

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.

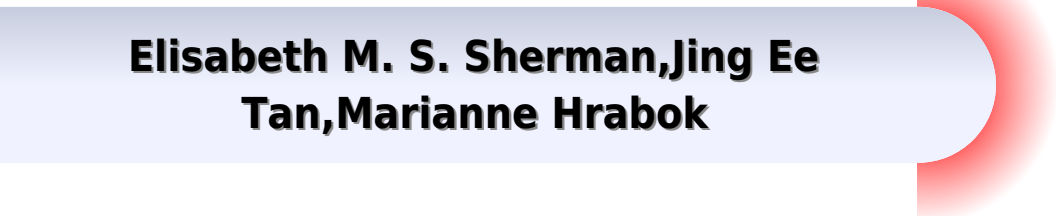
The FMS has proven to be a valid indicator of injury risk among elite athletes. Because of its marketability and user-friendly administration, it is clear why the FMS is increasing in popularity. However, few have investigated

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2013 Normative Data Reference

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Tan, Marianne Hrabok**



2013 Normative Data Reference:

Rorschach Assessment of Adolescents Shira Tibon-Czopp, Irving B. Weiner, 2016-01-08 This book serves as an up to date Rorschach primer and elaborates on the various applications of Rorschach assessment for adolescents with respect to differential diagnosis forensic consultation and therapeutic assessment It opens with three chapters that provide readers with a basic overview and introduction to the topics integrated throughout the text The first reviews the development and foundations of the Rorschach Inkblot Method the second discusses key issues in the assessment of adolescents with particular attention to differentiating patterns of psychopathology from normal developmental variations and the third presents general considerations in using performance based assessment instruments in the assessment of personality functioning in adolescence Later chapters explore the current status of the Rorschach Inkblot Method with respect to theoretical formulations research findings and practice guidelines The final chapter draws on information in the preceding chapters to present a model for Rorschach assessment of adolescents This model is designed to facilitate accurate and useful formulations of personality functioning that contribute substantially to advancing responsible adolescent development

A Compendium of Neuropsychological Tests Elisabeth M. S. Sherman, Jing Ee Tan, Marianne Hrabok, 2023-05-09 A Compendium of Neuropsychological Tests Fourth Edition is one of the most well established reference texts in neuropsychology This newly revised updated and expanded fourth edition provides a comprehensive overview of essential aspects of neuropsychological practice along with 100 test reviews of well known neuropsychological tests for adults The aim of the Compendium is to provide a comprehensive yet practical overview of the state of the field while also summarizing the evidence on the theoretical background norms reliability and validity of commonly used neuropsychological tests Based on extensive review of the clinical and research literature in neuropsychology neurology and related disciplines its comprehensive critical reviews of common neuropsychological tests and standardized scales include tests for premorbid estimation dementia screening IQ attention executive functioning memory language visuospatial skills sensory function motor skills performance validity and symptom validity Tables within each test review summarize important features of each test highlight aspects of each normative dataset and provide an overview of psychometric properties This essential reference text also covers basic and advanced aspects of neuropsychological assessment with chapters on psychometric concepts and principles reliability in neuropsychology theoretical models of test validity and an overview of critical concepts pertaining to performance and symptom validity testing and malingering Of interest to neuropsychologists clinical psychologists educational psychologists neurologists and psychiatrists as well as trainees in these areas this volume will aid practitioners in gaining a deeper understanding of fundamental assessment concepts in neuropsychology while also serving as an essential guidebook for selecting the right test for specific clinical situations and for helping clinicians make empirically supported test interpretations

Heart Rate Variability and other Autonomic Markers in Children and Adolescents Jerzy

