

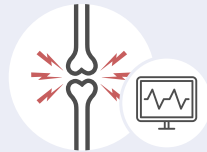
# International Movement Screening and Interventions Group (IMSIG)

## THE IMSIG: WHAT DO WE DO?



**Develop** movement screening tools to understand how a person uses their body:

1. assess movement quality
2. assess physical performance
3. identify painful movement



**Evaluate** the association between movement screening tools, injury risk and movement quality to inform injury prevention exercise programs



Investigate **mechanisms of movement** to develop **exercise programs** to prevent injury and osteoarthritis



**Work with** people of all ages and abilities, recreational exercisers, amateur athletes, elite athletes and various occupations, e.g. fire fighters, military, astronauts.



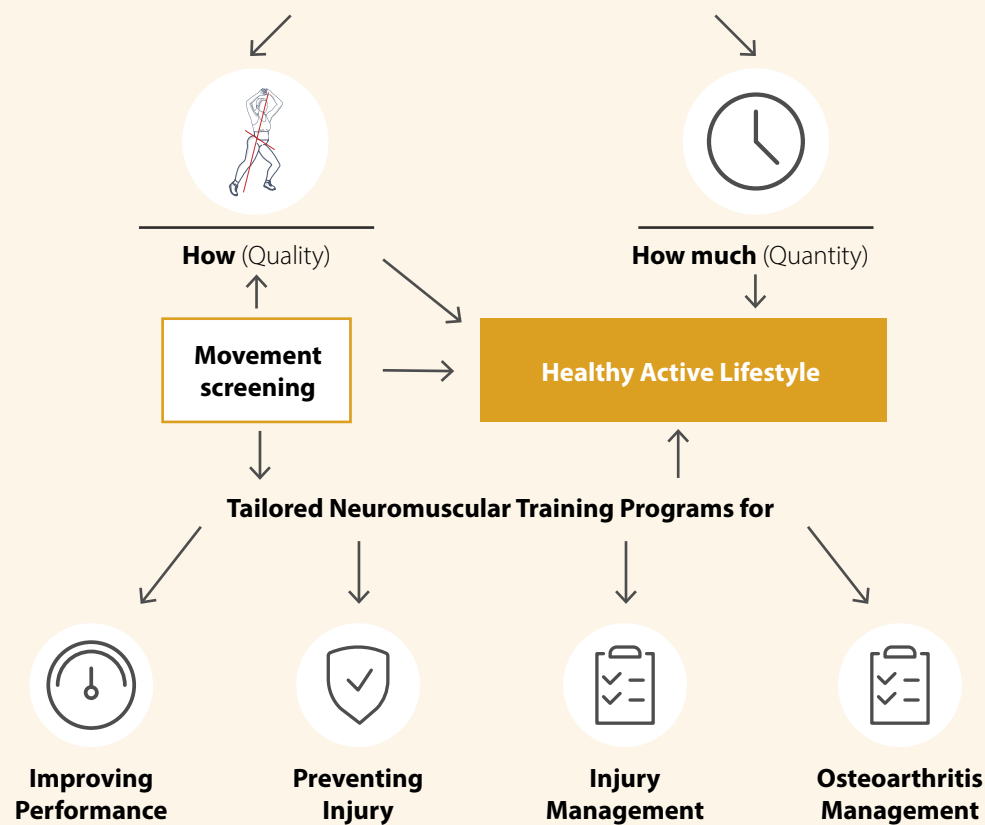
Target young people to start injury prevention as early as possible by promoting **warm-up exercises** in youth sport

### Who We Are

A network of movement practitioners and scientists, working together across the globe.



## MOVEMENT MATTERS



## MOVEMENT QUALITY

### What We Know



**High quality movement** is symmetric, efficient, and well-controlled



**Good control** of muscles indicates good movement quality and is healthy for joints



**Good joint alignment** indicates good movement quality and is healthy for joints



Neuromuscular training can **decrease injury** by up to 30%

## OSTEOARTHRITIS (OA)

### Why Does Movement Quality Matter?



Osteoarthritis is the single **most common cause** of disability in older adults



Moderate physical activity is associated with a **decreased risk** of injury



Exercise **is as effective as** pain killers for people with OA