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Mobile Technology: Maximizing Use in Clinical Practice

4

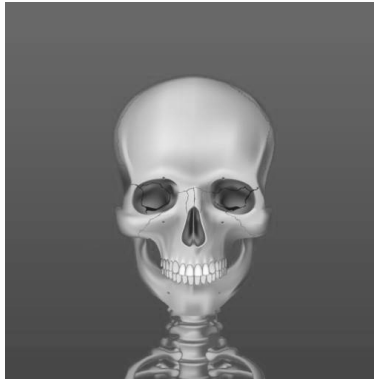
Dawn T Gulick, PhD, PT, ATC, CSCS

- Professor Widener University
- Private practice owner
- US Olympic Sports Medicine Society Member
- Author of Ortho Notes, Screening Notes, Sport Notes, Mobilization Notes, & > 100 publications & presentations
- Developer of iOrtho+ Mobile App

5

Disclosure

- Developer of mobile app iOrtho+®



Owner of company Therapeutic Articulations LLC

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Objectives

- Identify at least three criteria used to assess the quality of a mobile app
- Describe at least two differences between qualities of mobile apps vs textbooks
- Identify at least 3 mobile apps that may be useful in your clinical practice

7

Advances in Mobile Technology

Mobile health
boom began
in 2009

Smart phone
within arms reach
= 19 hours per day

8

Simple Stats.....

As of October 2014:

- 64% of American adults own a smartphone
- 90% of American adults own a cell phone
- 32% of American adults own an e-reader
- 42% of American adults own a tablet computer
- 67% of cell owners find themselves checking their phone for messages, alerts, or calls — even when they don't notice their phone ringing or vibrating.
- 44% of cell owners have slept with their phone next to their bed because they wanted to make sure they didn't miss any calls, text messages, or other updates during the night.
- 29% of cell owners describe their cell phone as “something they can't imagine living without.”

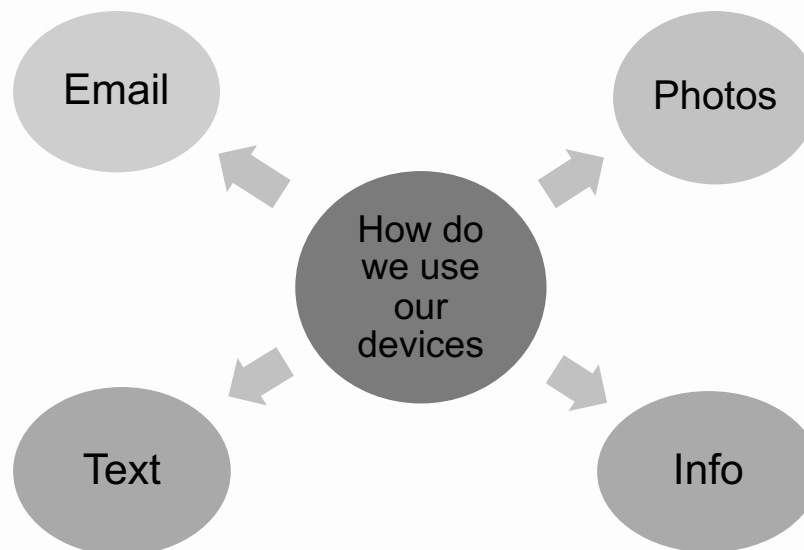
9

In March 2014, the *Journal of Bone & Joint Surgery* reported:

- 76% of residents use medical apps on their phones, and it is expected that will increase over the next 2 years.
- Over half of orthopedic residents predict that they will rely heavily on mobile apps to obtain clinical orthopedic information in the future.
- As the next generation of technology-oriented surgeons progress through training and begin practicing, it appears inevitable that app popularity and desirability will only grow

Waldmann & Weckbecker, 2013; Singler, Roth, Beck, Cunningham & Gosch, 2016

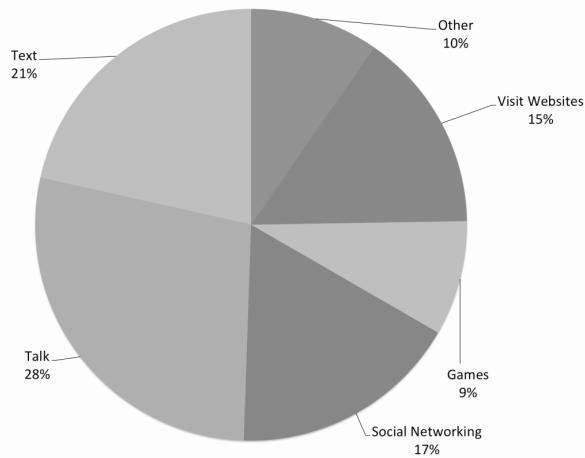
10



11

Breakdown Of The Average Smartphone Owner's Daily Time-Spend

On Average, U.S. Smartphone Owners Spend 58 Minutes Daily On Their Phones



Source: Experian Marketing Services, May 2013

BI INTELLIGENCE

12

New data from Nielsen shows

U.S. Android & iPhone users > 18 spend 65% more time/month using apps than they did just 2 years ago

13

In Q4 2013 Americans.....

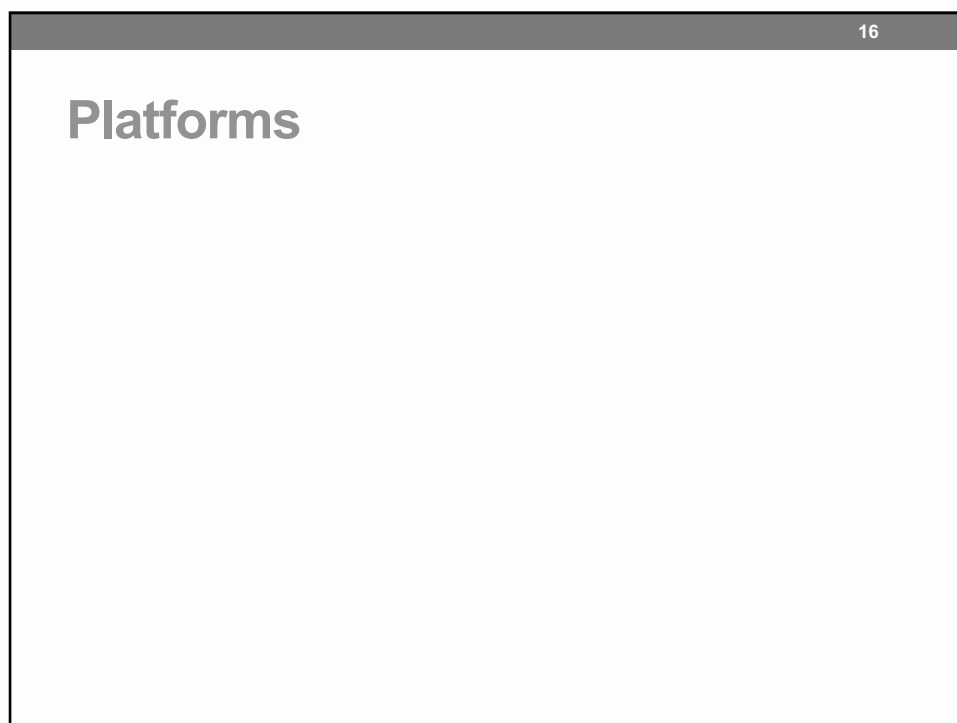
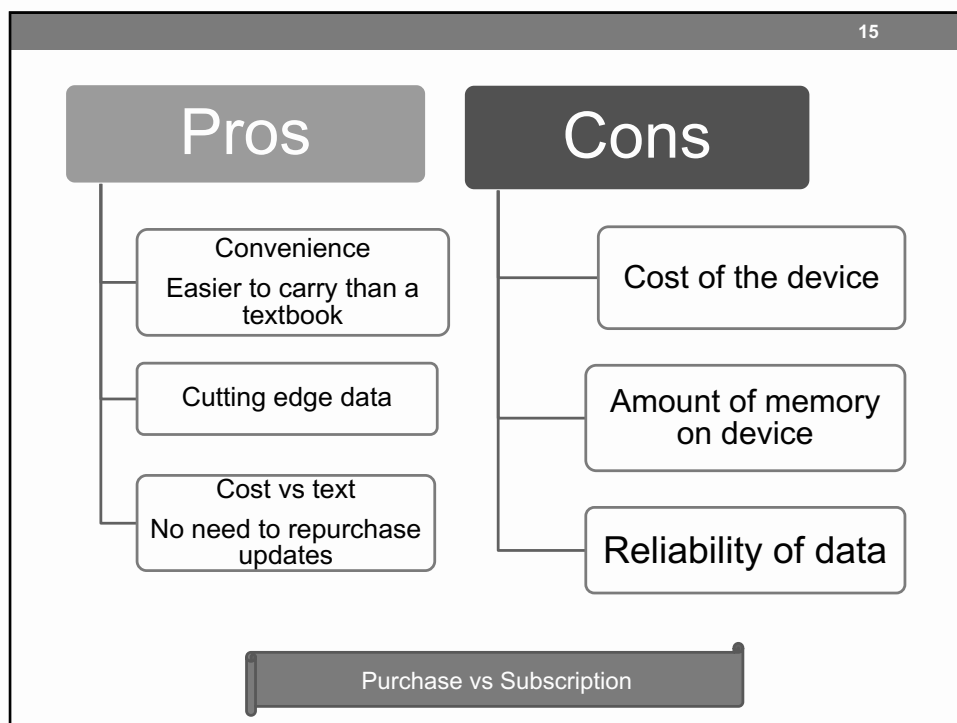
- spent 30 hours, 15 minutes using apps, a full half-day more than 18 hours, 18 minutes in Q4 2011.
- average number of apps used per month, however, only increased slightly from 23.2 in Q4 2011 to 26.5 during the same period in 2012 & 26.8 apps/month in Q4 2013.
- this shows that while there may be an upper limit to the total number of apps users are willing to access within a given month, the amount of time they are spending on those apps is showing no signs of slowing down.

Nielson, 2015

14

How could we use our devices?





17

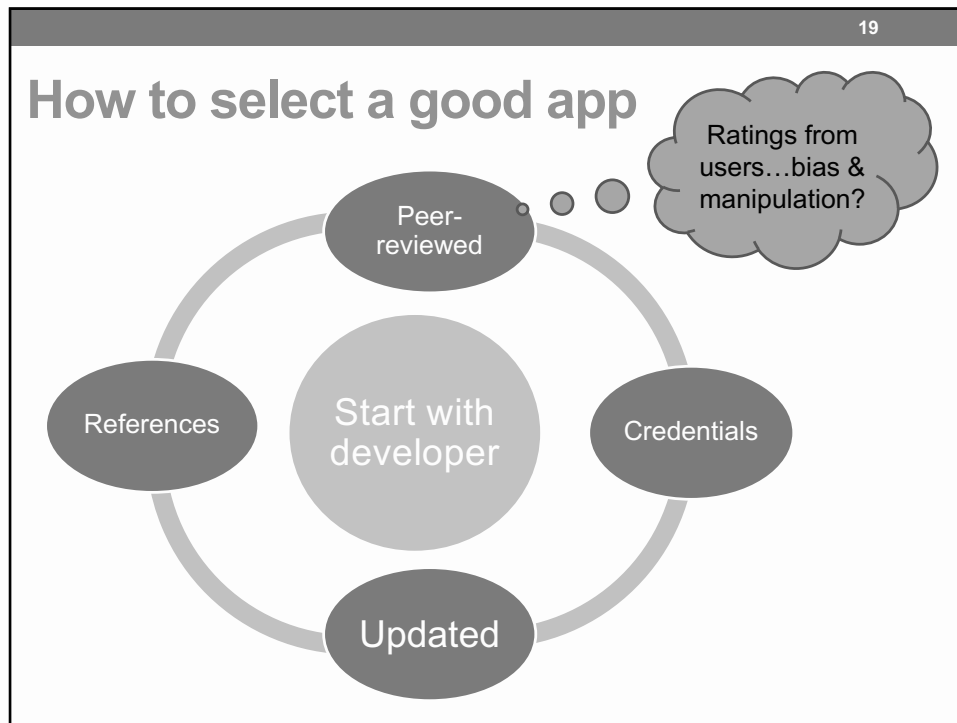
- Android overtook Apple's iOS app store to lead in number of downloaded apps.
- With 44% share vs. Apple's 31%, Android users are now downloading more mobile programs than iPhone and iPad users combined.
- This is despite the Android Market only having 319,161 apps at the end of last month vs. the Apple App Store's 459,589.