Sacha,Bozena Werner,Piotr Jerzy Jeleń,Jakub S. Gąsior,George E. Billman,2019-11-27 **Laboratory Assessment and Exercise Prescription** Jeffrey M. Janot,Nicholas M. Beltz,2022-06-23 Laboratory Assessment and Exercise Prescription With HKPropel Online Video offers a combination of clinical and field tests to prepare readers to conduct fitness assessments with a wide range of equipment and resources *Medical Research and Development* Mieczyslaw Pokorski,2020-06-29 This book shares the experimental findings and views in current multidisciplinary medical science combining both basic and applied research aimed at resolving problematic health issues The key topics address contagious diseases in particular the epidemiology clinical presentation and management of influenza and influenza like infections as well as brain tuberculosis Pulmonary medicine is represented by articles addressing a range of practical issues including the diagnosis symptoms comorbidities and treatment of obstructive sleep apnea a syndrome whose incidence shows a persistent upward trend worldwide Other articles address the pathogenesis of air pollution toxicity and allergy and sensory irritation in toxic exposure studies An intriguing relation of atopic dermatitis to depression and serotonergic system is debated The book attempts to integrate research into clinical work and to implement findings to improve care and to decrease suffering from diseases It is dedicated to the practicing professionals researchers and all engaged in health care *Handbook of Personality Assessment* Irving B. Weiner,Roger L. Greene,2016-12-28 The Handbook of Personality Assessment provides comprehensive guidance on the administration scoring and interpretation of the most widely used instruments Written by two of the field's foremost authorities this well balanced guide blends theory and application to provide a foundational reference for both graduate students and professionals Updated to reflect the most current advances this second edition includes new chapters on the Minnesota Personality Inventory Restructured Form and the Rorschach Performance Assessment System along with in depth coverage of the MMPI 2 MMPI 2 A MCMI IV PAI NEO PI R Rorschach Comprehensive System TAT and Figure Drawing and Sentence Completion Methods Each instrument is discussed in terms of its history administration scoring validity assessment interpretation applications and psychometric foundations and other chapters address ethical considerations and provide general guidelines in the assessment process Personality assessments guide recommendations in a broad range of clinical health care forensic educational and organizational settings This book delves deeply into the nature and appropriate use of the major assessment instruments with authoritative insight and practical guidance Review the latest concepts research and practices Administer score and interpret the most widely used instruments Understand the psychometric foundations of personality assessment Access downloadable sample reports that illustrate software interpretation An individual's nature and disposition can be assessed in several ways This book focuses on standardized psychological tests that assess personality characteristics and indicate how a person is likely to think feel and act The results can only be as accurate as the process from assessment selection and administration to scoring interpretation and beyond The Handbook of Personality Assessment is an invaluable resource for every stage of the process with a practical focus and advice from two leading experts *The*

Rorschach in Multimethod Forensic Assessment Robert E. Erard, F. Barton Evans, 2016-12-01 This volume demonstrates how multimethod forensic assessment with the Rorschach adds incremental validity insight and practical value Case discussions by leading forensic psychologists illustrate the integration of contemporary Rorschach assessment with the MMPI 2 and MMPI 2 RF the PAI and the HCR 20 This text addresses a wide range of forensic applications including child custody psychological trauma personal injury psychotic offenders competency evaluations immigration cases and impression management It also shows how the recently developed Rorschach Performance Assessment System R PAS effectively enhances the use of the Rorschach in forensic cases while offering guidance for Comprehensive System users as well

Assessments for Sport and Athletic Performance Fukuda, David H., 2019 Many scientific sport assessment resources are difficult to understand can be time consuming to implement and provide data that are difficult to analyze Assessments for Sport and Athletic Performance effectively solves those problems in this practical user friendly guide to performance based evaluation A perfect resource for coaches and fitness professionals Assessments for Sport and Athletic Performance is a streamlined guide through the process of identifying appropriate tests for individuals or teams making use of common low cost equipment to administer the tests interpreting data adjusting training programs based on the results and continually monitoring the training

Bone Health Assessment in Pediatrics Ellen B. Fung, Laura K. Bachrach, Aenor J. Sawyer, 2016-09-09 The gold standard resource for evaluating bone health in children and adolescents this practical and highly anticipated second edition offers a comprehensive fully updated resource for addressing bone health in these populations Developed by a renowned international panel of experts in measuring and analyzing bone density in the pediatric patient and reflecting the 2013 International Society for Clinical Densitometry ISCD Guidelines for Pediatric DXA assessment interpretation and reporting this indispensable reference covers all the important changes in the field over the last 9 years Some highlights of this edition include an entire chapter on the assessment of infants and toddlers a chapter devoted to the assessment of children with disabling conditions an in depth discussion of vertebral fracture and its etiologies and a thorough review of the advantages and limitations of densitometry techniques including DXA pQCT HRpQCT and MRI New fracture prediction software including Trabecular Bone Score and Finite Element Analysis is described In this edition the limitations of DXA are addressed as are the most recent strategies for handling them including proposed DXA adjustments such as height Z score Solidifying itself as the leading text in the field Bone Health Assessment in Pediatrics Guidelines for Clinical Practice 2nd edition provides all of the critical basic analysis and evaluation tools images and calculations necessary for clinical practice

