The Ability of Movement Screening Tools to Predict Injury in Athletic and Tactical Populations
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Injury prediction using movement screens could save the economy billions of dollars each year in both athletic and tactical populations in terms of rehabilitation costs and productivity loss. Movement screens assist in identifying weaknesses/limitations and CAS.

The inclusion criteria were: a) human subjects, b) adults, c) injury sustained, and d) movement screen completed. The exclusion criteria were: comparing injured vs uninjured population, b) study population included participants under 18 years of age, c) injury obtained prior to initial assessment, d) non-research article, e) not injury specific, f) unable to be translated into English, g) provided specific training to decrease likelihood of injury. Included studies were evaluated using the modified Downs and Black's tool. The Kennelly's grading system was used to rate the quality of each paper.

In a quarter of the studies reviewed, movement screens were able to predict injury; however, the majority of studies were not able to draw a strong statistical conclusion. The quality of these studies were also evaluated as fair to poor. The main weaknesses and limitations of the studies reviewed included small sample sizes, no consensus of injury definition, short surveillance period and low sensitivities for FMS scores. Confounding variables that may have affected the ability to predict injury included: previous injuries, age, gender and exercise history. However these variables were poorly reported.