A Functional Movement Screen profile of an Australian police force

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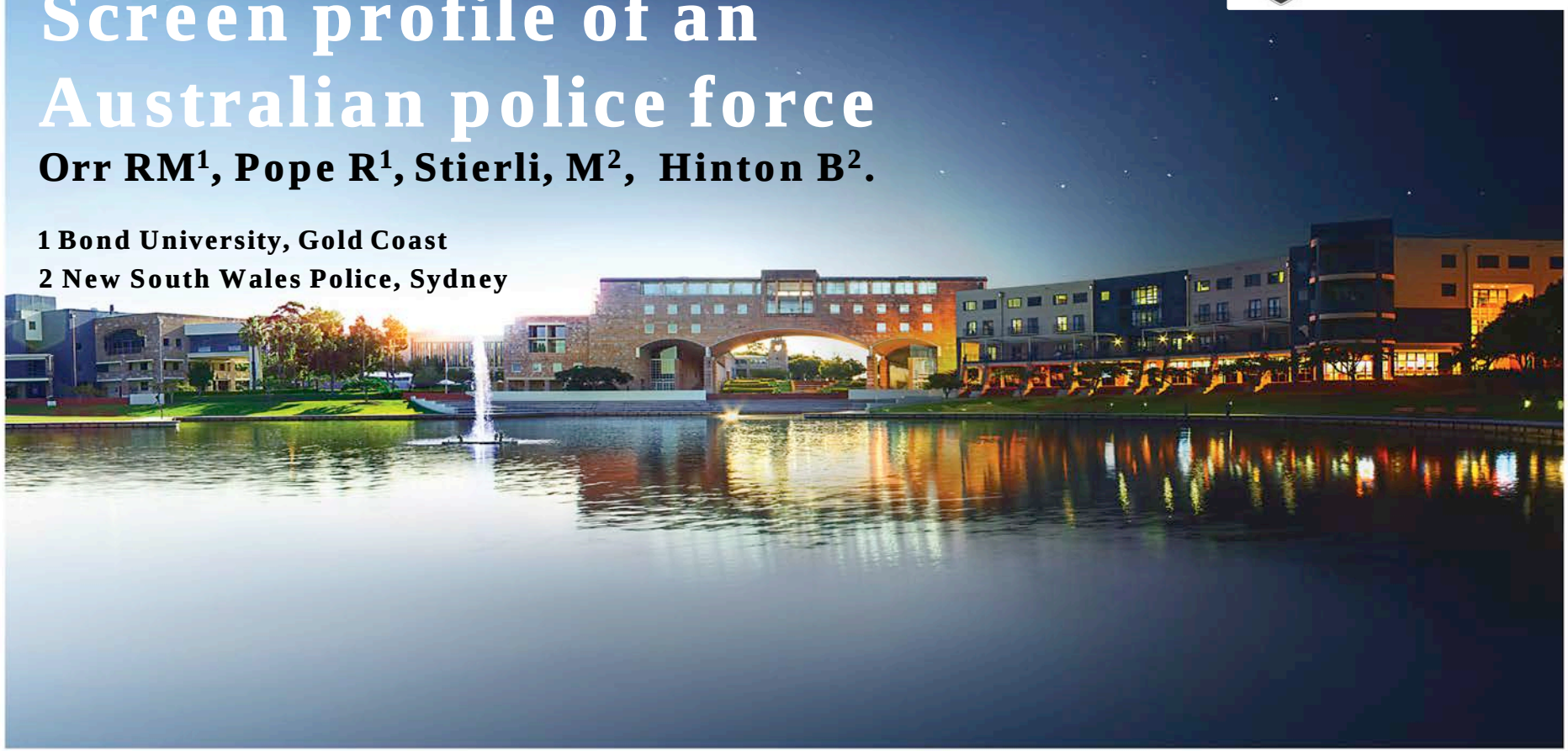




Background

- Police officers are required to perform tasks that can include dynamic movements

(Blacker et al., 2013; Carlton et al., 2013)

- The results of these actions can lead to injury

(Orr & Stierli 2013)

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Background

- Poor execution of FMS elements is associated with an increased risk of musculoskeletal injury

  (Cook et al., 2006)

- The FMS tool offers an approach to injury prevention and performance prediction by identifying an individual's functional limitations and / or asymmetries

  (Gribble et al., 2013; Perry & Koehle, 2013; Kiesel., 2007; Cook et al., 2006)




Aims

- Aims:
  - To profile FMS movement patterns of NSW Police personnel
  - To determine whether differences existed between recruit and attested officers and within genders

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Participants

- A total of 1512 personnel
  - ♂n = 1155 (31.34±8.41 years): ♀ n= 357 (27.99±8.02 years)
- 823 police recruits
  - ♂n = 573 (25.78±5.57 years):♀n = 250 (25.07±5.99 years)
- 689 attested officers
  - ♂n = 582 (34.84±8.00 years):♀n = 107, (36.87±6.88 years)

