Front/Back Targets training is a biofeedback-based application for improving the front/back weight shifting ability of an indiviudal. Three target sizes (i.e. Easy, Moderate and Hard) are presented to the front or back on an image of the BTrackS Balance Plate on the screen. The individual being trainied must shift their Center of Pressure (COP) to move a yellow dot into the target zones, and hold it for three seconds. Targets disappear after 10 seconds if a "hit" does not occur. Performance is judged by the percentage of targets hit within a session.
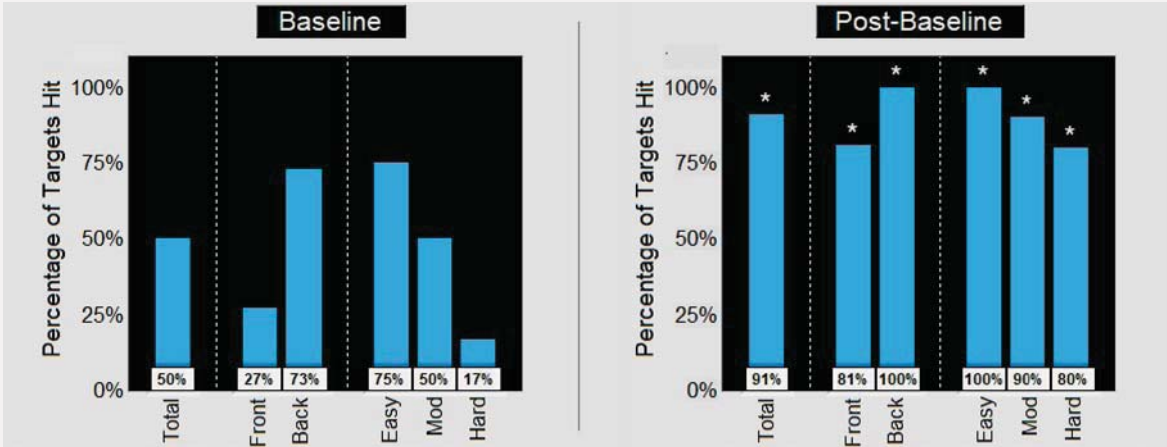
Compared to Baseline, the most recent Post-Baseline results show an increased percentage of targets hit (*) in six conditions (Total, Front, Back, Easy, Moderate, Hard). There was no change, or a decrease, in the percentage of targets hit in zero conditions.

Baseline Results

DATE	DUR	T	F	B	E	M	H	NOTE
2/1/2018 3:47:02 PM	180	50%	27%	73%	75%	50%	17%	Poor Forward Leaning

FE	FM	FH	BE	BM	BH
2/4=50%	1/4=25%	0/3=0%	4/4=100%	3/4=75%	1/3=33%

Post-Baseline Results

DATE	DUR	T	F	B	E	M	H	NOTE
3/2/2018 4:24:24 PM	180	91%	81%	100%	100%	90%	80%	4 wks rehabilitation

FE	FM	FH	BE	BM	BH
6/6=100%	4/5=80%	3/5=60%	6/6=100%	5/5=100%	5/5=100%

Notes:_____
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