

NORMATIVE DATA FOR THE FUNCTIONAL MOVEMENT SCREEN IN MIDDLE-AGED ADULTS

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ABSTRACT

Perry, FT and Koehler, MS. Normative data for the functional movement screen in middle-aged adults. *J Strength Cond Res* 27(2): 458–462, 2013. The functional movement screen (FMS) is an easily administered and noninvasive tool for identifying weaknesses and asymmetry during exercises and daily activity. The clinical utility of FMS is currently limited by its lack of normative reference values. This study aimed to fill this void by providing normative reference values for healthy, middle-aged adults. Furthermore, we hypothesized that FMS would be affected by other factors such as age, body mass index (BMI), exercise participation, and Balance Error Scoring System scores. Six hundred and twenty-two healthy adults were assessed based on their performance on the 7-Point FMS. A higher level of exercise participation was associated with higher FMS scores, whereas higher BMI and age were associated with lower FMS scores. There was a significant difference between individuals with high (>30) and moderate BMIs [$F(9,21) = 33.98, p < 0.0001$]. The normative reference values presented can be used in clinical practice to identify abnormal scores across a broad age spectrum.

KEY WORDS FMS, reference values

INTRODUCTION

Lifelong fitness and flexibility is an increasingly common goal in a growing segment of society. At present, fitness enthusiasts work diligently to increase their flexibility, power, strength, and endurance (13). Unfortunately, many of these individuals are inefficient in how they perform simple, fundamental exercises and, unbeknownst to them, are potentially causing as much harm as good in their long-term fitness goals. Solely incorporating traditional, single-plane exercises (such as bicep curls, leg press, bench press) into an exercise regime has, over time, shown a development of inequality and

asymmetry throughout the body (1). Those individuals with such imbalances tend to develop incorrect movement patterns, and often train around preexisting problems or simply neglect training their weaknesses altogether (7). Over time, repetitive microtrauma because of overcompensation can lead to serious injury or chronic pain (8).

The Functional Movement Screen (FMS) is a means of identifying weak links and asymmetry in one's basic functional movements. The FMS is rapid, noninvasive, inexpensive, and easily administered (2). The screen consists of 7 different functional movements that assess the following: trunk and core strength and stability, neuromuscular coordination, asymmetry in movement, flexibility, acceleration, deceleration, and dynamic flexibility (11). The FMS measures the quality of the movement based on specific criteria that allow the evaluator to extrapolate a quantitative value for the movement on a scale of 0–3. Unlike other fitness assessments, the FMS emphasizes the efficiency of movement patterns rather than the quantity of repetitions performed or the amount of weight lifted (1). The FMS provides immediate feedback and is used as an assessment for a patient, client, or athlete that can subsequently be used to guide the training program.

The effectiveness of the FMS as a primary prevention tool for injury has been previously demonstrated in defined populations such as athletic populations and firefighters (8). Kiesel et al. (9) have used the FMS for various studies dealing with professional football players and found that those with scores <14 out of 21 had injury rates 11 times higher than those that scored >15 . Furthermore, Kiesel et al. found that those with asymmetry in their FMS assessment recorded a 2.3 times greater risk of injury during a professional season (9). In 2007, research performed by Peate et al. studied the number of work-related injuries sustained by firefighters who were exercising to increase their FMS score vs. a control group (11). They found that the number of injuries decreased 42% and lost work time caused by injuries declined 62% during the 12-month period after the training program.

The FMS has proven to be a valid indicator of injury risk among elite athletes. Because of its marketability and user-friendly administration, it is clear why the FMS is increasing in popularity. However, few have investigated

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