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Fine, Amory H. Danek, Kathryn Friedlander, Ian Hocking, William Forde Thompson, 2020-01-31 **Neonatology Questions and Controversies: Neonatal Hemodynamics - E-Book** Martin Kluckow, Patrick McNamara, 2023-08-21 Dr Richard Polin's Neonatology Questions and Controversies series highlights the toughest challenges facing physicians and care providers in

clinical practice offering trustworthy guidance on up to date diagnostic and treatment options in the field In each volume renowned experts address the clinical problems of greatest concern to today s practitioners helping you handle difficult practice issues and provide optimal evidence based care to every patient The thoroughly updated full color 4th Edition of Neonatal Hemodynamics Provides in depth clinical overviews of the many hemodynamic conditions that are relevant for the neonatologist offering guidance based on the most up to date understanding of underlying pathophysiology Places emphasis on controversial areas that can entail different approaches Features the most current clinical information throughout covering everything from basic cardiovascular physiology to advanced monitoring and hemodynamic assessment Several chapters have been revised to focus on the novel concepts of hemodynamic phenotypes enhanced diagnostic precision and phenotypic profiling and are illustrated by demonstrative case presentations Includes new chapters on neonatal hemodynamic pharmacology hemodynamic management in special circumstances twin twin transfusion infant of a diabetic mother arteriovenous malformations neonatal hemodynamic care in the resource challenged country chronic pulmonary hypertension assessment and management and more Utilizes a consistent chapter organization to help you find information quickly and easily and contains numerous charts graphs radiographic images and photographs throughout Offers the most authoritative advice available from world class neonatologists with expertise in neonatal hemodynamics who share their knowledge of new trends and developments in neonatal care Purchase each volume individually or get the entire 7 volume Neonatology Questions and Controversies set which includes online access that allows you to search across all titles Gastroenterology and Nutrition Hematology and Transfusion Medicine Neonatal Hemodynamics Infectious Disease Immunology and Pharmacology Renal Fluid and Electrolyte Disorders Neurology The Newborn Lung *Advanced Nutrition and Dietetics in Nutrition Support* Mary Hickson,Sara Smith,2018-03-19 Written in conjunction with the British Dietetic Association *Advanced Nutrition and Dietetics in Nutrition Support* provides a thorough and critical review of the fundamental and applied literature in nutrition support Extensively evidence based and internationally relevant it discusses undernutrition nutritional screening assessment and interventions as well as key clinical conditions likely to require nutrition support and the approaches to managing this in each of these conditions Clinically oriented *Advanced Nutrition and Dietetics in Nutrition Support* is the ideal reference for all those managing undernutrition in a range of clinical areas **Insights in Pediatric Pulmonology: 2021** Anne B. Chang,Renato Cutrera,2022-12-28 Retinal Degenerative Diseases John D. Ash,Robert E. Anderson,Matthew M. LaVail,Catherine Bowes Rickman,Joe G. Hollyfield,Christian Grimm,2018-05-02 The blinding diseases of inherited retinal degenerations have no treatments and age related macular degeneration has no cures despite the fact that it is an epidemic among the elderly with 1 in 3 4 affected by the age of 70 The RD Symposium will focus on the exciting new developments aimed at understanding these diseases and providing therapies for them Since most major scientists in the field of retinal degenerations attend the biennial RD Symposia they are known by most as the best and most important