18

42,000 – 97,000
health-related apps

+ 1,000 new
apps per month

Albrecht UV, Noll C, Von Jan U. App-synopsis: self assessment on trust or distrust of health apps. Studies in Health Technology & Informatics. 2014;202:233-236



- 20
- Mobile devices and the apps running on them have become an integral part of daily life & this also includes the areas of medicine & health.
 - Target audiences include those interested in their health, patients, & professional users.
 - The sheer number of available apps makes it hard for users to decide whether an app they are interested in is trustable or not.
 - A decision should be based on a careful analysis of the available information.
- Albrecht UV, Noll C, Von Jan U. App-synopsis: self assessment on trust or distrust of health apps. Studies in Health Technology & Informatics. 2014;202:233-236

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- In order to provide them with a guideline on how to perform their evaluations, we propose a checklist covering the most important aspects for deciding whether an app can be entrusted with information that - especially when it comes to personal, health related information - is usually of a highly sensitive nature.

Albrecht UV, Noll C, Von Jan U. App-synopsis: self assessment on trust or distrust of health apps. Studies in Health Technology & Informatics. 2014;202:233-236

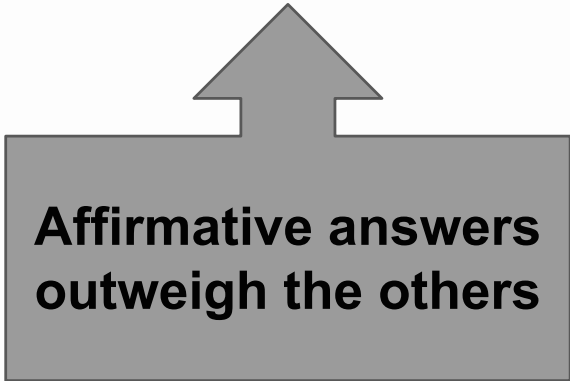
22

Status	<ul style="list-style-type: none"> • Medical product ? • Undergone regulatory process?
Purpose	<ul style="list-style-type: none"> • Clearly specified?
Functionality	<ul style="list-style-type: none"> • Thorough & comprehensible descriptions of function?
Limits-Risks	<ul style="list-style-type: none"> • Entrusted data?
Reliability	<ul style="list-style-type: none"> • Qualifications of content author/developer? • Conflicts of interest?
Data Protection	<ul style="list-style-type: none"> • Can app be used without entering sensitive data? • Is user in control of data?
Imprint	<ul style="list-style-type: none"> • Where can user go if there are questions?

Albrecht UV, Noll C, Von Jan U. App-synopsis: self assessment on trust or distrust of health apps. Studies in Health Technology & Informatics. 2014;202:233-236

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Trustworthiness



**Affirmative answers
outweigh the others**

Albrecht UV, Noll C, Von Jan U. App-synopsis: self assessment on trust or distrust of health apps. Studies in Health Technology & Informatics. 2014;202:233-236

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Trustworthiness



**App data should
NEVER replace
professional advice**

Albrecht UV, Noll C, Von Jan U. App-synopsis: self assessment on trust or distrust of health apps. Studies in Health Technology & Informatics. 2014;202:233-236

25

Is a smartphone a medical device?

This question becomes complicated when an application not specifically designed as a medical application is used for therapeutic purposes

Russell TG, Jones AF. Implications of regulatory requirements for smartphones, gaming consoles & other devices. *Journal of Physiotherapy*. 2011;57 Vol. 57(1):5-7

26

Categories of Apps

Educational

- Basic sciences
- Clinical resources

Tools & assessments

Patient treatment & education

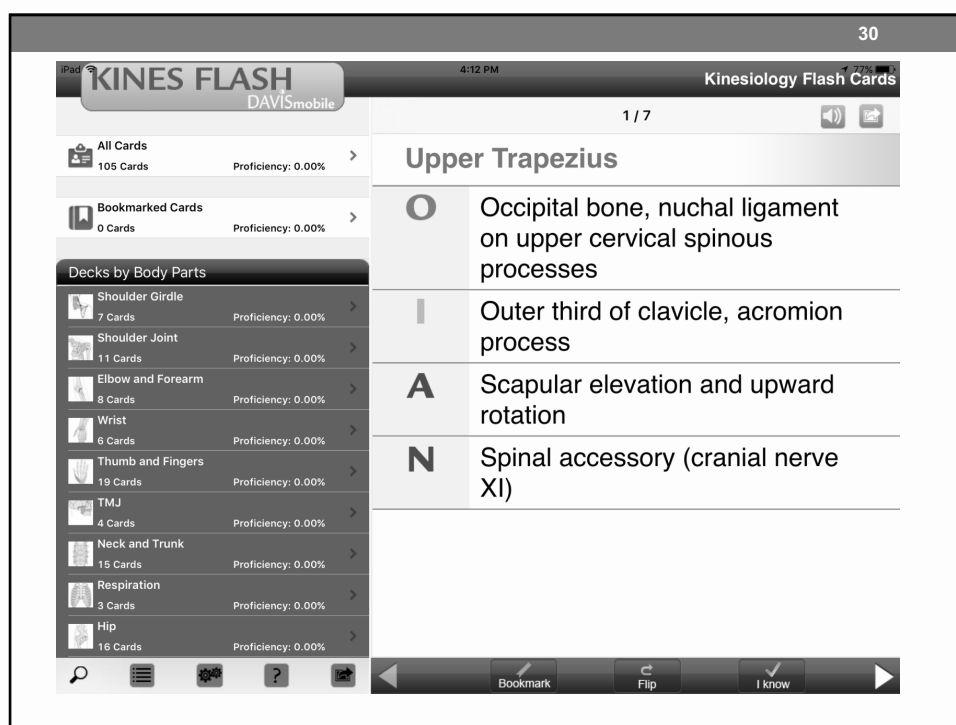
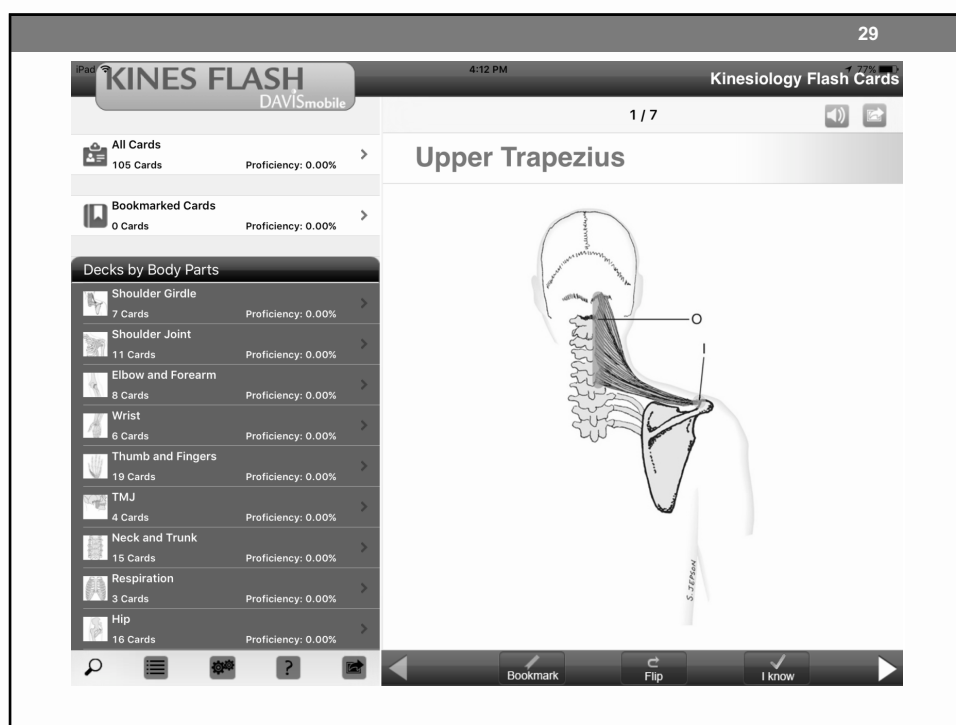
27

Educational – Basic Sciences

- Kines Flash
- Trail Guide
- Human Anatomy
- Neurology Mnemonics
- Learning Neurology Quiz
- Human Cardiovascular System Trivia Game

28





continued™

\$3.99 / region

**\$19.99
for all 6
regions**

3.5 stars



Trail Guide LITE

AnatomyMapp Lite 4+

Books of Discovery >

Offers In-App Purchases

GET



Details
Reviews
Related






Description

\$3.99 / region

**\$19.99
for all 6
regions**

3.5 stars




Trail Guide LITE

AnatomyMapp Lite 4+


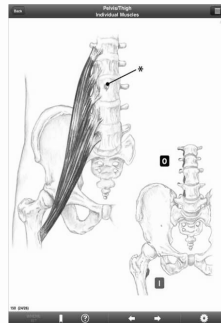

Books of Discovery >

Offers In-App Purchases

GET



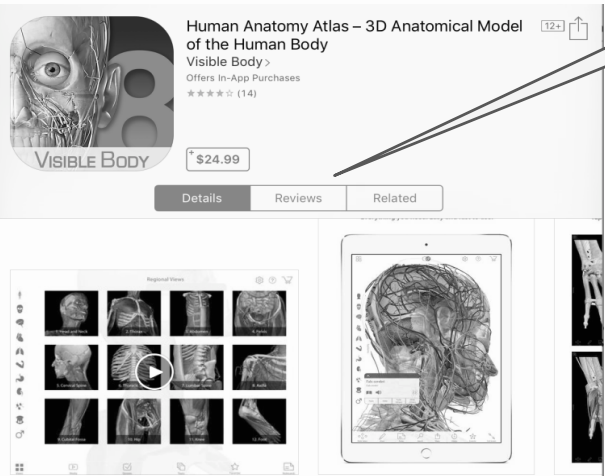
Details
Reviews
Related

Description

continued™

33



Human Anatomy Atlas – 3D Anatomical Model of the Human Body Visible Body
Offers In-App Purchases
★★★★☆ (14)
\$24.99

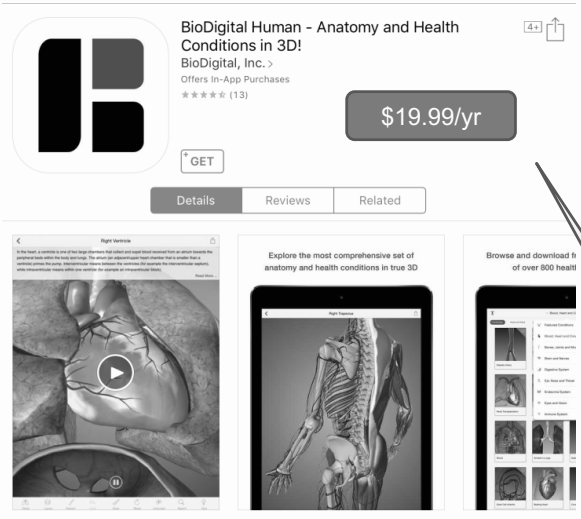
Details Reviews Related

Description
Need a human body 3D reference for your healthcare practice or to help you in your anatomy course? Human Anatomy Atlas is the worldwide gold standard in anatomy reference apps. More colleges and

4-stars
Easy to use

- >10K 3D structures (gender specific)
- Can zoom, pan, & rotate
- 1K quiz questions
- Videos

34



BioDigital Human - Anatomy and Health Conditions in 3D!
BioDigital, Inc. >
Offers In-App Purchases
★★★★☆ (13)
\$19.99/yr

GET

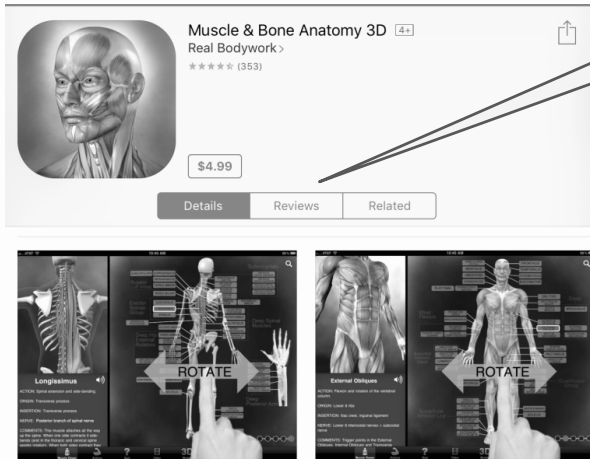
Details Reviews Related

Description

>5K 3D structures
Can add/remove layers
Game quizzing
Toggle labels

4.5 - stars

35



Muscle & Bone Anatomy 3D 4+
Real Bodywork >
★★★★☆ (353)

\$4.99

Details Reviews Related

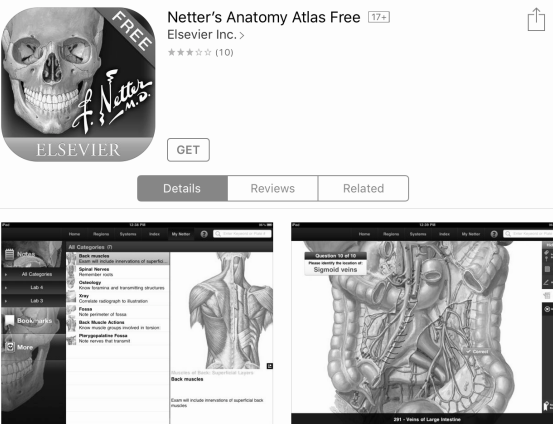
4.5 - stars
Great & fair price

Muscle attachments & nerve supply
Animated action
6 types of quizzing
Videos

Description

An amazing reference for anyone interested in the human musculo-skeletal system. Featuring five different ways to learn about the body: The VIEWER, ACTIONS, 3-D MODELS, six types of QUIZZES, and MEDIA.

