ABSTRACT

TITLE:	Correlation Between Functional Screening and Injuries Sustained in NCAA Division 1 Athletes
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PRESENTED AT:	8th Annual Natural & Behavioral Sciences Undergraduate Research Symposium Program, Fort Lewis College, 2013

ABSTRACT: The main purpose of the study was to determine if the Functional Movement Screen (FMS) could be used as a predictor of athletic injuries in NCAA Division I athletes. Data from 66 football athletes was collected. This included FMS scores and the injury the athlete sustained. The injuries were divided into what body segment was injured and how long, if at all, they were removed from play. Using Pearson Correlation, the straight leg raise had an inverse relation to knee injuries (r=-0.318). Also, the FMS total (r=-0.265), deep squat (r=-.261), straight leg raise (r=-0.251), trunk stability push up (r=-0.352), and shoulder mobility (r=-0.384) all were negatively correlated with removal from play or season ending injuries. This shows that the lower the athlete scored on the FMS test, the chance of a more severe injury occurring increases. The higher the athlete score was, the lower the chance of them sustaining a severe injury. These scores on the FMS test could theoretically be used to predict susceptibility to injuries. Those functional movement deficits could be addressed to prevent these injuries.