

Take your game to the next level... Try Video Motion Analysis:

At McLeod Sports Medicine, we use Dartfish video technology to provide our clients with immediate visual feedback and in-depth movement analysis to remediate, restore, and maximize performance. Using analysis tools to measure angles, speed, and trajectory with auto tracking of movement function or dysfunction means our clients, students, and athletes experience better and faster results. We train, teach, and develop using detailed data analysis of velocity, distance, angles, and range of motion - tools to help us customize our client's performance goals.

In strength and conditioning, Dartfish is used to provide instant visual feedback showing exactly what the body is doing, so movement is properly executed. If necessary, we can show side-by-side comparison with before and after video shots throughout their treatment process. McLeod Sports Medicine is all about improving every aspect of your performance.



The two main sports performance programs that use such technology are:

1. Thrower's Edge

Program Description: (One) 1.5 hour session

Throwing motion will be analyzed from three views: the rear, side, and front. A comprehensive Functional Movement Screen (FMS), specific to the overhead throwing athlete, will be given and evaluated by a Certified Sports Performance Professional. A detailed evaluation will be completed after the session and sent to the pitcher.

Video Analysis: Dartfish 3D motion analysis software is used to provide a real understanding of corrections and adjustments needed to eliminate poor body positioning during the throwing motion. Dartfish connects two realities - what you think you're doing and what you're actually doing. It provides instant visual feedback.

2. Running Performance

Program Description: (One) 1.5 hour session

Running Form will be analyzed from two views, the rear and side. A comprehensive Functional Movement Screen (FMS), specific to runners, will be given and evaluated by the Sports Performance Professional. A detailed evaluation will be completed after the session and will be sent to the runner.

Video Analysis: Dartfish, 3D motion analysis software, is utilized to provide a real understanding of corrections and adjustments needed to eliminate inefficiencies that lead to decreased performance and injury. Dartfish connects two realities - what you think you're doing and what you're actually doing. It provides instant visual feedback.

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The information presented is offered only as something to consider in your quest for health and well-being. Always consult your healthcare provider before making any lifestyle changes.