36



Netter's Anatomy Atlas Free 17+
Elsevier Inc. >
★★★☆☆ (10)

GET

Details Reviews Related

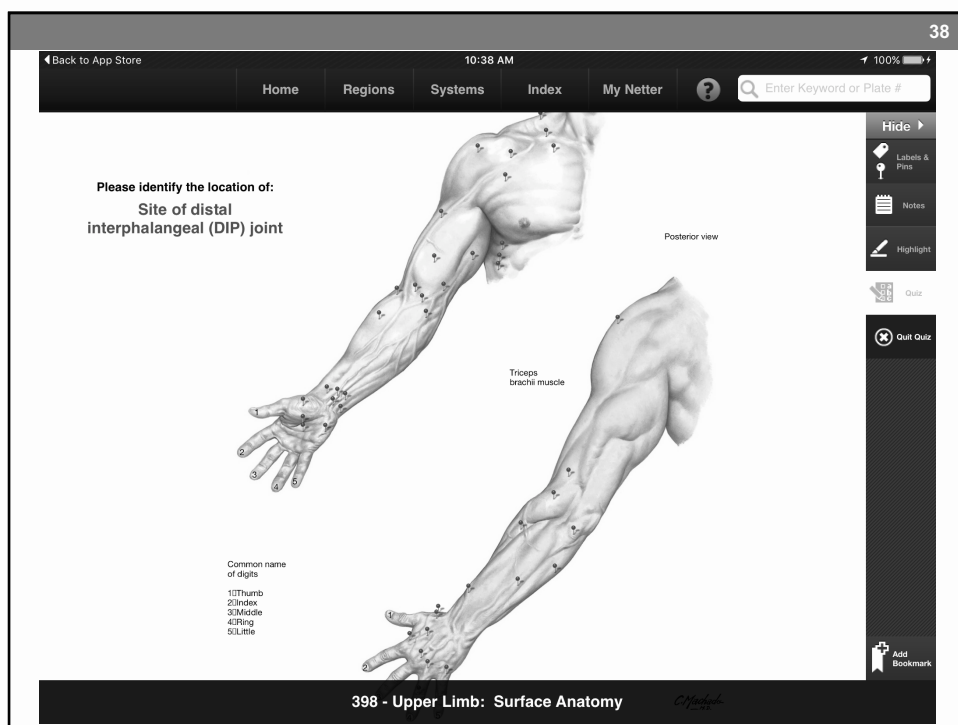
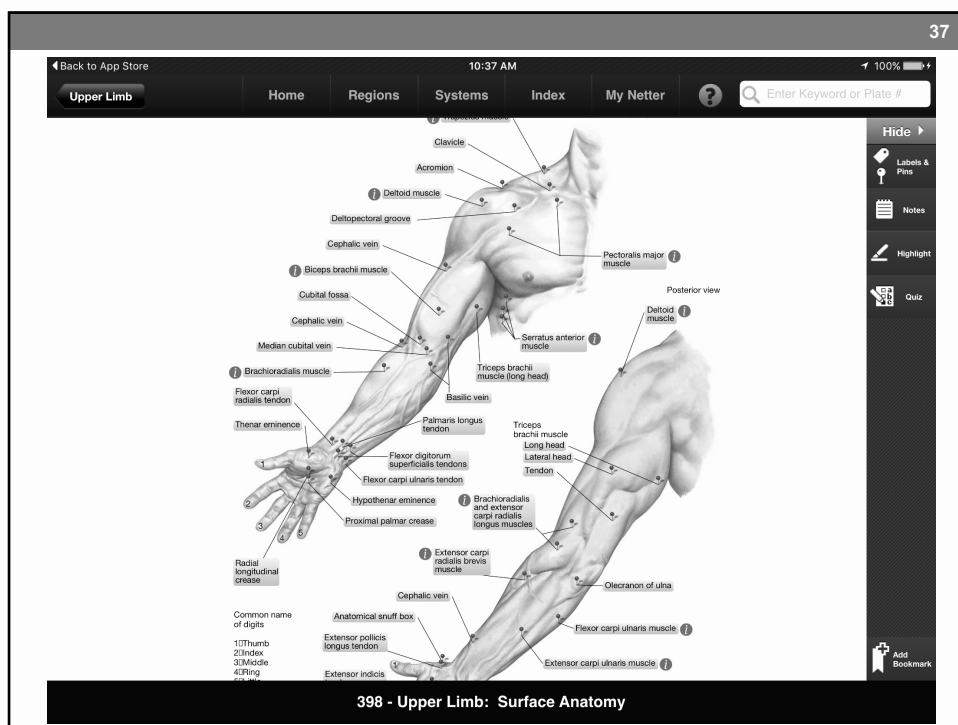
3 - stars

24 plates FREE
Label & pins
Notes
Highlighting ability
Quizzes
Additional in-app purchases


Description

This FREE Netter app includes 14-Plates from the 5th edition Atlas of Human Anatomy illustrated by master medical illustrator Frank H. Netter, MD enhanced with quizzing and customization features.

Take label quizzes to test your memory of terminology.
Make the Atlas your own by customizing individual labels (on/off/highlight).... more



39



Neurology Mnemonics

Neurology Mnemonics – Anatomy, Cranial Nerves, Pathology, Pharmacology, and Seizure...
Learn From Apps >

★★★★★ (6)

\$0.99

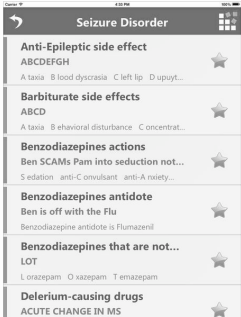
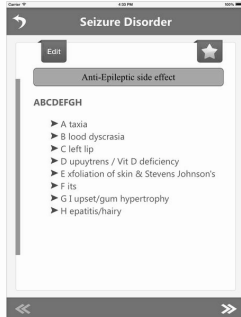

4+

5 - stars
Excellent

Details

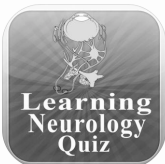
Reviews

Related

Description

40



Learning Neurology Quiz

Learning Neurology Quiz – Information Technology And Resource Development LLC >

\$1.99

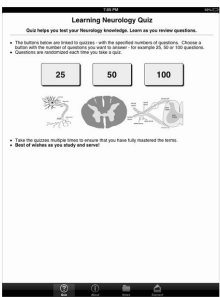
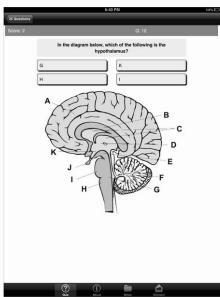
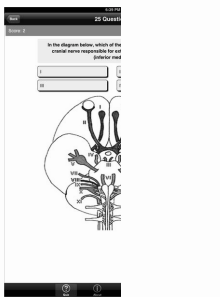
4+

5 - stars
Practical

Details

Reviews

Related

Description

continued™

41

Human Cardiovascular System Trivia Game 4+
Hasan Cakir >

 \$1.99

No reviews
Last update
Nov 2014

Details Reviews Related

Human Cardiovascular System Trivia

Leaderboard
About
Info
Cardiovascular Facts

The main function of valves within the circulatory system is to _____
50

permit blood to circulate rapidly
prevent blood from moving in the wrong direction
prevent blood from moving too rapidly
stop the circulation whenever necessary

50:50 3/10 %100 100

50:50 50/50 Pass

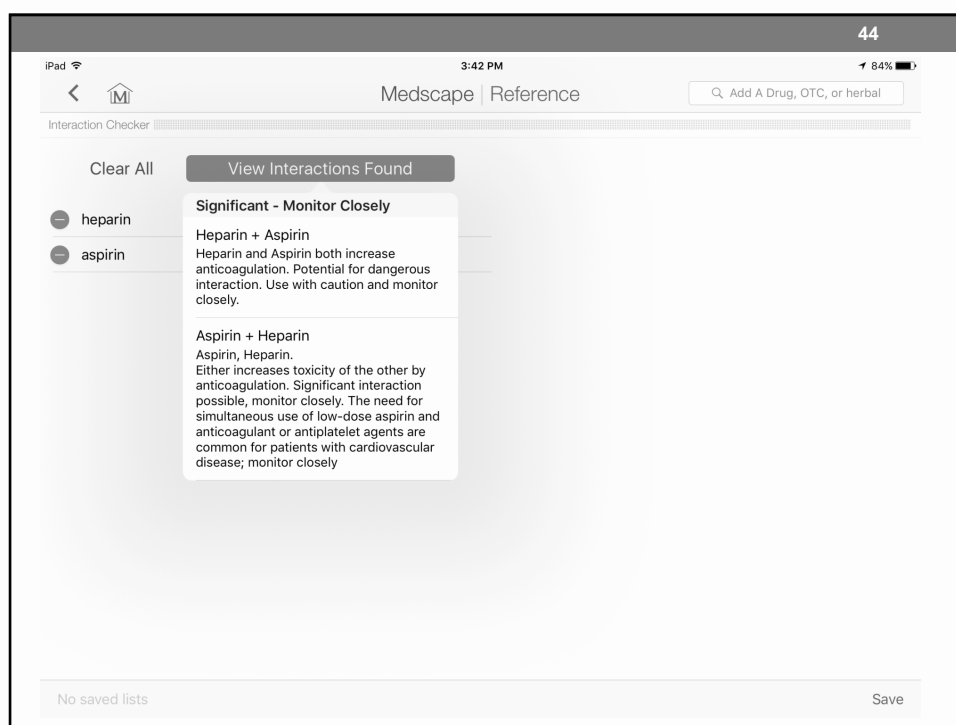
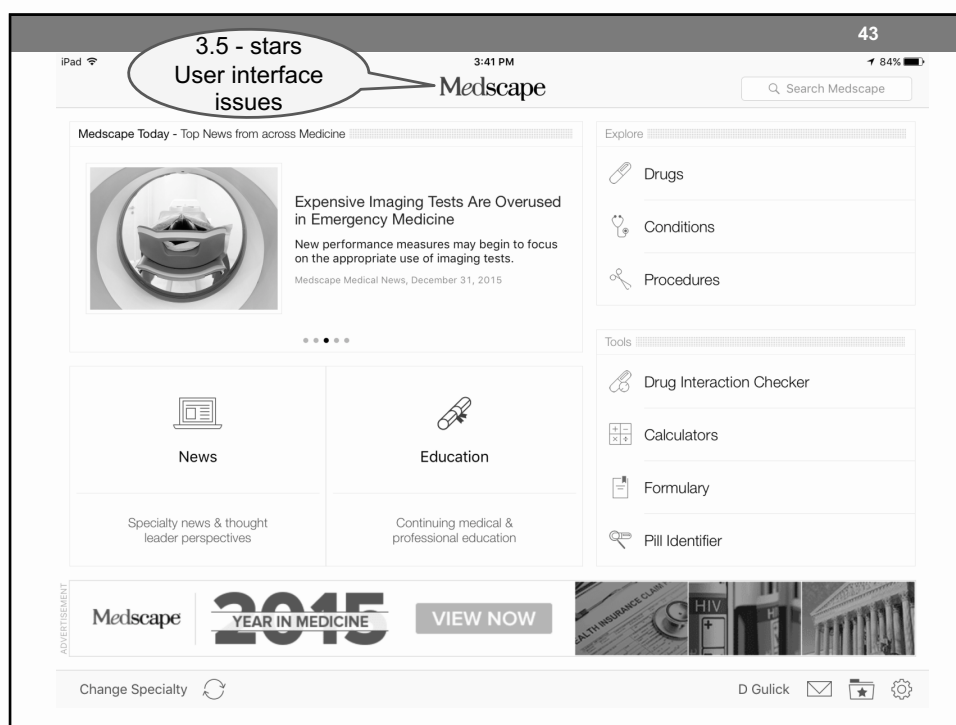
10 Quest
15 Quest
20 Quest
Resume

