

**International Movement Screening & Interventions Group (IMSIG)
Review Workshop
Thursday 8th September 2016
Faculty of Health Sciences, University of Southampton UK & via WebEx**

NOTES (25th October 2016)

1. Purpose:

The purpose of this workshop was for the Core and Task Group members to review IMSIG - achievements (since the group formed in December 2014) and its future direction.

2. Attendance

Present in Southampton: Nadine Booyesen, Jo Fallowfield, Markus Heller, Carly McKay, Conor Power, Maria Stokes, Martin Warner, Jackie Whittaker, David Wilson

Joined via WebEx: Jo Bartram, Mark Batt, Sarah de la Motte, Anna Frohm, Jo Gibbs, Cara Lewis

Unable to join due to technical problems with WebEx: Carolyn Emery, Sharon Dixon

Apologies: Nick Allen, Anthony Beutler, Russ Coppack, Julie Greeves, Lee Herrington, Richard Jones, Paul Muckelt, Andy Nelstrop, Darin Padua, Phil Plisky, Keith Stokes, Deydre Teyhen, Steve Wright

3. Format of Workshop

3.1 The session opened with a **brief review of achievements** (Chaired by Maria Stokes):

3.1.1 A systematic review of screening tools to assess quality of movement had been submitted to *British Journal of Sports Medicine* (Whittaker et al).

3.1.2 Three workshops had been held (two general, one on Hip and Ankle) and notes were available on the IMSIG website

3.1.3 Studies related to the Military Task Group include:

a) Retrospective analysis of a UK cohort of Marines

b) A scoping review – protocol under development

c) An intervention study of UK army recruits - protocol under development

3.1.4 Website – Jo Bartram had set up an outward facing website (with input from group members) to reflect the group's purpose and activities. Initial feedback is that it is clear and concise.

3.2 **Task Group Discussions** to consider specific strategic aims, deliverables, milestones.

Attendees divided into two groups – Military (chaired by Sara De La Motte, in Darin Padua's absence) and Biomechanics (Chaired by Martin Warner).

3.3 The **group reconvened** to share **Task Group feedback** (see Items 4 & 5) and then decide on **Strategic Aims** and **Next Steps** (Item 6 – Chaired by Jackie Whittaker)

3.4 **Communication method for meetings** – due to recent upgrade of Skype resulting in difficulties (some unable to join Task Group meetings), WebEx was trialled for this Workshop. There were still problems for a couple of people joining (apologies to them) and the sound quality was poor for some. While we seek other (free) options, it was suggested that all members upgrade and test their Skype, as this may need to be used, at least in the interim, for future meetings.

4. Military Task Group summary

4.1 . Scoping Questionnaire

Report by end of October. To discuss the next steps end of November at the next Military task group meeting.

4.2. UK Military Briefing Note

Jo Fallowfield to circulate to the Core and Task Groups for feedback by Friday 16th Sept. Will then submit to Women in ground Close Combat Group.

4.3. Hips study in army recruits

Submit proposal in September.

5. Biomechanics Task Group Summary

5.1 **Goal**

To summarize the biomechanical outcomes that have been assessed in relation to movement screening assessment and identify those that have the strongest association with injury risk.

5.2 **Objective**

Conduct a systematic review of the association between biomechanical parameters assessed during movement screening tests and lower extremity musculoskeletal injury in sport and military occupations.

6. Next Steps

6.1 **Intervention Task Group** to formulate aim, goal and members for this sub-group (to be led by Carly Mc Kay- see below).

6.2 **Intervention study** – proof of concept and feasibility study with UK military

6.3 **Position Statement** – using the systematic review and military Briefing Note, formulate a Position Statement to put on the website for end-users. See Item 6.7.

6.4 **Publish paper on IMSIG** – a paper was planned for when the group had a clear Position Statement but an interim paper will be prepared to share how the IMSIG was founded, aims, objectives, how members were recruited, procedures for others to gain membership (e.g., *Sport Med Report, Med Sci Sport Ex*). MS to plan and discuss with Core Group

6.5 **Distribute notes to wider group** - send the notes from this Workshop, including the proposed changes to the website (to be circulated later), to all members of IMSIG for their input before changing the website

6.6 **Group name:** a suggestion since the Workshop was to consider whether 'Network' might be more appropriate than 'Group', as it would be more inclusive and reflect the fact that we acknowledge the group cannot necessarily change things but channel information that can be used for people to make decisions about their practice. The acronym IMSIN is not so good but perhaps IMSIG Network (reflecting a number of task groups in a network)?

6.7 **Update the website** after Workshop discussions and feedback from wider IMSIG membership – a document will be circulated to all for comment on before posting text on the website:

- Group name
- IMSIG aim, objectives
- Position Statement
- Task Groups (lead, team, goal, projects)

Current website: <http://www.sportsarthritisresearchuk.org/seoa/international-movement-screening-and-interventions-group-imsig/imsig-working-definitions.aspx>

Notes prepared by Maria Stokes, Nadine Booysen and Jackie Whittaker, with feedback from members of Core and Task Groups.