



## Performance intelligence. Instantly.

### The case:

Athlete complained of hamstring pain at end range of motion while running. Standard testing didn't identify the issue.

“We ran a unilateral, stiff-leg RDL and in minutes, we identified a severe discrepancy in force production in the athlete’s right hamstring, near full hip extension. Peak force at contraction had only a 17% deficit which was consistent with our other tech, but the problem was at full extension, where the deficit exceeds 38%.

We used this data to focus on the effected segment within the ROM while facilitating conversations for the athlete to understand what he’s feeling and to inform strength and position coaches to modify individual running programs to avoid a severe hamstring injury.

The best part is the ability to use the machine for isometric and low-velocity isokinetic training to focus on the effected segment and drive adaptation.”



-Dr. Zac White, Temple Football