## McLeod

## Sports Medicine

### January 2016

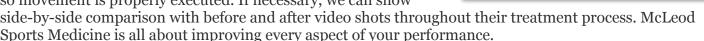
Volume 5 Issue 1

# 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 gide by side comparison with before and often yides shots through





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.

McLeod Sports Medicine 2439 Willwood Dr. Florence SC, 29501 (843) 777-5139 Visit us at www.McLeodSportsMedicine.org and Follow us on Facebook





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