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Dr. Lee Burton has an extensive background in sports medicine and strength and conditioning. He currently consults with a wide variety of professional sports organizations as well as leading health and fitness facilities on injury prevention and performance enhancement. He lectures both nationally and internationally on various topics in the fields of sports medicine and strength and conditioning. Dr. Burton is a Certified Athletic Trainer, Certified Strength and Conditioning Specialist, and one of the founding owners of Functional Movement Systems (FMS).