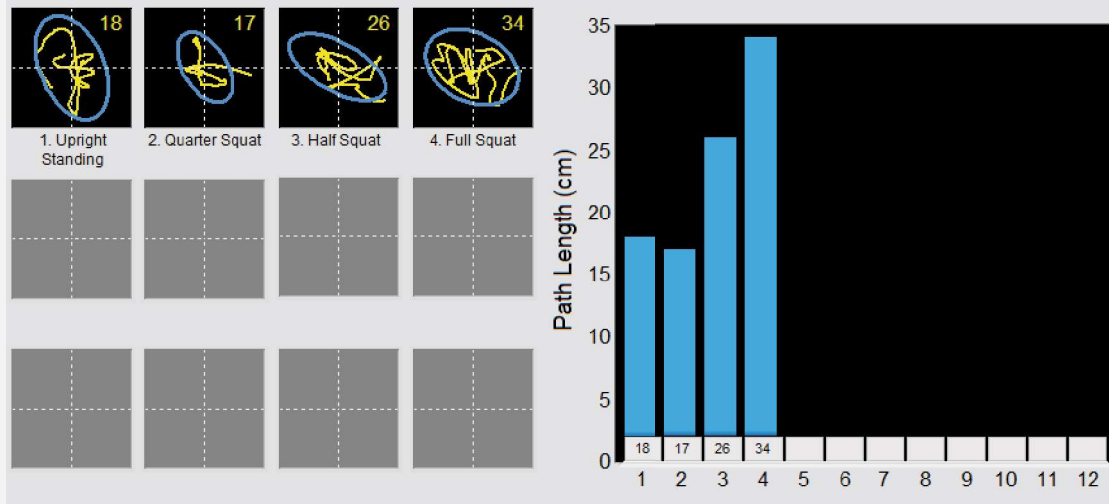**BALANCE**
TRACKING SYSTEMS

**Static Squat Depth Test
(Baseline)**

Name: Sample Profile
ID#: XXXXXX
Facility: _____

Below are Baseline test results from 4/28/2018 3:37:54 PM using the "Static Squat Depth Test" protocol.

Metrics Quantifying COP Magnitude

TRIAL NAME	DUR	PL	COPx	COPy	RG-ML	RG-AP	ELL	MAJ	MIN	DIS-max	DIS-avg
1. Upright Standing	5	18.0	-1.1	4.5	2.6	3.8	10.9	4.9	2.8	2.1	1.0
2. Quarter Squat	5	17.0	-3.2	6.0	4.1	3.1	11.0	5.0	2.8	3.0	1.1
3. Half Squat	5	26.0	-3.2	7.7	4.4	3.4	16.7	6.8	3.1	3.7	1.4
4. Full Squat	5	34.0	-6.3	9.0	4.8	3.4	16.2	5.5	3.8	2.6	1.2

Metrics Quantifying COP Derivatives

TRIAL NAME	DUR	ANG	VEL-max	VEL-avg	ACC-max	ACC-avg	FREQ	RM-ML	RM-AP	FAT	APT
1. Upright Standing	5	-23	9.2	3.6	77.5	1.3	0.1	0.7	0.9	28.3	0.0
2. Quarter Squat	5	-32	21.6	3.3	233.0	0.0	0.1	0.8	0.9	0.0	38.6
3. Half Squat	5	-61	19.8	5.1	187.6	0.3	0.1	1.3	0.9	0.0	57.6
4. Full Squat	5	-63	23.7	6.7	263.9	1.7	0.2	1.0	0.8	0.0	27.9

BALANCE TRACKING SYSTEMS

Static Squat Depth Test (Post-Baseline)

Name: **Sample Profile**
ID#: XXXXXX
Facility: _____

Below are Post-Baseline test results from 8/1/2018 1:44:12 PM using the "Static Squat Depth Test" protocol.
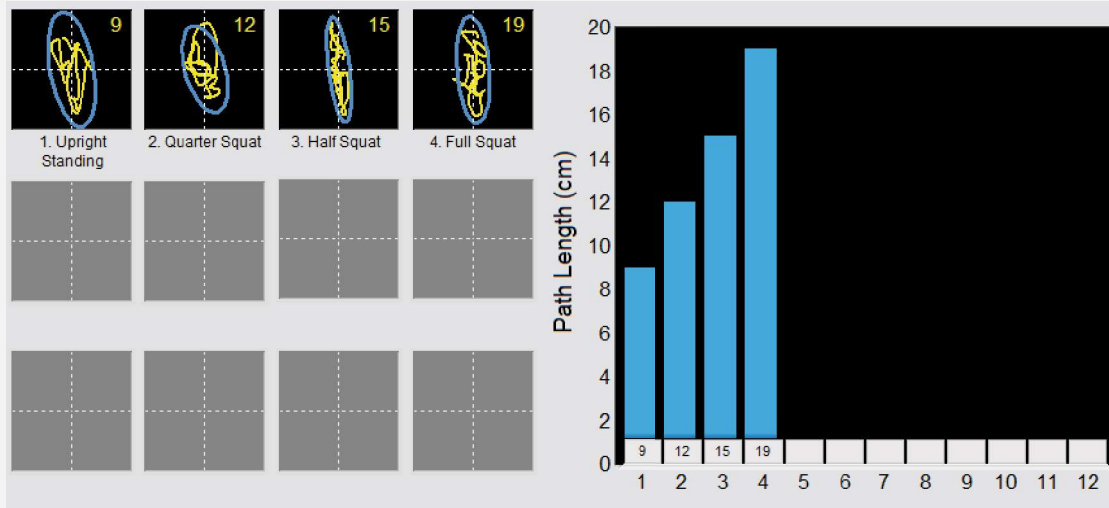

