

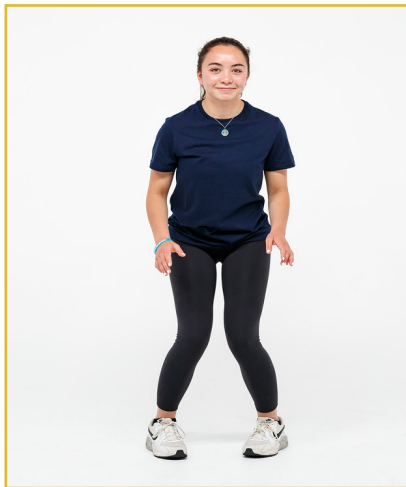
## MOVE BETTER Movement Screening

### What is a movement screening?

A screening is a type of test used to identify issues that can cause injury. This specific movement screening is designed to identify faulty movement patterns that increase the risk of injury among children.

### Why is this movement screening important?

Faulty movement patterns can stress the ligaments and cartilage that stabilize the hip, knee, and ankle joints during activities like squats and jumps. This stress can lead to serious injury when repeated over time or when combined with high amounts of force generated during athletic activities. Identifying and correcting faulty movement patterns can help to reduce the risk of injury.



### Who can participate in this movement screening?

Healthy children between the ages of 10 and 18 are eligible to participate in this movement screening.

### What will happen during this movement screening?

Participants will be recorded performing three movements: a double-leg squat, single-leg squats, and a double-leg vertical jump. The video files will be analyzed in slow motion to identify faulty movement patterns at key points during each movement. The results of the screening will be summarized in a report that also includes resources designed to help children improve their movement quality.

If you are the parent, coach, or administrator of middle or high school-aged athlete(s) and are interested in this movement screening, please contact AJ Pegno at [pegnoa@hss.edu](mailto:pegnoa@hss.edu)