FMS go to the Athletic Orthopedics Research Foundation to raise money to provide crucial medical care and treatment, such as assessment, surgery, braces, and rehabilitation for injured youth in the greater Houston area who are either under insured or do not have health insurance coverage.

Please email Brooke Wiebe (**BWiebe@aokc.net**) or call **713-984-1400 x138** for any questions.