Metrics Quantifying COP Magnitude

TRIAL NAME	DUR	PL	COPx	COPy	RG-ML	RG-AP	ELL	MAJ	MIN	DIS-max	DIS-avg
1. Upright Standing	5	9.0	0.3	-0.5	0.9	1.6	1.8	2.5	0.9	1.0	0.5
2. Quarter Squat	5	12.0	0.3	1.3	1.1	2.3	2.6	2.7	1.2	1.4	0.5
3. Half Squat	5	15.0	0.9	1.5	0.7	3.5	2.6	4.1	0.8	1.8	0.7
4. Full Squat	5	19.0	0.2	1.8	1.5	4.0	5.8	4.9	1.5	2.2	0.9

Metrics Quantifying COP Derivatives

TRIAL NAME	DUR	ANG	VEL-max	VEL-avg	ACC-max	ACC-avg	FREQ	RM-ML	RM-AP	FAT	APT
1. Upright Standing	5	-10	8.0	1.6	93.5	0.1	0.1	0.2	0.5	23.1	0.0
2. Quarter Squat	5	-16	7.7	2.3	51.6	0.2	0.2	0.3	0.5	44.1	0.0
3. Half Squat	5	-7	11.7	3.0	108.7	0.1	0.2	0.2	0.8	0.0	34.0
4. Full Squat	5	-4	12.9	3.7	120.9	0.4	0.2	0.3	1.0	19.1	0.0

Visualizations on Custom Design protocol report pages show the Center of Pressure (COP) Path Length and 95% Ellipse. The center of each image, where the dotted lines intersect, represents the average COP position. Below, descriptions of each COP metric for Custom Design protocols are provided. These metrics quantify COP magnitude (i.e. size) and derivatives of COP such as direction, speed and consistency.

Metrics Quantifying COP Magnitude

METRIC (unit)	DESCRIPTION
PL- Path Length (cm)	Total COP distance travelled
COPx - Average COP left/right location (cm)	Average location of the COP relative to the midline of the plate (+ Right, - Left)
COPy - Average COP front/back location (cm)	Average location of the COP relative to the midline of the ankles (+ Front, - Back)
RG-ML - Range Medial/lateral (cm)	Difference between Maximum and Minimum COPx values
RG-AP - Range Anterior/posterior (cm)	Difference between Maximum and Minimum COPy values
ELL - Ellipse Area (cm^2)	Area within the smallest ellipse fitting 95% of COP trace
MAJ - Major Ellipse Axis (cm)	Length of the longest ellipse axis
MIN - Minor Ellipse Axis (cm)	Length of the shortest ellipse axis
DIS-max - Maximum Distance (cm)	Farthest distance COP point from the average COP location
DIS-avg - Average Distance (cm)	Average distance of any COP point from average COP location

Metrics Quantifying COP Derivatives

ANG - Ellipse Angle (deg)	Amount and direction of ellipse rotation relative to vertical. (+ Right, - Left)
VEL-max - Maximum Velocity (cm/s)	Fastest COP speed during a trail
VEL-avg - Average Velocity (cm/s)	Average COP speed during a trial
ACC-max - Maximum Acceleration (cm/s^2)	Largest COP acceleration during a trail
ACC-avg - Average Acceleration (cm/s^2)	Average COP acceleration during a trial
FREQ - Frequency (Hz)	Average number of COP cycles per second
RM-ML - RMS Medial/Lateral (cm)	Root mean squared value of left/right COP
RM-AP - RMS Anterior/Posterior (cm)	Root mean squared value of front/back COP
FAT - Fatigability (%)	In Percentage - How much more sway in second half of the trial than the first half
APT - Adaptability (%)	In Percentage – How much less sway in second half of the trial than the first half

Notes:_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____