

BIO CLINICAL® **PLUX**
protocol quickguide

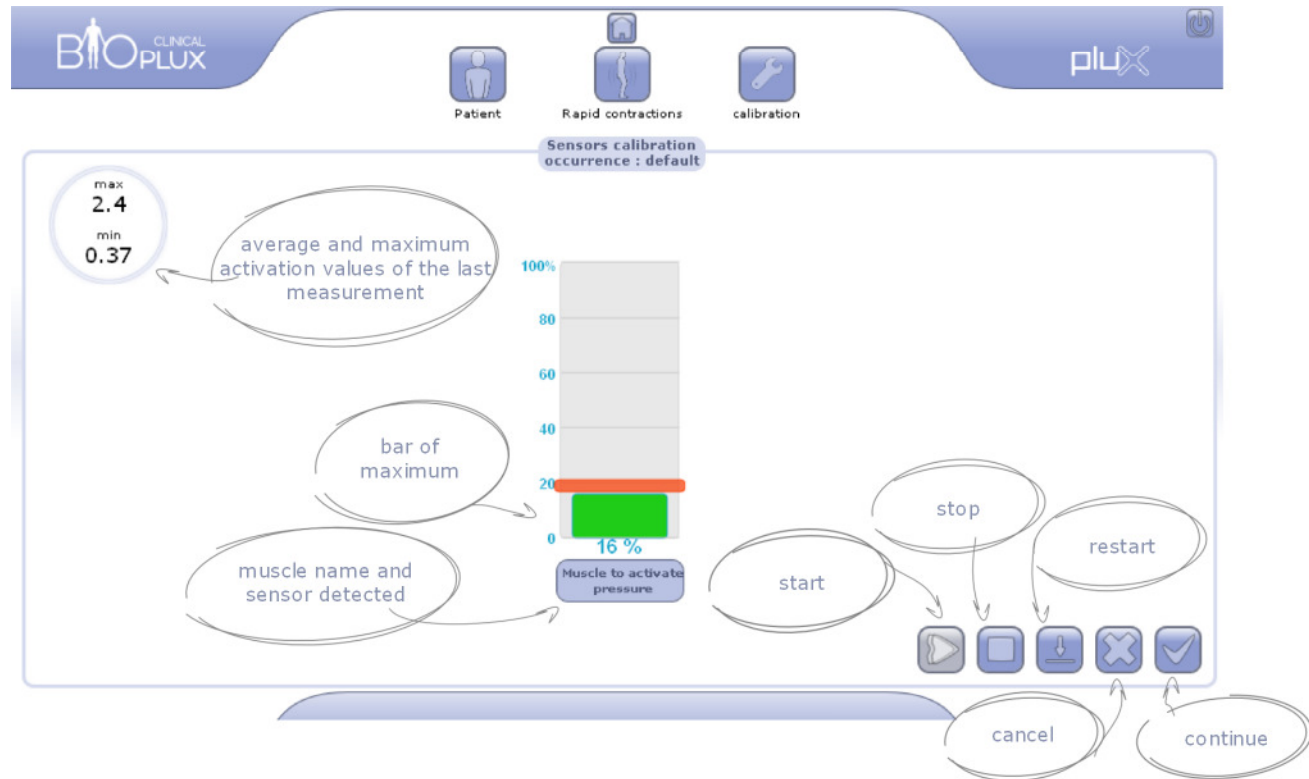
rapid contractions
protocol





Calibration

Press 'start' to initiate the calibration, ensuring that the patient is at rest. Ask him to make the maximum contraction of the muscles. Stop the calibration. Press 'continue'.





Step 1

Press 'options' to setup the exercise.

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Patient Rapid contractions Rapid Contractions

plux

Rapid Contractions Training
occurrence : default

result (s) result in seconds

maximum result in seconds max. result (s)