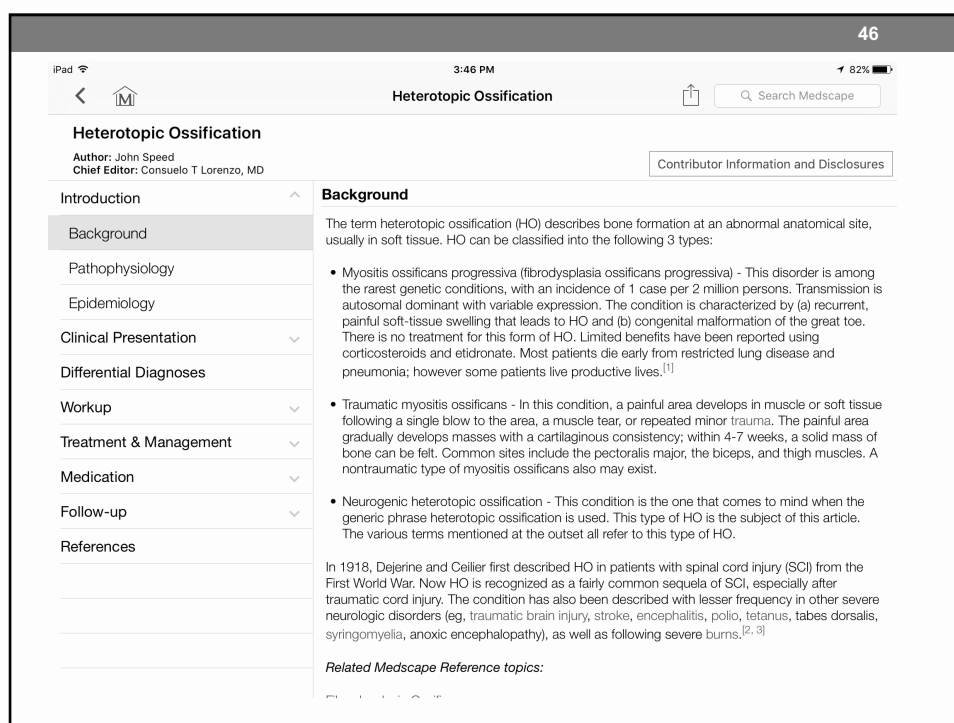
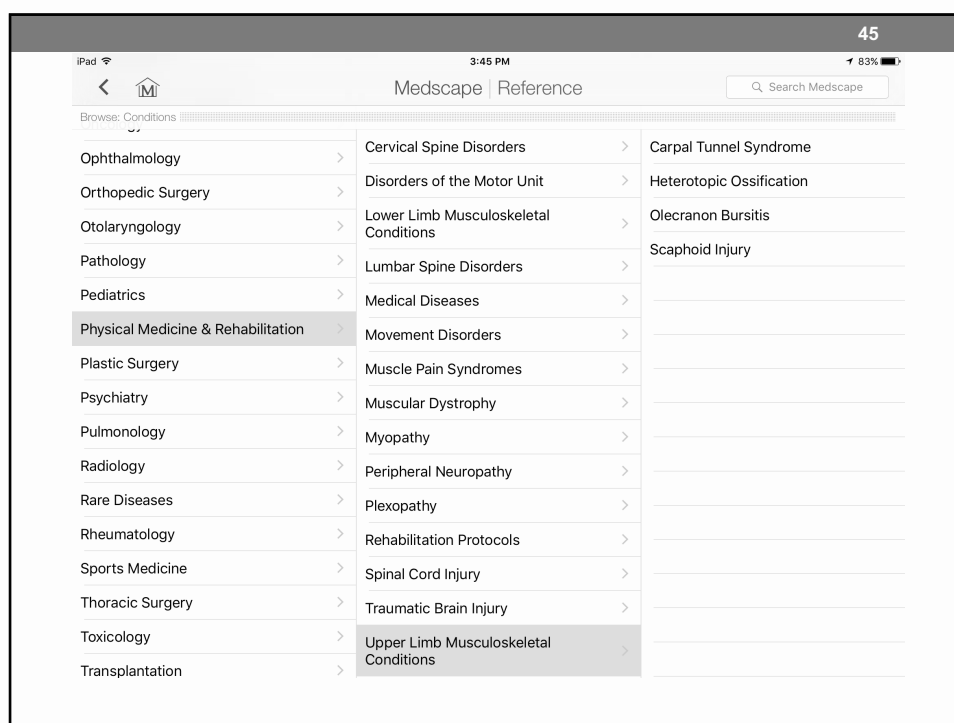
Description

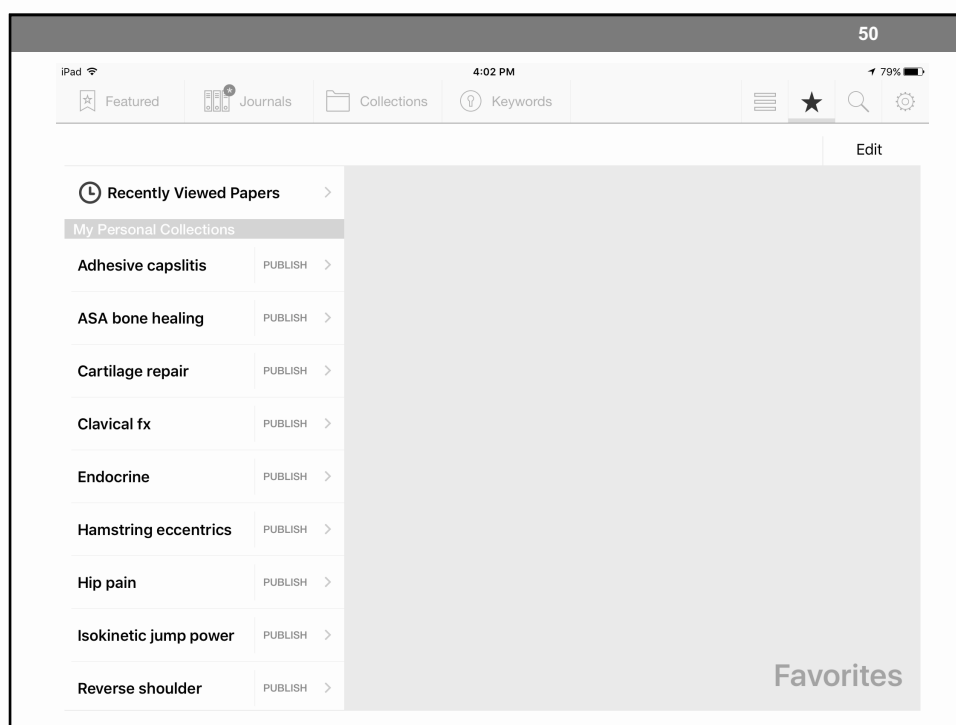
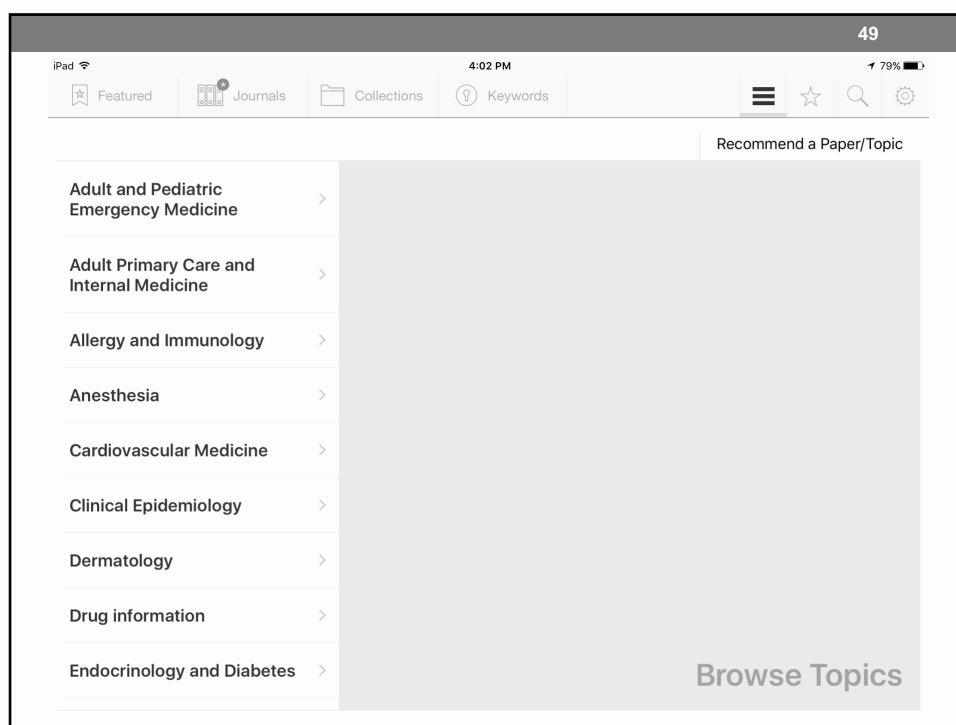
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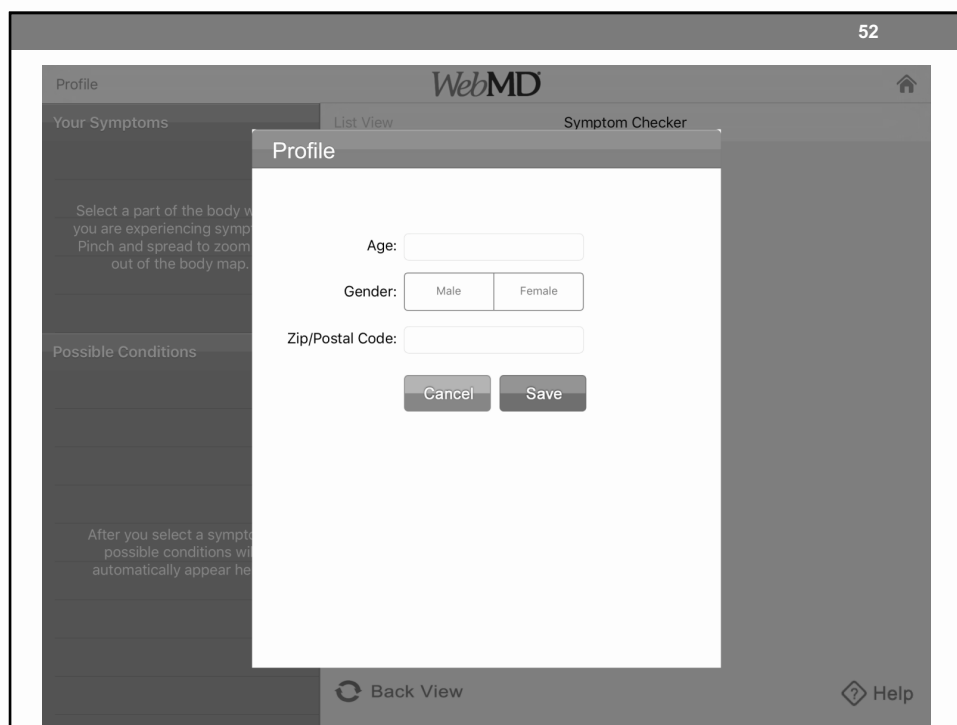
Educational - clinical references

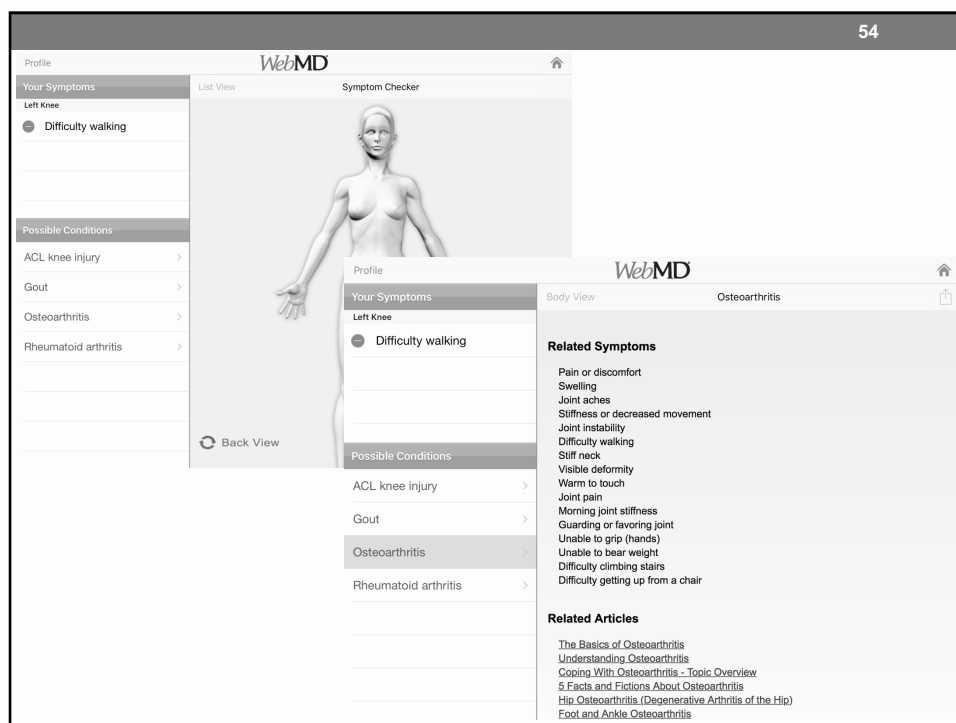
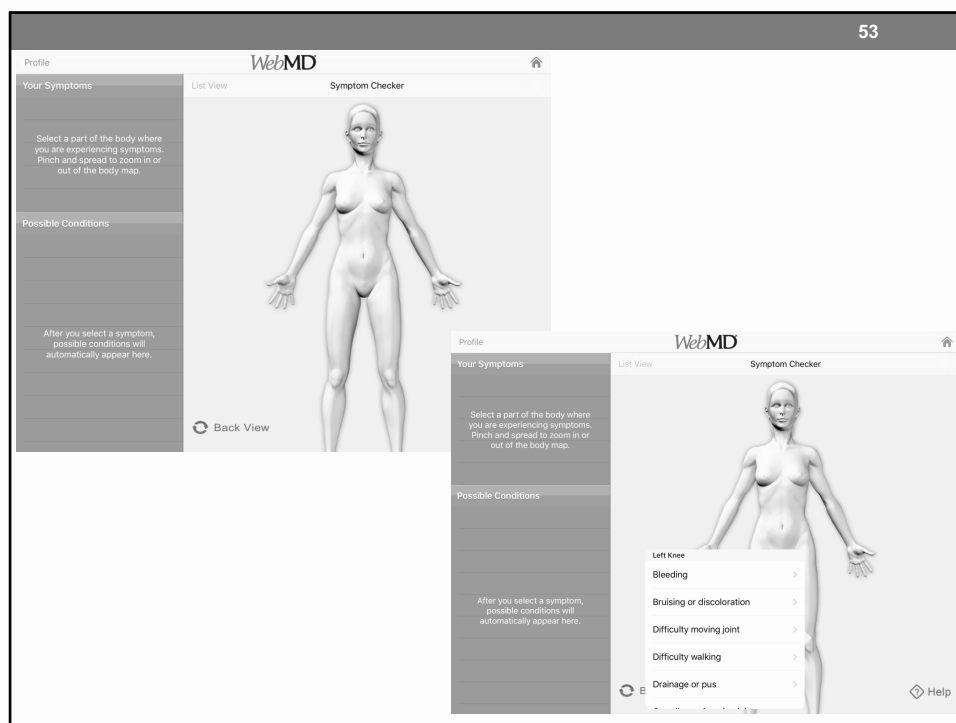
Medical - Pharm	<ul style="list-style-type: none"> • Medscape • Web MD • Epocrates
Diagnostic	<ul style="list-style-type: none"> • DocResponse
References	<ul style="list-style-type: none"> • QxMD
Orthopedic	<ul style="list-style-type: none"> • CORE – Mobile OMT • Musculoskeletal Physical Exam • iOrtho+ • Clinical Pattern Recognition











