

International Movement Screening and Interventions Group (IMSIG) Newsletter January 2019

Purpose: *the Group's aim is to gain international consensus on the use of movement screening tools and interventions to develop a strong evidence-based approach for research and clinical practice.*

Below is a summary of activities and opportunities to become more involved. An important change in 2018 that has affected communication with members is the new General Data Protection Regulation (GDPR).

1 Membership

We have over 100 members representing 12 countries: Australia, Canada, Germany, Ireland, Italy, Japan (new member) New Zealand, Poland, South Africa, Sweden, UK and USA. Members include academics, clinical academics, clinicians, with a growing number of lay representatives. Due to the GDPR, our active membership has reduced to approximately 70, as we have yet to receive responses with consent from 30 people to enable us to contact them. If you are a member who has not consented but would like to remain an active member, and see this update on the website, please contact Jo Bartram (see below).

2 Task Groups

There are four active task groups and two new groups forming.

2.1 Literature & terminology group

The task group, led by Jackie Whittaker, aims to gain more consistency in terminology between studies on movement screening in the literature. The group developed the definitions of movement screening on the IMSIG website and is collating a list of terms used in the literature. The group also published a systematic review, which 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

Collaborative projects include:

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

Paper in preparation (C Power PhD project, Southampton UK).

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

The H&LLMS and exercise programme (developed by Nadine Booyesen for her PhD on young footballers) are being used in research within the military. Studies are at various stages, 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 (led by Nadine Booyesen & Cara Lewis) and will be available via IMSIG website.

c) *Scoping Survey of Movement Screening in the Military*

A survey (led by Sarah de la Motte, US Military) is scoping the use of movement screening tools across the military to determine types and purpose of screening used.

2.3 Biomechanics Group

A systematic review has been submitted for publication and is currently under review (led by Martin Warner, Southampton, UK).

2.4 Football Group

A *Football Workshop* is being held at Manchester Institute for Health & Performance in (hosted by Richard Jones) on 21st February 2019. Notes will be posted on the IMSIG website.

Duncan Reid's group, AUT, New Zealand: about to commence the first injury prevention project in futsal (in collaboration with NZ Football). Futsal is the fastest growing indoor sport in NZ with a growth from 700 players to 21,000 in the last 5 years. Little is known about the injury rates or preventative strategies to reduce injury in this sport. The intervention is a shortened version of the FIFA 11+ called the Fast Start, which is a five minute warm up before futsal games designed to be delivered in places where space and time are challenging. There are over 1,000 players in two centres, one is the intervention group and one a control group, in whom Futsal injury rates are just being tracked. The study will start in February 2019.

2.5 New Task Groups – forming and yet to become active

a) **Clinical Screening and Interventions to Improve Movement Quality**

The group, led by Jackie Whittaker, will provide oversight of projects developing exercise interventions to improve movement quality for injury prevention, progression post-injury to osteoarthritis and management of osteoarthritis.

b) **Microgravity**

The focus will be on musculoskeletal health of astronauts, in relation to quality of movement control and functional performance. Maria Stokes and Paul Muckelt are recruiting members.

If you are interested in joining a Task Group, please contact Jo Bartram.

3. **How the IMSIG operates**

The Core Group and Task Groups meet periodically, as required, via teleconference to review the IMSIG goals and achievements. Outcomes of groups are summarised in these updates, which are circulated to all members and posted on the website. Workshops are held on relevant themes and have specific goals. Details of Core Group and Task Group members, and workshop summaries can be found on the IMSIG website. Jo Bartram (Nottingham, UK) provides administrative support and Maria Stokes co-ordinates activities, assisted by Paul Muckelt (Southampton, UK).

4. **Communication - Arthritis Research UK Centre for SEOA website**

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 (see link below). Alerts about any activities, such as workshops, are emailed to all members on the database.

5. **Other News**

5.1. Congratulations to **Nadine Booyesen and Dave Wilson**, who completed their PhDs successfully and graduated from the University of Southampton in December 2018.

5.2 **Helen French**, School of Physiotherapy, RCSI, Dublin, Ireland, received a Fulbright Scholar Award to spend 3 months with Cara Lewis, Sargent College, Boston University where she upskilled in use of Vicon 3D motion analysis for biomechanical assessment of movement in hip disorders. During her time there, Helen assisted on one of Cara's projects which is evaluating the impact of video-based cued instructions on performance of single leg squat, bilateral squat and step-down activities. Helen provided input into the development of the non-cued and cued videos, which will be shown to study participants prior to performance of the three tasks.

5.3 **Carolyn Emery** is on sabbatical in the UK until March 2019 and will be working with various teams within the IMSIG, including the Football Workshop on 21st February in Manchester.

6. **Priorities for 2019**

The Core Group will meet in February to discuss the priorities for 2019.

Contact details:

Jo Bartram – administrator – email: centre-seoa@nottingham.ac.uk

Link to IMSIG Website:

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