objective reached

No. of times the objective was achieved

exercise current settings

setup exercise

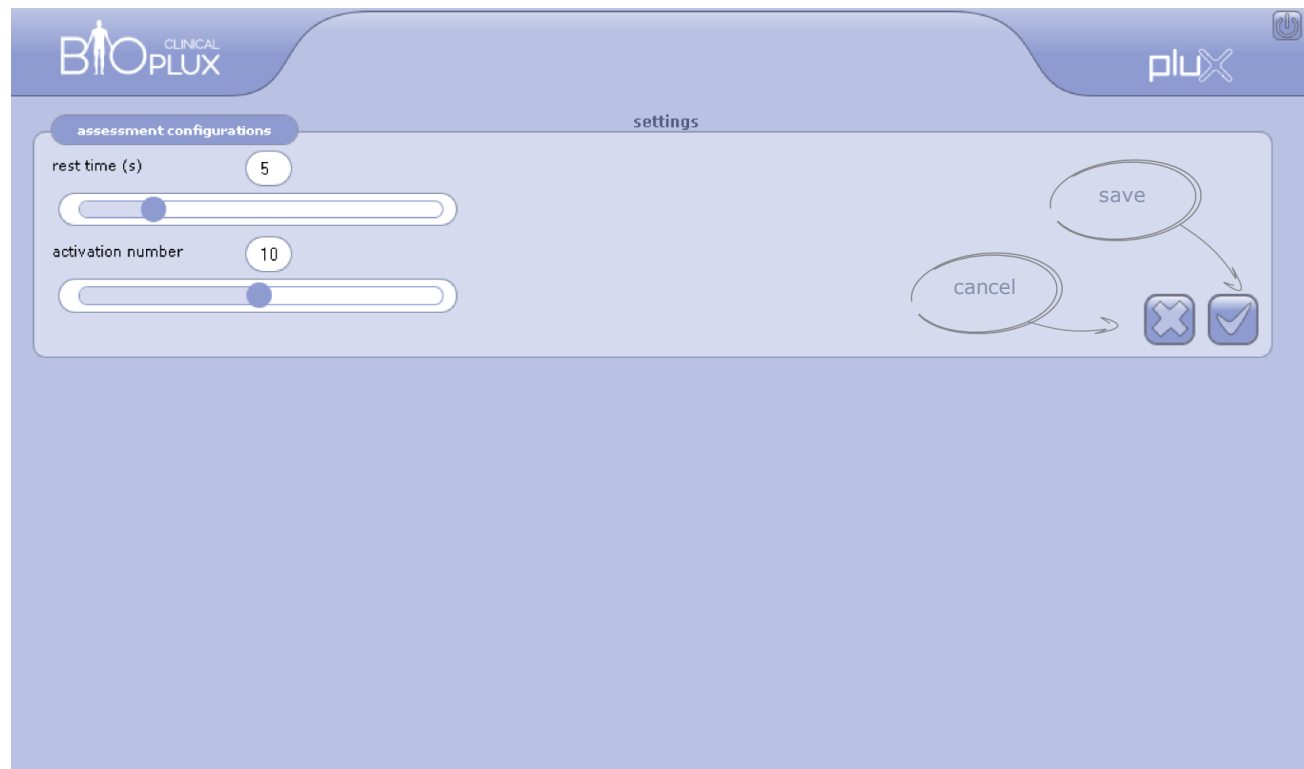
rest time (s) 5 activation time (s) 1 activations 10

▶ ◻ ✕ ✓



Step 2

Here, you can define: rest time (in seconds); and number of activations.





Step 3

Setting the objective by the horizontal threshold bar. When the blue ball is over it, the patient wins points, while the horizontal blocks pass the objective area.

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Patient Rapid Contractions Rapid Contractions

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Rapid Contractions Training
occurrence : default

1.00
result (s)

4
objective reached

76 %

1
max. result (s)

press the left mouse button
and move it vertically to
change the value of the
objective

rest time (s)	activation time (s)	activations
5	1	20



Step 4

Setting the objective time (in seconds) by the vertical threshold bar. The more is open, the greater the time that the patient will gain points, while the horizontal blocks pass the objective area.

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Patient Rapid contractions Rapid Contractions

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Rapid Contractions Training
occurrence : default

1.50
result (s)

10
objective reached

1.5 (s)

press the left mouse button and move it horizontally to increase or decrease the objective time (in seconds)

1.76
max. result (s)

rest time (s) 5 activation time (s) 1 activations 20



Step 5

Start the exercise. The objective is to make rapid contractions in order to keep the blue ball into the objective, set by the bars threshold.

When the horizontal blocks are in the area of objective, and if the ball is above the horizontal threshold bar, then the patient will gain points in seconds. The smaller the opening of the vertical threshold bars is, the greater the difficulty of the exercise.

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Patient Rapid contractions Rapid Contractions

Rapid Contractions Training
occurrence : default

1.00
result (s)

14
objective reached

1
max. result (s)

green means that the patient earned points, with the passage of this block

rest time (s) 5 activation time (s) 1 activations 20



Report

Here you can view and print the report of the Protocol. In this screen you have access to patient information, protocol, and also all the results obtained.

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report

about the evaluation

Patient

	ID 1	beginning of treatment 06/07/2010
	birthdate 05/07/1980	symptomatic side right
	occurrence default	

Contracções rápidas

	evaluations	session date 04-08-2010 15:06:24
		channels # 1 - Muscle to activate

results

calibration

	Muscle to activate
	maximum 2.22
	minimum 0.10

calibration results



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report

exercise settings

minimum
0.10

Rapid Contractions

rest time (s)	activation time (s)	activations	threshold (%)
5	1	20	48

time reached (s)

0	1	2	3	4	5	6	7	8
0.99	0.99	1.00	1.00	0.98	1.00	0.97	0.99	0.97
9	10	11	12	13	14	15	16	17
1.00	1.00	0.99	1.14	1.70	1.70	1.67	1.00	1.76
18	19	20						
1.50	1.50	1.50						

time achieved (in seconds)

22 times reached

1.76 max. time (s)

results

comments

Print, Print, Checkmark icons



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report

U	1	2	3	4	5	6	7	8
0.99	0.99	1.00	1.00	0.98	1.00	0.97	0.99	0.97
9	10	11	12	13	14	15	16	17
1.00	1.00	0.99	1.14	1.70	1.70	1.67	1.00	1.76
18	19	20						
1.50	1.50	1.50						

22 times reached **1.76** max. time (s)

comments

space for comments

name of the technician

technician

delete report print report conclude



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