

Can In-Season Athletic Injury be Predicted by a Preseason Functional Movement Screen ?

ABSTRACT

performance. In recent years, a progressive paradigm shift has occurred, as a more proactive approach to injury treatment and rehabilitation involves something called, prehabilitation, or preventing injuries before they even occur. **Objective:** This study examines the potential of the -season injuries by comparing the in-season injury rates of two groups of collegiate athletes: those with a low composite score (<