

Accepted Manuscript

Title: Functional Movement Screen: Pain versus Composite Score and Injury Risk

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PII: S1440-2440(17)30989-1
DOI: <http://dx.doi.org/10.1016/j.jsams.2017.08.001>
Reference: JSAMS 1591

To appear in: *Journal of Science and Medicine in Sport*

Received date: 13-3-2017
Revised date: 6-7-2017
Accepted date: 1-8-2017

Please cite this article as: Alemany Joseph A, Bushman Timothy T, Grier Tyson, Anderson Morgan K, Canham-Chervak Michelle, North William J, Jones Bruce H. Functional Movement Screen: Pain versus Composite Score and Injury Risk. *Journal of Science and Medicine in Sport* <http://dx.doi.org/10.1016/j.jsams.2017.08.001>

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Functional Movement Screen: Pain versus Composite Score and Injury Risk

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This investigation was approved by the U.S. Army Public Health Command Public Health Review Board

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Abstract

Objective: The Functional Movement Screen (FMS™) has been used as a screening tool to determine musculoskeletal injury risk using composite scores based on movement quality and/or pain. However, no direct comparisons between movement quality and pain have been quantified.

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