55

Epocrates 12+
Epocrates>
Offers In-App Purchases
★★★★☆ (23)

GET

Details Reviews Related

**4.5 - stars
Great
resource**

**\$159.99
essentials
174.99
epocrates
plus**

**Pill identification
Drug prescription
Safety info
Dosage
calculations**

Description
1 out of 2 US physicians rely on Epocrates to enable better patient care by delivering the right information when it's needed most.
Join over 1 million health care professionals worldwide who use Epocrates in the moments of care:
more

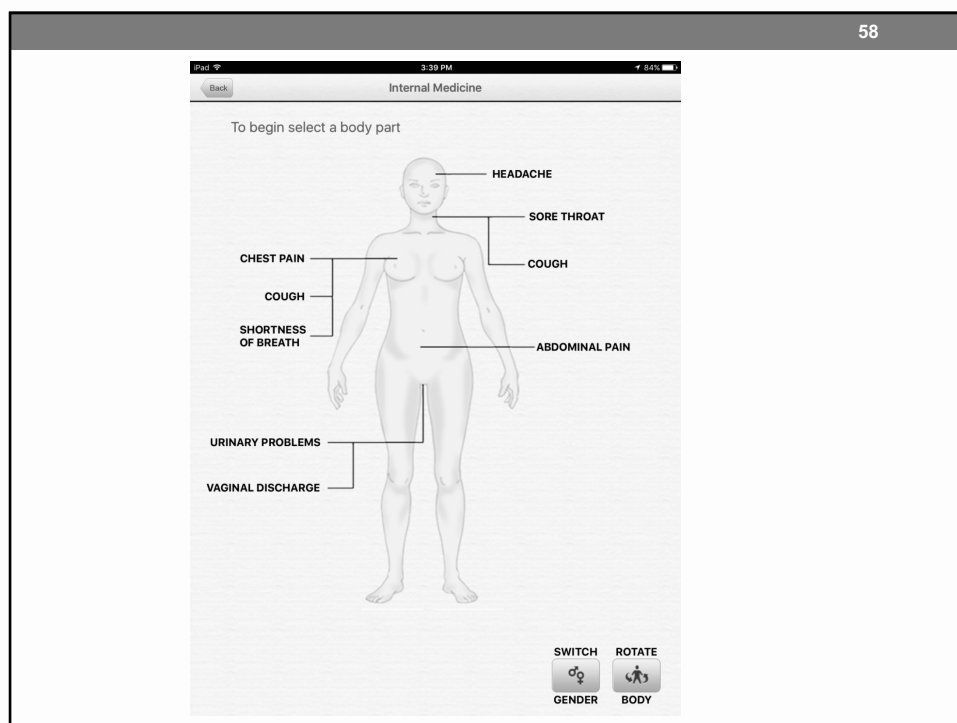
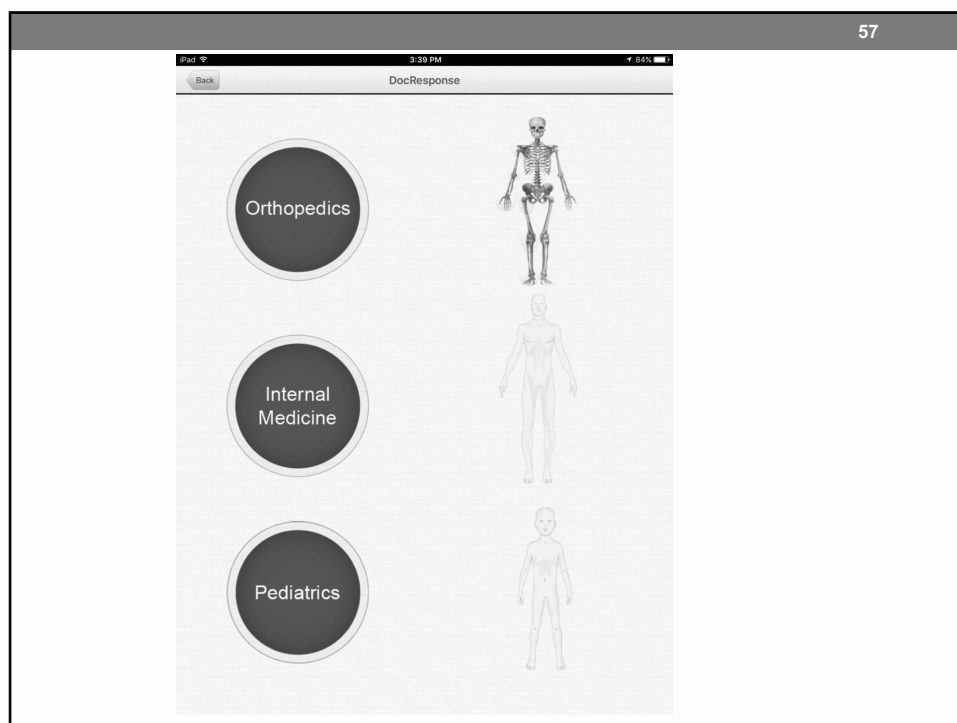
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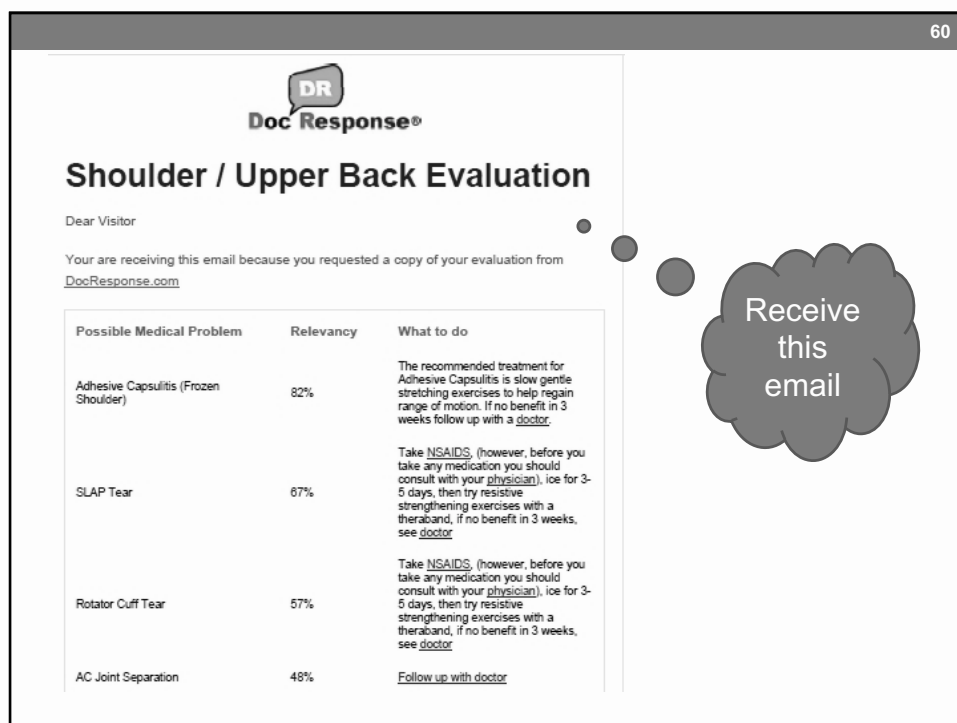
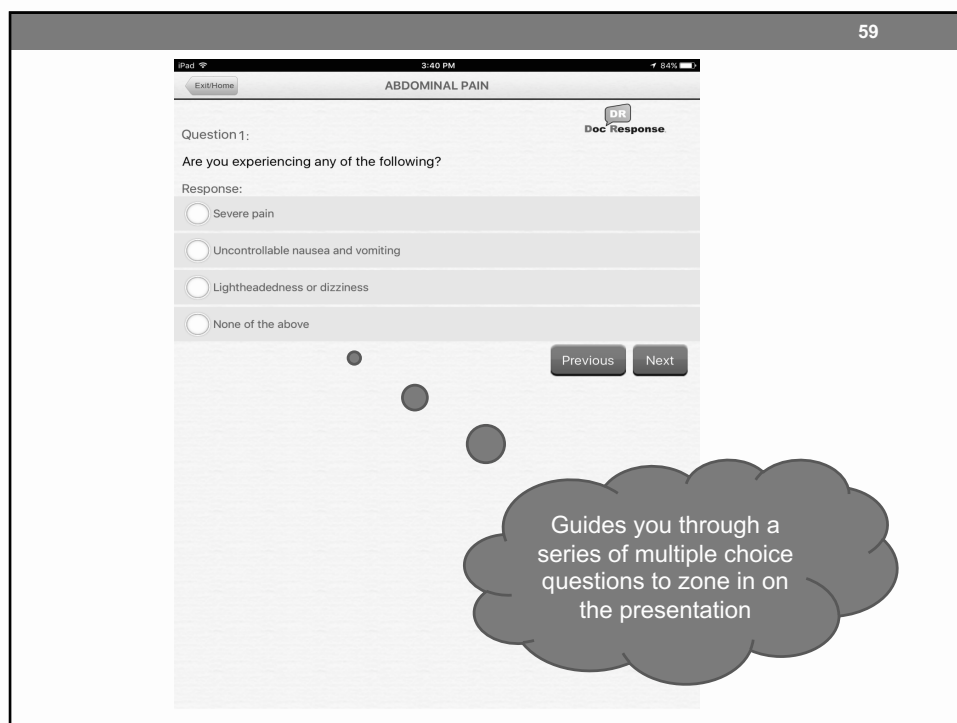
**DR
Doc Response**