meetings in the field The volume will present representative state of the art research in almost all areas of retinal degenerations ranging from cytopathologic physiologic diagnostic and clinical aspects animal models mechanisms of cell death candidate genes cloning mapping and other aspects of molecular genetics and developing potential therapeutic measures such as gene therapy and neuroprotective agents for potential pharmaceutical therapy While advances in these areas of retinal degenerations will be described there will be many new topics that either were in their infancy or did not exist at the time of the last RD Symposium RD2014 These include the role of inflammation and immunity as well as other basic mechanisms in age related macular degeneration several new aspects of gene therapy and revolutionary new imaging and functional testing that will have a huge impact on the diagnosis and following the course of retinal degenerations as well as to provide new quantitative endpoints for clinical trials The retina is an approachable part of the central nervous system CNS and there is a major interest in neuroprotective and gene therapy for CNS diseases and neurodegenerations in general It should be noted that with successful and exciting initial clinical trials in neuroprotective and gene therapy including the restoration of sight in blind children the retinal degeneration therapies are leading the way towards new therapeutic measures for neurodegenerations of the CNS Many of the successes recently reported in these areas of retinal degeneration sprang from collaborations established at previous RD Symposia and many of those will be reported at the RD2018 meeting and included in the proposed volume We anticipate the excitement of those working in the field and those afflicted with retinal degenerations will be reflected in the volume

The Student Physiotherapist's Companion: A Case-Based Test-Your-Knowledge Guide - E-Book Stuart Porter,2025-09-04 This expert guide offers a new approach to physiotherapy education It supports you to formulate your own approach to different scenarios then compare this with what the experts say helping you learn the facts and how to problem solve at the same time More than 50 chapters cover a wide variety of topics that physiotherapists will come across in practice including the ICU paediatrics women s health and disability scenarios Each presents a case study and asks you to develop a diagnosis and treatment plan followed by the expert view at the end of each case The Student Physiotherapist s Companion is produced by some of the UK s leading physiotherapy experts including consultants academics managers and clinical interest groups many of them writing about scenarios that do not appear in any other textbook More than 50 chapters written by experts in their field Written with physiotherapy students in mind addresses your specific needs Illustrations support understanding Varied case studies help to develop a wide range of expertise across different settings

Frailty Jorge G. Ruiz,Olga Theou,2024-05-28 This book offers a thorough examination of frailty covering its complexity through sections on foundational concepts pathogenesis research assessment methods management strategies care settings its relation to other chronic conditions and societal implications It provides a deep understanding of frailty s scientific basis advanced assessment tools innovative management and prevention approaches and examines frailty within diverse care settings and in relation to other health conditions By integrating multidisciplinary insights it presents a

holistic view of frailty addressing its clinical societal and policy related aspects aiming to enhance well being and inform clinical practitioners educators and policymakers This book can serve as a reference guide with up to date information on frailty in older adults for geriatric medicine physicians primary care clinicians geroscience researchers nurses therapists OT PT ST and social workers

Handbook of Clinical Child Psychology Johnny L. Matson,2023-06-10 This comprehensive handbook explores the many issues affecting children s physical and mental health Its coverage spans a broad range of topics exploring the history and foundations of clinical child psychology as well as the discipline s theories research base ethical and legal implications and diagnostic systems including the NIMH s Research Domain Criteria RDoC The handbook examines family risk factors for children e g parental stress divorce and depression and provides leading edge reviews of cognitive variables e g theories of memory executive function theories of intelligence theory of mind and cognitive tempo In addition it describes methods of assessment including checklists interviews and methods of treatment e g cognitive behavior therapy mindfulness and family therapy Chapters focus on assessment of specific diagnostic categories such as depression anxiety selective mutism ADHD and pediatric topics including chronic pain childhood cancer childhood obesity and toilet training Finally the book addresses such emerging issues as gender diversity social justice cyberbullying internet gaming disorder and the impact of COVID 19 Key areas of coverage include Foundations of clinical child psychology Cognition and clinical child psychology Testing assessment and treatment methods in child psychology Neurodevelopmental and pediatric disorders in childhood Assessment and treatments for challenging behaviors in children Assessment and treatments for psychopathologies in children The Handbook of Clinical Child Psychology is a must have resource for researchers professors graduate students clinicians therapists and professionals in clinical child and school psychology child and adolescent psychiatry social work public health pediatrics as well as special education developmental psychology nursing and all interrelated disciplines

