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The Relationship of Functional Movement Patterns and Health-Related Quality of Life

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The Functional Movement Screen (FMS) is a low-cost, time-efficient screening tool used to assess functional mobility and postural stability, identify functional imbalances, and predict injury. The screening battery includes seven tests: deep squat, hurdle step, in-line lunge, shoulder mobility, active straight leg raise, trunk stability push-up, and rotary stability. The maximum total score for the FMS is 21, with a score of <14 indicating increased risk for injury. The 36-Item Short Form Health Survey (SF-36) is a widely used method for assessing health-related quality of life. The SF-36 measures eight health concepts: physical functioning, role limitations due to physical health, role limitations due to emotional problems, energy/fatigue, emotional well-being, social functioning, pain, and general health. Each concept is scored out of 100. **PURPOSE:** To investigate the relationship between functional mobility and health-related quality of life. **METHODS:** 207 individuals were recruited to participate in a free health screening. Assessments included a standard demographic questionnaire, SF-36, anthropometric measures (height, weight), and FMS. **RESULTS:** Participants were 52.7±12.0 years old, identified as male and female (57.0%), and had a mean BMI of 28.4±5.6 kg/m². The mean total FMS score was 11.0±3.3, with 164 (79.2%) participants scoring <14 indicating increased risk for injury. Mean SF-36 scores were generally high: role limitations due to physical health 92.0±22.2, social functioning 92.0±16.8, physical functioning 91.3±12.6, role limitations due to emotional problems 90.5±26.3, pain 81.9±18.9, emotional well-being 81.1±12.6, general health 74.7±16.6, and energy/fatigue 64.5±18.0. Of the eight health indices measured by the SF-36, ratings of physical functioning were significantly affected by the score of the deep squat (p<.001), hurdle step (p=.004), in-line lunge (p<.001), active straight leg raise (p<.006), trunk stability push-up (p<.001), and rotary stability (p<.001) tests. **CONCLUSION:** While the FMS is an established screening tool in athletic populations, it may also be beneficial for use in the general population as an easy predictor of quality of life.