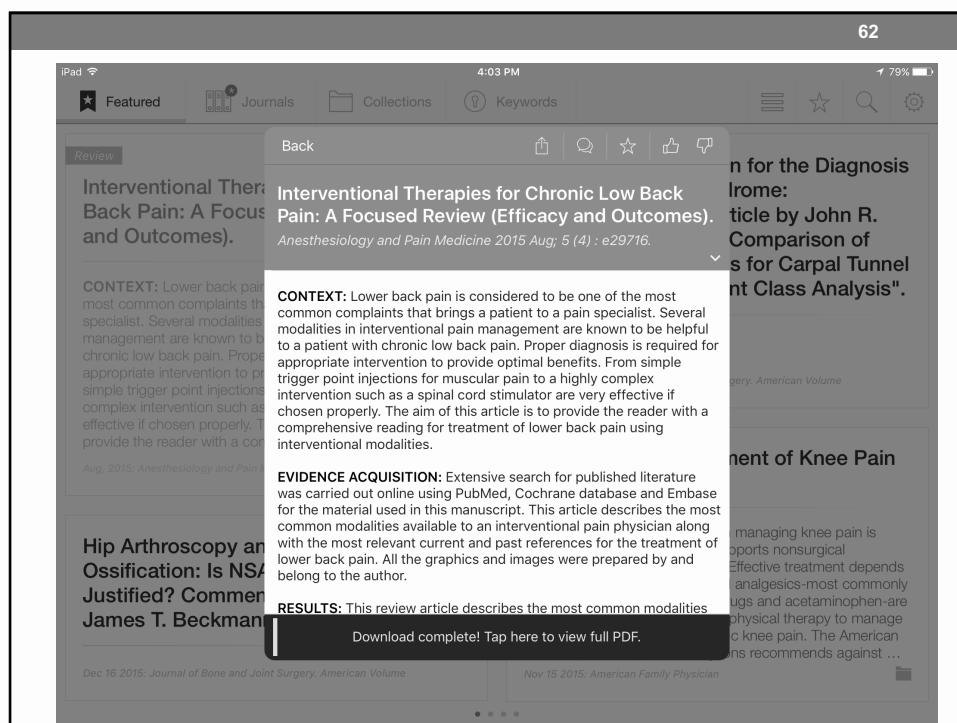
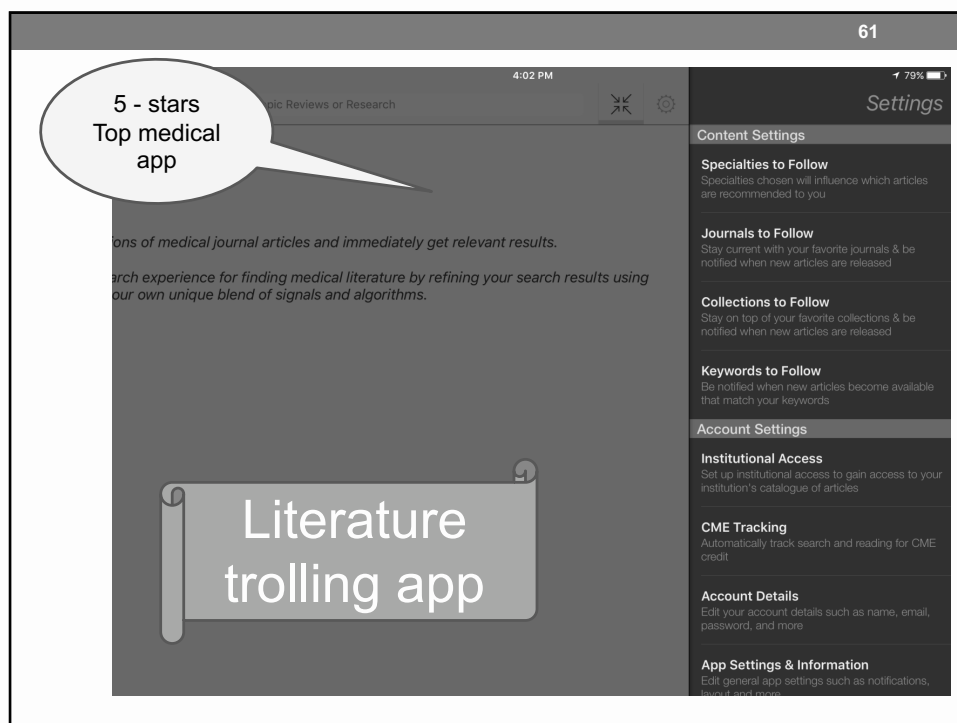
Get Started

**4.5 - stars
Great,
Awesome**

Diagnosis Index







63

iPad 4:03 PM 79%

Back Add Note Underline Highlight Draw

Anesth Pain Med. 2015 August; 5(4): e29716. DOI: 10.5812/aapm.29716
Published online 2015 August 22. Review Article

Interventional Therapies for Chronic Low Back Pain: A Focused Review (Efficacy and Outcomes)

Vikram B. Patel^{1*}; Ronald Wasserman²; Farnad Imani³

¹Phoenix Interventional Center for Advanced Learning, Algonquin, Illinois, USA
²Back and Pain Center, University of Michigan, Ann Arbor, Michigan, USA
³Pain Research Center, Iran University of Medical Sciences, Tehran, Iran
*Corresponding author: Vikram B. Patel, Phoenix Interventional Center for Advanced Learning, Algonquin, Illinois, USA. Tel: +1-8478547246, E-mail: vikpatel@yahoo.com

Received: May 4, 2015; Accepted: May 17, 2015

Context: Lower back pain is considered to be one of the most common complaints that brings a patient to a pain specialist. Several modalities in interventional pain management are known to be helpful to a patient with chronic low back pain. Proper diagnosis is required for appropriate intervention to provide optimal benefits. From simple trigger point injections for muscular pain to a highly complex intervention such as a spinal cord stimulator are very effective if chosen properly. The aim of this article is to provide the reader with a comprehensive reading for treatment of lower back pain using interventional modalities.

Evidence Acquisition: Extensive search for published literature was carried out online using PubMed, Cochrane database and Embase for the material used in this manuscript. This article describes the most common modalities available to an interventional pain physician along with the most relevant current and past references for the treatment of lower back pain. All the graphics and images were prepared by and belong to the author.

Results: This review article describes the most common modalities available to an interventional pain physician along with the most relevant current and past references for the treatment of lower back pain. All the graphics and images belong to the author. Although it is beyond the scope of this review article to include a very detailed description of each procedure along with complete references, a sincere attempt has been made to comprehensively cover this very complex and perplexing topic.

Conclusion: Lower back pain is a major healthcare issue and this review article will help educate the pain practitioners about the current evidence based treatment options.

(11)1 (1 of 28)

64

CORE - Clinical ORThopedic Exam 17+
Clinically Relevant Technologies >
Offers In-App Purchases

4- stars
Last update
Oct 2015

\$39.99

Details Reviews Related

Video & references require network connection

CORE - Clinical ORThopedic Exam

Biceps Load Test II

Purpose
Determine the integrity of the glenohumeral joint and the biceps tendon. When performed correctly, the biceps load test is a highly sensitive and specific test for the biceps tendon and the glenohumeral joint.

Instructions
1. The patient is asked to lie on the table with the right arm abducted to 90 degrees and the elbow flexed to 90 degrees. The right arm is held in the abducted position.
2. The patient is asked to hold the right arm while the examiner holds the right arm. The examiner holds the right arm while the patient holds the right arm.
3. The examiner applies a downward force on the right arm while the patient holds the right arm. The patient holds the right arm while the examiner applies the downward force.

65

Mobile OMT ¹⁷⁺
Clinically Relevant Technologies >

4.5 - stars
Same developer as CORE

\$79.99 App Bundle
Purchased Separately: \$89.97

Details Reviews

Mobile OMT
Medical
\$29.99

Mobile OMT
Lower Extremi...
Medical
\$29.99

Mobile OMT
Upper Extrem...
Medical
\$29.99

Lumbar Techniques

Flexion Manipulation (Sidelying)

Thoracic Techniques

1st Rib Thrust Manipulation

66

Musculoskeletal Physical Exam ⁴⁺
Brett Rosenthal >
★★★★☆ (5)

\$4.99

Details Reviews Related

Musculoskeletal Physical Exam

Ankle & Foot
Elbow
Hand
Hip & Pelvis
Knee
Shoulder
Spine
Wrist

Apprehension Test

1. Flex elbow 90 degrees
2. Abduct shoulder 90 degrees
3. Examiner supports scapula while passively externally rotating shoulder

Positive Result: Pain or apprehensive facies
Suggests: Anterior instability

Sitting Ro

1. Sit in chair
2. Examiner distracts patient
3. Passive knee extension

Positive Result: Pain and suck of patient upon knee extension
Suggests: Sciatic nerve radiculopathy


Description

The Musculoskeletal Physical Exam application is a clinical guide to identifying orthopedic pathology

Available in multiple languages

67

iOrtho+ ⁴⁺
THERAPEUTIC ARTICULATIONS, LLC >
Offers In-App Purchases

 **OPEN**

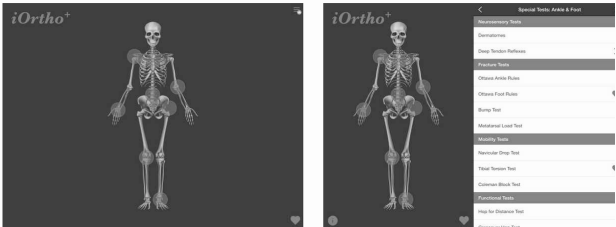
Details Reviews Related

4- stars
"Great resource"

Option to download **ALL** content or keep on the cloud

\$14.99
free view of outline before you buy

Description
iOrtho+® is your mobile guide for orthopedic information. This App is designed for rehabilitation professionals, educators, and clinicians by Therapeutic Articulations, LLC. iOrtho+® is a mobile and comprehensive reference for orthopedic Special Tests and joint Mobilization Techniques developed from advanced, evidence-based knowledge and extensive clinical practice.
... more



68

5 – stars
Excellent reviews

\$19.99 / region

\$39.99 for all 4 regions

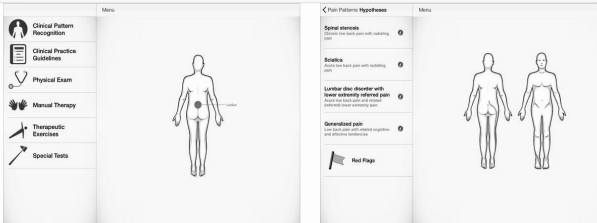
Clinical Pattern Recognition: Low back pain ¹²⁺
Michael Wong >
★★★★★ (7)

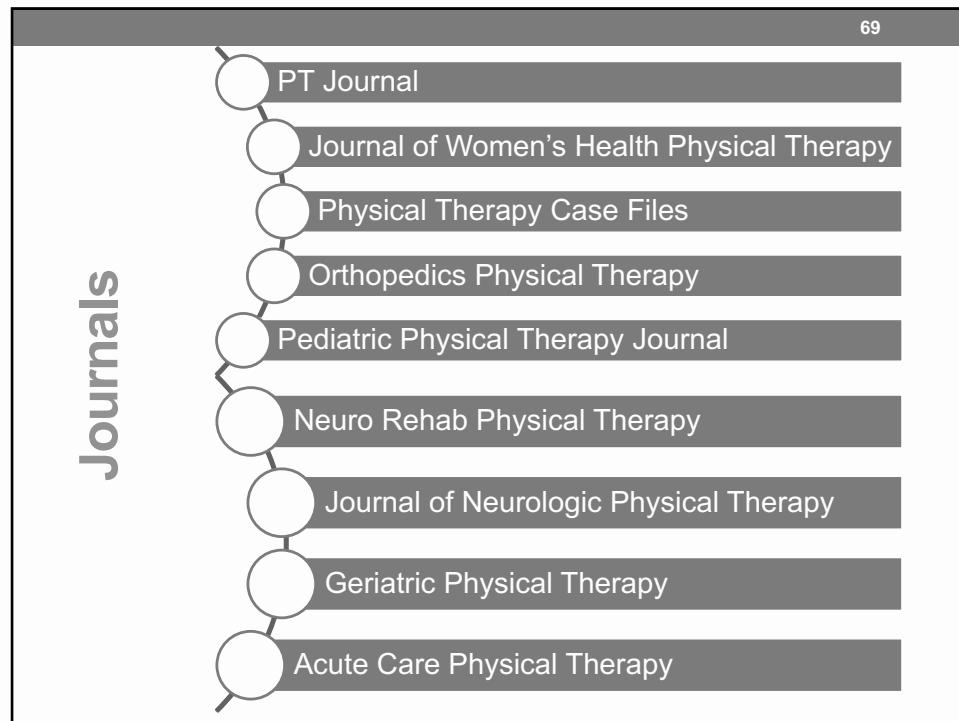
\$19.99

Details Reviews Related

Description
Clinical Pattern Recognition (CPR): Low back pain
(Updated for iOS 8! Make sure you update your device!)

- A powerful comprehensive app linking research to clinical practice
- Guideline based classification system for ankle and foot pain
- Intuitive user interface that mimics the clinical reasoning of a master clinician... more





70

Journals

- Opportunity to access journal articles ahead of print
- Access to full journal archives
- In some cases, are free with professional association membership
- Purchase vs subscription model

71

PTJ

PT Journal
Highwire Press, Inc

+ GET

1 – star
Crashes

Activate
by using
APTA
member
user
name &
password

Physical Therapy

Physical Therapy

72

Journal of
Women's Health
Physical Therapy

Journal of Women's Health Physical Th...
Wolters Kluwer Healt...