Severe Asthma Yong Chul Lee,So Ri Kim,Seong Ho Cho,2017-10-30 This book presents state of the art knowledge on severe asthma with the aim of providing readers with a clear understanding of first the heterogeneity of the condition and of patients symptom profiles and responses to therapy and second the future implications of this heterogeneity for individualized patient care After an opening section that offers an overview of severe asthma including its clinical significance the pathogenesis available diagnostic approaches and treatment options are described in detail The sections on diagnosis and treatment cover the role of biomarkers the use of radiologic diagnostic modalities and both pharmacologic and non pharmacologic therapies including emerging options that will address hitherto unmet needs of patients The outcomes of cutting edge preclinical and clinical research are carefully documented and numerous useful tips provided on patient management The inclusion of many informative schematic figures will assist readers in grasping the contents easily The book will be of high value for medical students researchers general physicians specialists and paramedical staff

Guccione's Geriatric Physical Therapy E-Book Dale Avers,Rita Wong,2019-10-24 Selected for Doody s

Core Titles 2024 in Physical Therapy Offering a comprehensive look at physical therapy science and practice Guccione's Geriatric Physical Therapy 4th Edition is a perfect resource for both students and practitioners alike Year after year this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam And this new fourth edition only gets better Content is thoroughly revised to keep you up to date on the latest geriatric physical therapy protocols and conditions Five new chapters are added to this edition to help you learn how to better manage common orthopedic cardiopulmonary and neurologic conditions become familiar with functional outcomes and assessments and better understand the psychosocial aspects of aging In all you can rely on Guccione's Geriatric Physical Therapy to help you effectively care for today's aging patient population Comprehensive coverage of geriatric physical therapy prepares students and clinicians to provide thoughtful evidence based care for aging patients Combination of foundational knowledge and clinically relevant information provides a meaningful background in how to effectively manage geriatric disorders Updated information reflects the most recent and relevant information on the Geriatric Clinical Specialty Exam Standard APTA terminology prepares students for terms they will hear in practice Expert authorship ensures all information is authoritative current and clinically accurate NEW Thoroughly revised and updated content across all chapters keeps students up to date with the latest geriatric physical therapy protocols and conditions NEW References located at the end of each chapter point students toward credible external sources for further information NEW Treatment chapters guide students in managing common conditions in orthopedics cardiopulmonary and neurology NEW Chapter on functional outcomes and assessment lists relevant scores for the most frequently used tests NEW Chapter on psychosocial aspects of aging provides a well rounded view of the social and mental conditions commonly affecting geriatric patients NEW Chapter on frailty covers a wide variety of interventions to optimize treatment NEW Enhanced eBook version is included with print purchase allowing students to access all of the text figures and references from the book on a variety of devices

Handbook of Nonverbal Assessment R. Steve McCallum, 2017-02-21 The second edition of this comprehensive volume presents methods for nonverbal assessment of diverse individuals such as persons with speech or hearing deficits limited English skills or emotional problems Chapters provide a contemporary context for nonverbal evaluations accompanied by descriptions of best practices in detecting bias in cognitive tests multicultural assessment cross battery assessment of nonverbal cognitive ability and psychological and physiological influences on assessment The book discusses nonverbal assessment of cognition and intelligence as well as related domains such as academic skills neurocognitive functioning personality and behavior issues Guidelines for using common nonverbal assessment tools and strategies feature the most up to date information on administration and scoring psychometric properties and strengths and limitations Best practices for testing diverse children and adults and using reliable valid and fair assessment instruments are emphasized throughout the book Featured instruments in the Handbook include The Universal Nonverbal Intelligence Test Second Edition UNIT2 The newest version of

the Leiter International Performance Scale Leiter 3 The Wechsler Nonverbal Scale of Ability WNV The Comprehensive Test of Nonverbal Intelligence Second Edition CTONI 2 The Test of Nonverbal Intelligence The General Ability Measure for Adults GAMA The Second Edition of the Handbook of Nonverbal Assessment is a must have resource for researchers and graduate students in school and clinical child psychology speech and language pathology educational technology social work and related disciplines as well as clinicians professionals and in service educators of diverse students

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