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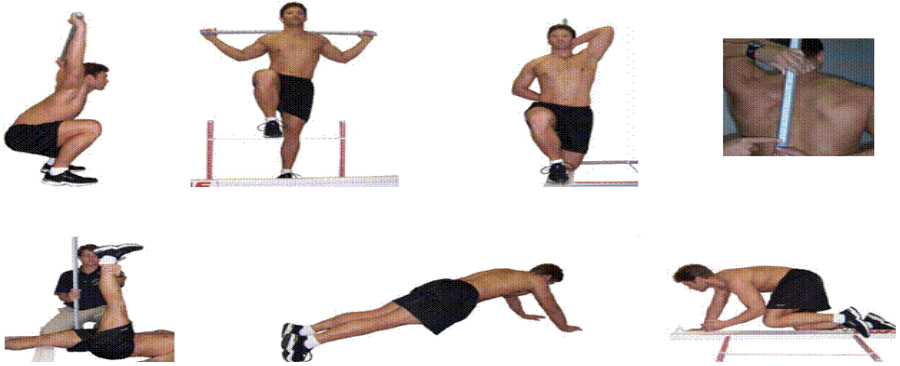
Methods

- FMS selected as the evaluation tool used to assess fundamental movement patterns
- Consists of seven movement patterns

(Cook et al., 2006)



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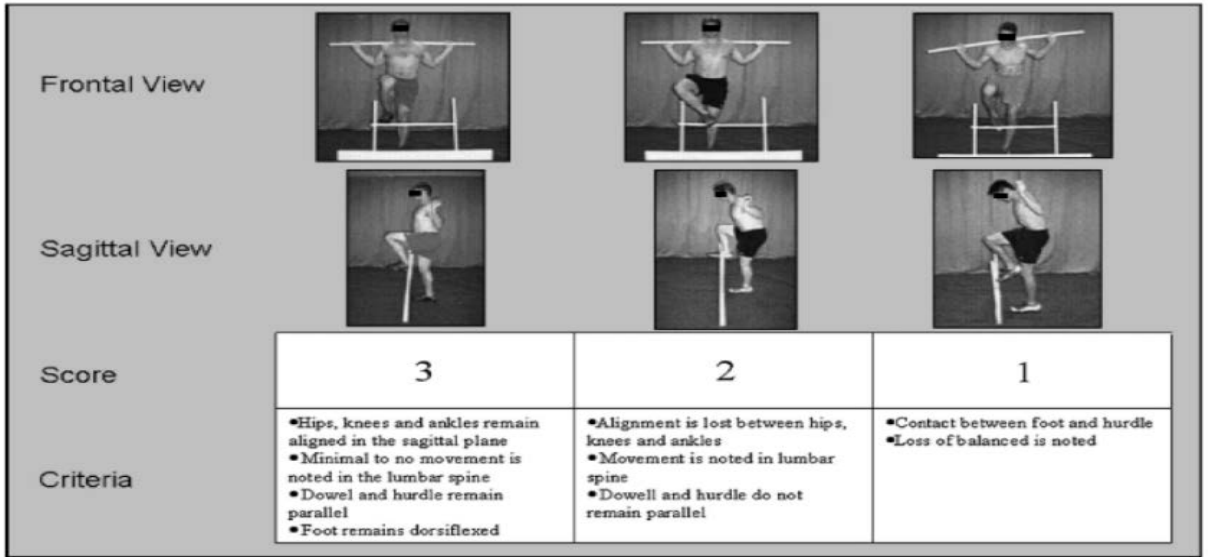
Methods

- Scored for 0-3 for a total of 21 points



(Cook et al., 2006)

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Methods

- Inclusion criteria were:
  - a) the participant completed all aspects of the FMS; and
  - b) the police recruit participants had not attempted the police training previously
- FMS completed at commencement of training for recruits and voluntary basis for officers
- Assessors were NSW Police PTI trained in FMS




Methods

- Mann-Whitney Tests were performed to investigate differences in scoring distributions across qualification (trainees and attested officers) and gender.
- ANCOVA and subsequent independent t-tests with a Bonferroni correction to examine differences between pairs of groups
- Alpha was set at 0.05 *a priori*

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Results

- Significantly higher mean FMS scores were found
  - recruits (15.23±2.01) v. attested officers (14.57±2.96; p<.001)
  - females (15.24±2.35) v. males (14.84±2.55; p=.008).
- A FMS score of ≤14 points, predictive of higher injury risk, was observed in
  - 43% of male police officers & 41% of female officers
  - 36% of male recruits & 33% of female recruits.

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Results

- An ANCOVA reveiled that age was a significant factor accounting for the total FMS score differences between
  - male trainees (25.78±5.57 years) when compared to male attested officers (34.84±8.00 years, $F(2,1)=17.417$, $p<.001$).
  - female trainees (25.07±5.99 years) when compared to female attested officers (36.87±6.88 years, $F(2,1)=6.196$, $p=0.013$)).

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Results

- The components of poorest performance, were
  - the hurdle step
  - rotary stability

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Discussion

- In our study, mean FMS scores (14.93±2.51) were ↓ than:
  - active duty service members (16.2±2.2) (Teyhen, et al, 2014)
  - Emergency Task Force police officers (15.1±2.1) (McGill, et al, 2013)
  - in an active younger population of between 18 and 30 years of age (15.7±1.9) (Schneiders et al., 2011)

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Discussion

- In our study, mean FMS scores (14.93±2.51) were ↑ than:
  - Canadian general population (14.14±2.85) (Kiesel, et al., 2007)
  - fire fighters (13.6±1.9) (McGill, et al, 2013)
  - football players (13.3±1.9) (McGill, et al, 2013)

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Discussion

- The components of poorest performance, being the hurdle step and rotary stability, correspond to the leading sites of injury in this population, being knee and back.


(Orr & Stierli 2013)




Conclusion / Take Home Message

- The FMS is a useful outcome measure for police officers.
- FMS movements with poorest performance correspond to injuries typically sustained in a police population.
- Specific conditioning programs to improve performance in movements identified with poorer performance may reduce injuries in police officers.

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