GET
In-App
Purchases

No reviews

Journal of
the
Women's
Health
Section of
the APTA

Journal of
Women's Health
Physical Therapy

Assessing Physical
Therapy Outcomes for
Women With Urinary...

continued™

73

PHYSICAL THERAPY CASE FILES SERIES
McGraw-Hill

Physical Therapy Case Files Series...
Expanded Apps

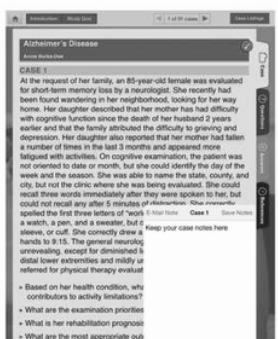
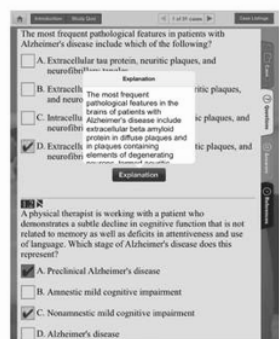
+ GET
In-App Purchases

\$39.99

Sharpen your critical thinking skills and prepare for real-world practice with clinical cases. Includes evidence-based ratings for examination and treatment plans.

Case studies illustrate critical concepts you need to build and enhance your skills in physical therapy. Perfect for coursework and NPTE preparation.

4+ stars
"Excellent collection of cases"

74

PT McGraw-Hill

Orthopedics Physical Therapy...
Expanded Apps

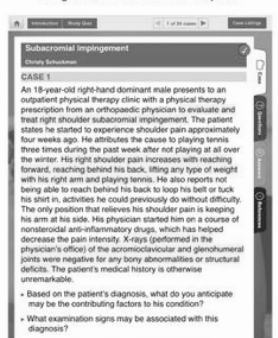

+ GET
In-App Purchases

\$39.99

Sharpen your critical thinking skills and prepare for real-world practice. Clinical cases include evidence-based ratings for examination and treatment plans.

34 case studies illustrate critical concepts you need to build and enhance your skills in physical therapy. Perfect for coursework and NPTE preparation.

2 – stars
Only 1 review
"Disappointing"

continued™

75

Pediatric Physical Therapy Journal

Wolters Kluwer Heal...

GET

In-App Purchases

\$54.99
No reviews

76

Neuro Rehab Physical Therapy...

Expanded Apps

GET

In-App Purchases

No reviews

Sharpen your critical thinking skills and prepare for real-world practice. Clinical cases include evidence-based ratings for examination and treatment plans.

31 case studies illustrate critical concepts you need to build and enhance your skills in physical therapy. Perfect for coursework and NPTE preparation.

\$39.99

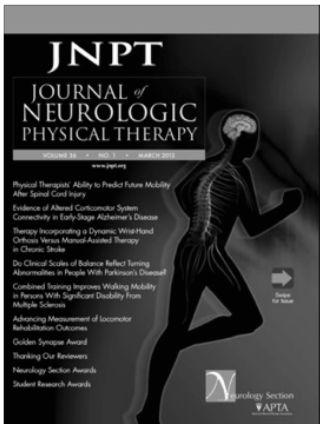

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JNPT Journal of Neurologic Physical...
Wolters Kluwer Heal...

GET
In-App Purchases

4 – stars

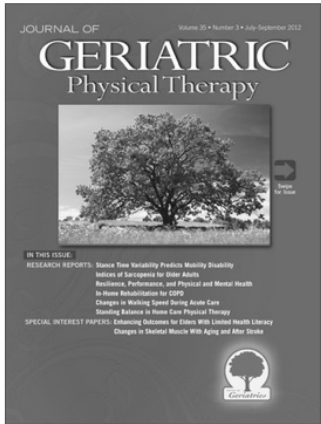

78

JGPT Journal of Geriatric Physical...
Wolters Kluwer Heal...

GET
In-App Purchases

No reviews

\$39.99

continued™

79



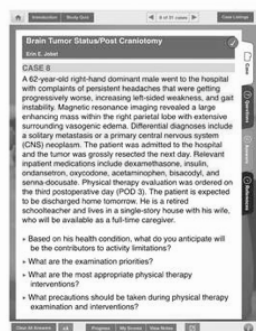
Acute Care PT Physical Therapy... Expanded Apps

GET
In-App
Purchases

4 – stars
“Easy
learning
tool”

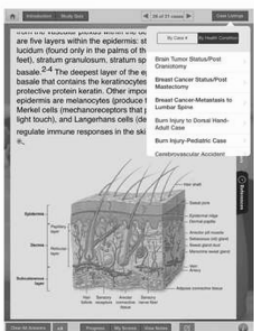
Sharpen Your Critical Thinking Skills

Prepare for real-world practice with clinical cases—including evidence-based ratings for examination and treatment plans.



Learn Best Practices

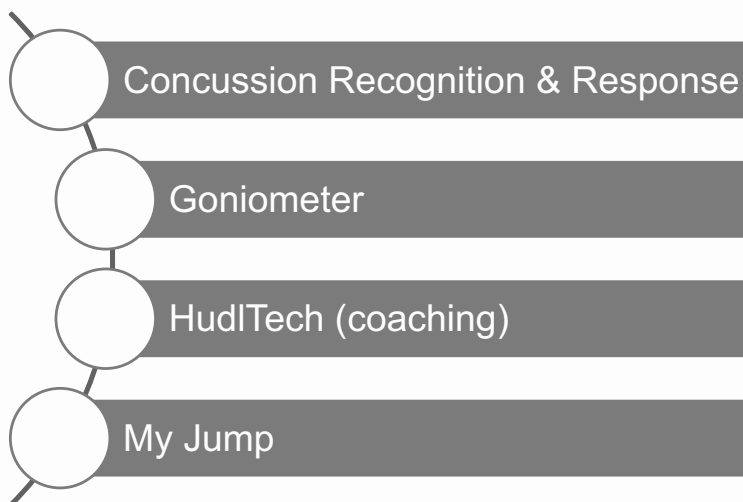
34 case studies illustrate critical concepts you need to build & enhance your skills in physical therapy. Perfect for coursework, NPTE, NPTEE preparation.



\$39.99

80

Tools & Assessments



continued™

81

Concussion Apps


- **Aim:** To locate & review apps that assist in the recognition & assessment of a sports concussion & to assess their content with respect to that of internationally accepted best-practice instruments
- **Methods:** Search of international app stores & of the web using key terms such as 'concussion', 'sports concussion' & variants was conducted
 - The content of each app was benchmarked to the Sport Concussion Assessment Tool 2 (SCAT2) & Pocket SCAT2.
- **Results:** 18 of the 155 apps identified met the inclusion criteria.
 - 16/18 were available on an iOS platform; 5 required a payment to purchase
 - Apps were marketed for a wide range of intended users from **medical** professionals to the general public
 - The content of the **apps** varied from 0% - 100% compliance with the selected standard, & 'symptom evaluation' components
- **Conclusions:** The surge in availability of apps in an unregulated market raises concerns as to the appropriateness of their content for different groups of end users

Hopin, Sullivan, Schneiders, Ahmed, Balasundaram, Williams, Meeuwisse, McCrory, 2015

82

FREE for coaches & parents

\$4.99 for medical professionals



PAR Concussion Recognition & Response: Coach & Parents
PAR, Inc.
★★★★☆ (11)

Details | Reviews | Related

Was there likely a blow to the head or body, jerking the head?
YES NO NOT SURE

Signs Observed 1 of 9
Vomiting Y N
Balance problems Y N
Moves clumsily Y N
Loses consciousness Y N
Drowsy Y N


Incident Summary
Doe, John
Male
16
APR 29, 2011 1:39 PM
Concussion Suspected

You indicated there was a likely blow to the head and 7 SIGNS or SYMPTOMS were reported. Remove the youth from play RIGHT AWAY and restrict participation for the rest of today.

1. Inform parent/guardian of suspected concussion.
2. Recommend further medical evaluation.
3. Give parent ACE Peak Concussion Instructional Instructions.
4. Youth should be observed over next 24 hours. Do not return to play.
5. Inform the parent to review and record symptoms every 1-2 hours and observe for danger signs.
6. Youth should return only when cleared by a health care provider.

Description
The Concussion Recognition & Response App

83



Goniometer Pro 5fuf5
Offers In-App Purchases

GET

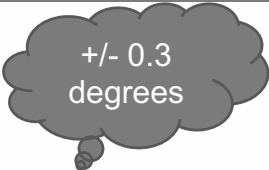
Details Reviews Related

Precision designed for you

Buy G-pro, store 12 readings

Description
Measure angles with precision in 2 simple steps:
1- Set 0° to establish a relative 0°
2- Rotate device to desired angle and Get Reading
Reset and start a new measurement.
... more

Free trial then \$14.99



Goniometer Pro 5fuf5
Offers In-App Purchases

GET

Details Reviews Related

Measure ROM in 2 steps

Set Zero to establish a relative 0°

Get Reading to record angle

104° 256°

Unlock G-pro for unlimited Set 0° and storage for 12 readings

Description
Measure angles with precision in 2 simple steps:
1- Set 0° to establish a relative 0°
2- Rotate device to desired angle and Get Reading
Reset and start a new measurement.
... more

84

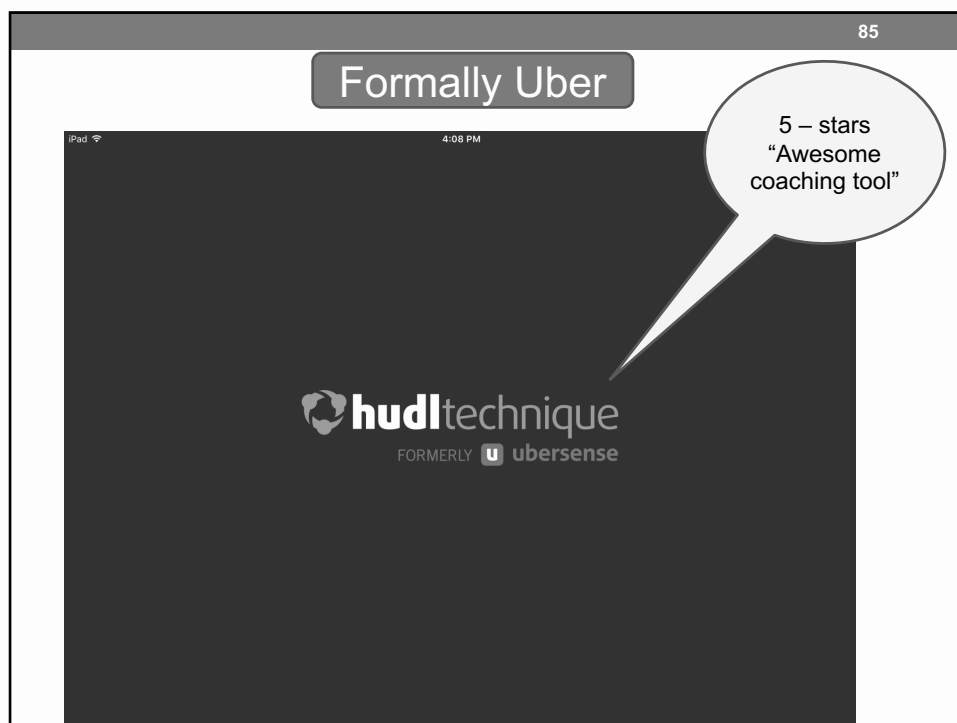
Goniometry Apps using Smartphone Digital Inclinometer

- Intraclass correlation coefficient (intrarater reliability) = 0.97
- Intraclass correlation coefficient (interrater reliability) = 0.76
- Tests of validity demonstrated excellent correlation with gold standards ($r^2 > 0.99$).

