

## International Movement Screening and Interventions Group (IMSIG) Update May 2017

Since the last update in December 2016, when the definitions and Position Statement were posted on the group website, there have been some notable achievements to report. Below is a summary of meetings and activities, and opportunities to become more involved. Core Group meetings are held via teleconference to review the IMSIG goals and achievements.

### 1 International Olympic Committee (IOC) Workshop

Jackie Whittaker (Canada) led a Workshop at the IOC Conference in Monaco in March, where Carly McKay (UK), Darin Padua (USA) and Duncan Reid (New Zealand) assisted with the panel discussion.

### 2 Task Group Activities

#### 2.1 Literature & terminology group

This group recently published a systematic review, which highlights the fact that movement quality screens are currently unable to predict injury risk accurately. The work supports the move to using movement screening tools for injury pattern recognition rather than risk prediction:

Whittaker JL, Booyesen N, de la Motte S, Dennett L, Lewis CL, Wilson D, McKay C, Warner M, Padua D, Emery CA, Stokes M. Predicting sport and occupation lower extremity injury risk through movement quality screening: A systematic review. *British Journal of Sports Medicine* 2017;51:580–585.

#### 2.2 Military Group – UK & USA

There are four activities in this group:

##### a) *Retrospective analysis of Royal Navy (RN) data*

Retrospective data analysis from a large cohort of UK RN recruits has been carried out and a paper is in preparation (C Power PhD project, Southampton UK).

##### b) *Movement Quality Studies using Hip and Lower Limb Movement Screen (H&LLMS) and Exercise Programme*

The H&LLMS and exercise programme (developed by Nadine Booyesen for PhD in Southampton) are being introduced into research within the UK and US military. Studies are at various stages of preparation, with some involving biomechanical assessment to further validate and understand the mechanisms of movement dysfunction.

A training manual for the H&LLMS is being developed and will be made publicly available.

##### c) *Position Paper on Movement Screening in the UK military*

An internal Ministry of Defence Position Paper (led by Jo Fallowfield), which was reviewed by the IMSIG, has influenced the policy on movement screening in the UK military, who are looking to the IMSIG to provide guidance on future screening as research progresses.

##### d) *Scoping Review of Movement Screening in the Military*

A survey is being conducted (led by Sara de la Motte, US Military) to scope the use of movement screening tools across the military to find out the types of screens being used and for what purpose. This project is starting with the US military and will be translated to the UK military and then to other cohorts, i.e. sports and occupations.

#### 2.3 Biomechanics Group

A systematic review is under way (led by Martin Warner, Southampton, UK).

## 2.4 New Task Groups

### a) *Interventions for Injury Prevention*

This group is being set up by Carly McKay (Bath, UK). A number of IMSIG members are involved in developing exercise interventions to improve movement quality and may be interested to join this group. Aims and strategy have yet to be set.

### b) *Football*

Those working with footballers (soccer players), whether at professional or amateur level would be welcome to take part in this group. The initial focus may be on developing current research activities in youth football. The lead has yet to be confirmed. Also see Item 5.1.

### c) *Astronauts*

The focus will be on musculoskeletal health of astronauts, in relation to movement quality, control and functional performance. The lead has yet to be confirmed.

If you have expertise in any of these areas and are interested in joining a Task Group, please contact Jo Bartram [joanne.bartram@nottingham.ac.uk](mailto:joanne.bartram@nottingham.ac.uk)

## 3. Communication - Arthritis Research UK Centre for SEOA website

Due to limited resources, the main means of communication for the group is through the public area on the Arthritis Research UK Centre for Sport, Exercise and Osteoarthritis website. For activities, and members of core and task groups, please use this link:

<http://www.sportsarthritisresearchuk.org/international-movement-screening-and-interventions-group-imsig/imsig.aspx>

Since posting the IMSIG definitions on the website in December 2016, feedback was received during discussions at the IOC Conference (March 2017, Monaco), particularly the use of 'quantitative movement tests'. The opinion was that movement performance tests would be more appropriate. We had debated this at length and it was felt that performance implied sport performance. Further discussions will take this feedback into account. Please email Jo Bartram if you have any further comments on terminology.

## 4. Membership

We now have representation from 11 countries: Australia, Canada, Germany, Ireland, Italy, New Zealand, Poland, South Africa, Sweden, UK and USA. If you would like to receive a list of members (only available to other members), please contact Jo Bartram.

## 5. Upcoming Events

### 5.1 Workshop Tues 10<sup>th</sup> October 2017, Southampton – Theme: 'Football' (soccer)

The Workshop will focus on movement quality in youth footballers. Carolyn Emery will deliver a keynote address on this topic. The purpose is to promote awareness of warm-up exercise programmes in community based youth football and engagement in research. Players, parents and coaches will play a key part in the Workshop. Details of this Workshop have yet to be finalised but please let Jo Bartram know if you would be interested in taking part.

### 5.2. The 4<sup>th</sup> International Congress on Soldiers' Physical Performance, Melbourne, Australia

(28 Nov-1 Dec 2017). Deydre Teyhen would like to draw your attention to this conference and if anyone is interested in joining their panel at the conference, please contact Jo Bartram.

Please let us know if you have any suggestions for workshops you would like to happen / host.

## 6. Other news – collaboration developed through membership of IMSIG

Congratulations to Helen French (Republic of Ireland) who was awarded a Fellowship to visit Cara Lewis' group in Boston, USA, to align their protocols for studying hip and groin pain in young footballers. This forms part of the Biomechanics Task Group.