Vohralik, Bowen, Burns, Hiller, & Nightingale, 2015

- Interrater reliability for each of the smart-phones by operating system & phone type & for goniometer UG & inclinometer were excellent (ICC = 0.995 - 1.000)
- Concurrent validity when comparing the two smartphone apps to the goniometer & inclinometer was excellent (ICC = 0.998 - 0.999)
- Mean differences between devices was small (-0.4 to 1.2 degrees)

Wellmon, Gulick, Paterson, & Gulick, 2015





88

My Jump 4+
Francis Bonnin >

+\$5.99

Details Reviews Related

Only 2 reviews:
A 1-star & a 5-star

Velocity profile
Force in N to be developed

54% 92.5 N/lb
9.85 mph 101.8 W/lb

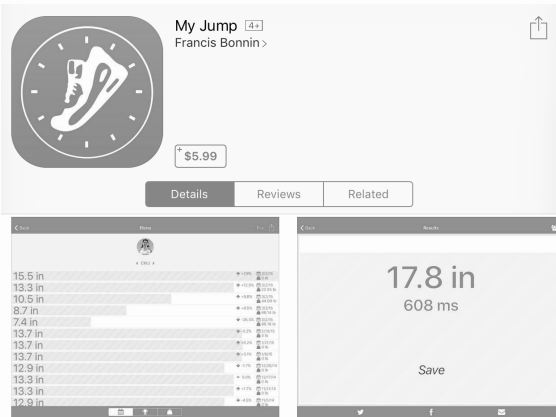
Updated
January 14, 2016

Description

*****Designed by sport scientists. Validation published on the prestigious Journal of Strength & Conditioning Research and Journal of Sports Sciences*****
Featured by Apple under 'Best New Apps' in 100+ countries
The only app which calculates the force-velocity profile using the groundbreaking Samozino's method... more

89

ICC = 0.997
when compared
to a force
platform



My Jump [4+]
Francis Bonnin >

\$5.99

Details Reviews Related

Time

15.5 in	13.3 in	10.5 in	8.7 in	7.4 in	13.7 in	13.7 in	12.9 in	13.3 in	13.3 in	12.9 in
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17.8 in
608 ms

Save

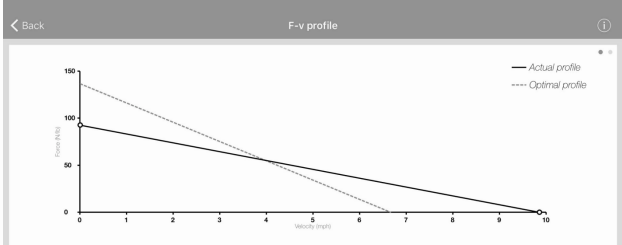
Description

*****Designed by sport scientists. Validation published on the prestigious Journal of Strength & Conditioning Research and Journal of Sports Sciences*****
 Featured by Apple under 'Best New Apps' in 100+ countries
 The only app which calculates the force-velocity profile using the groundbreaking Samozino's method...more

Balsalobre-Fernandez, Glaister & Lockey, 2015

90

< Back F-v profile ⓘ



Velocity profile
Force is to be developed

54%	92.5 N/lb	FD
9.85 mph	101.8 W/lb	Pmax

F-v imbalance vO

Calculates force-velocity profile

Includes "slowmo" video

Assesses multiple types of jumps:

- Countermov't
- Squat
- drop

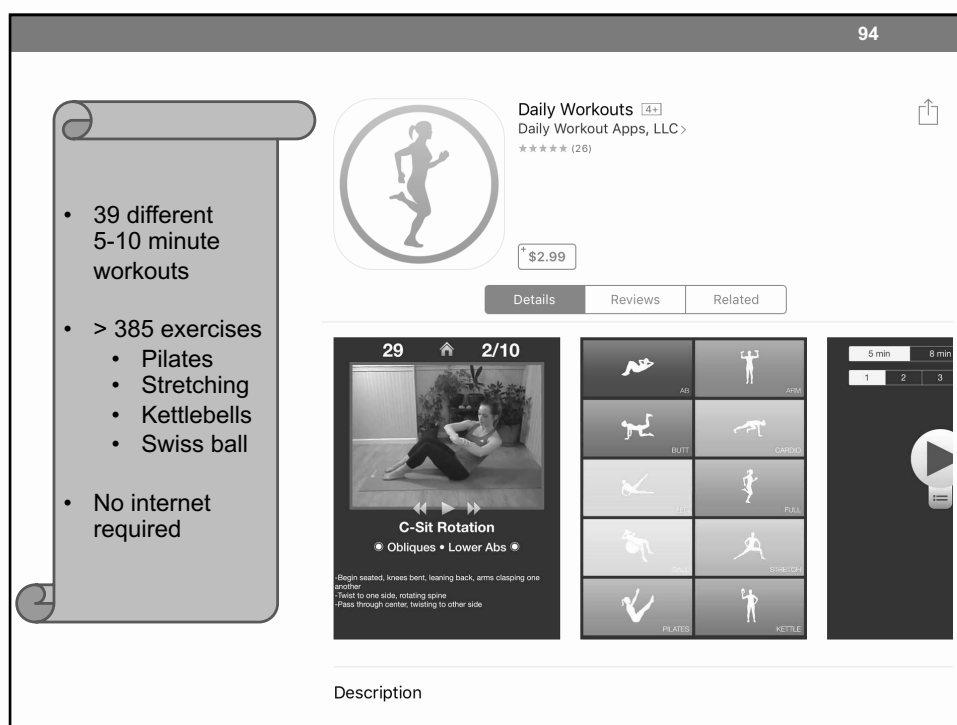
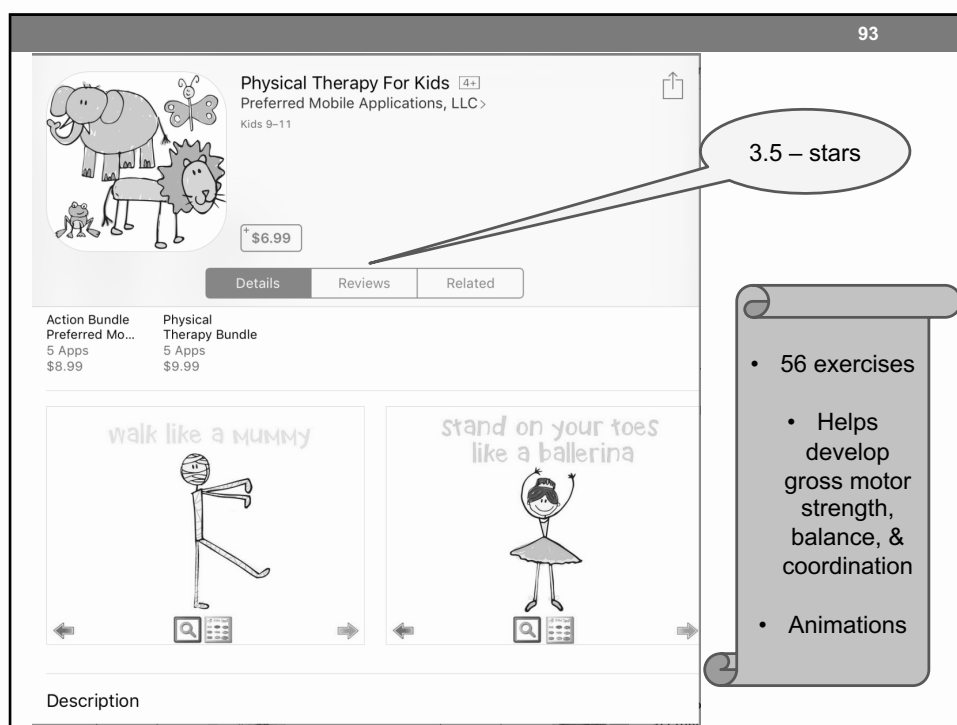
91

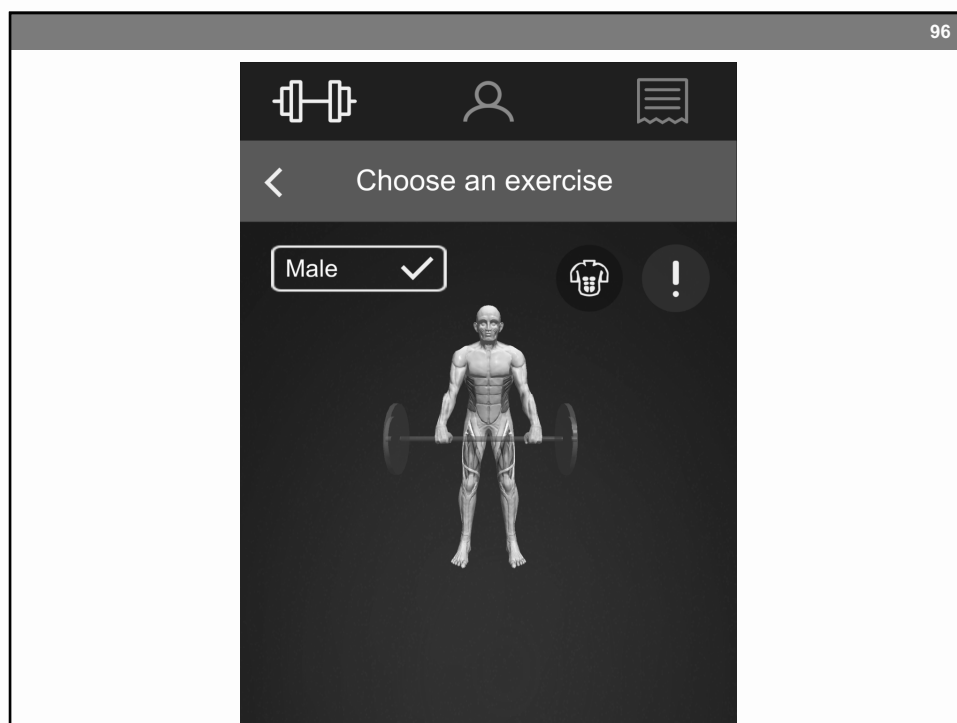
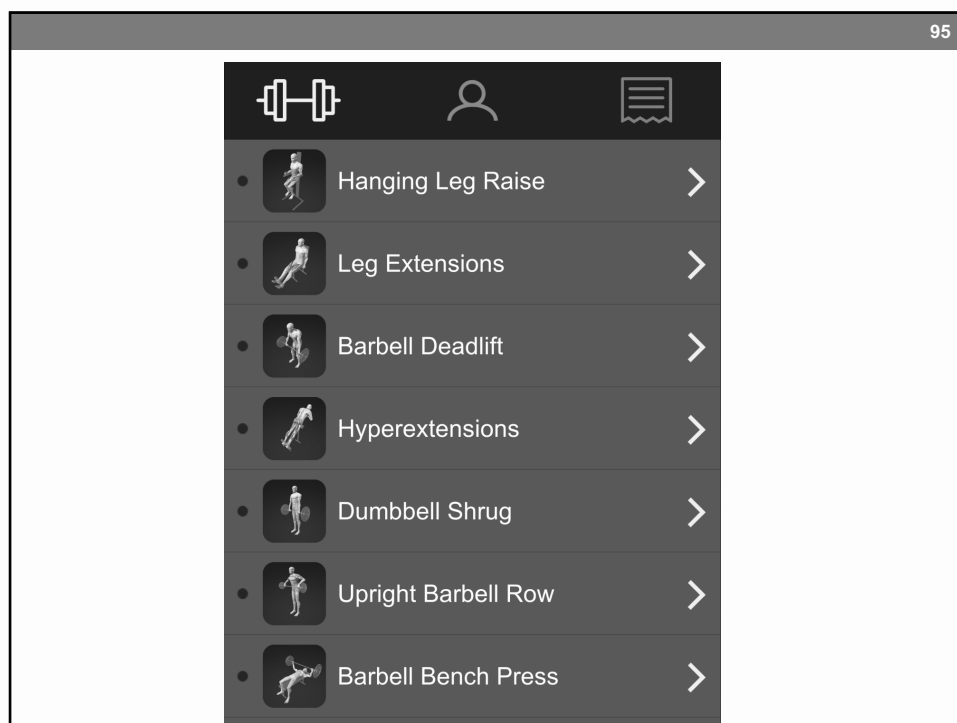
Patient Treatment & Education

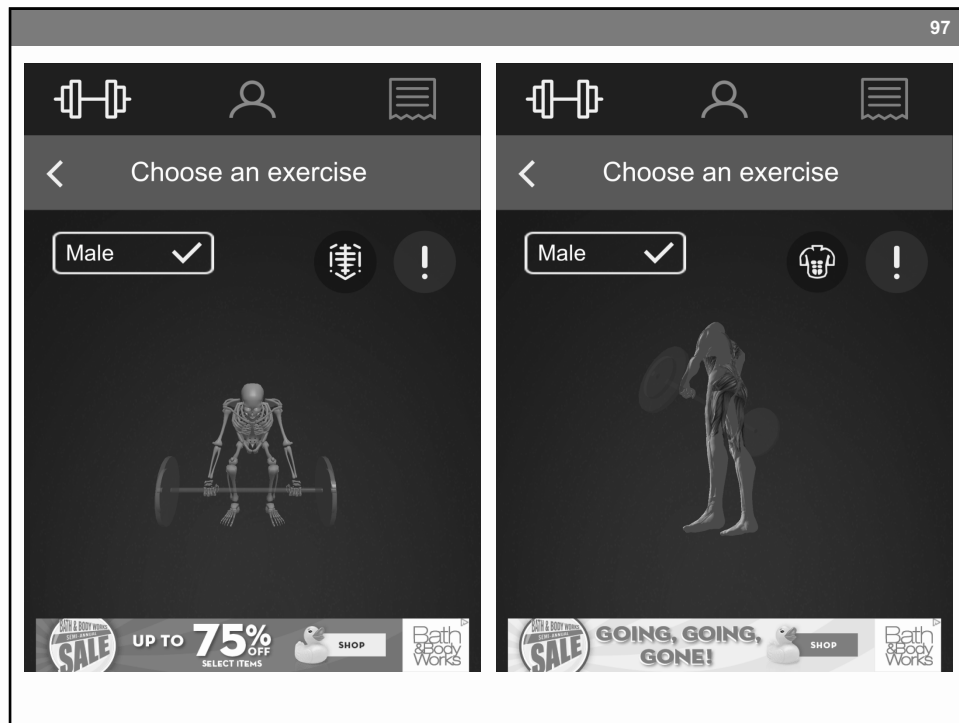


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Summary

- Determine your need
- Search the App Store or Google Play
- Read the description about the features, developer, & last update
- Read the reviews with a filter
- Email the developer with questions
- Post your objective review to help others

99

Final Thoughts

- Remember patient confidentiality
- Password your phone
- Think about hygiene

100