

**BIO** CLINICAL®  
**PLUX**  
**protocol quickguide**

**dynamic stability**  
shoulder

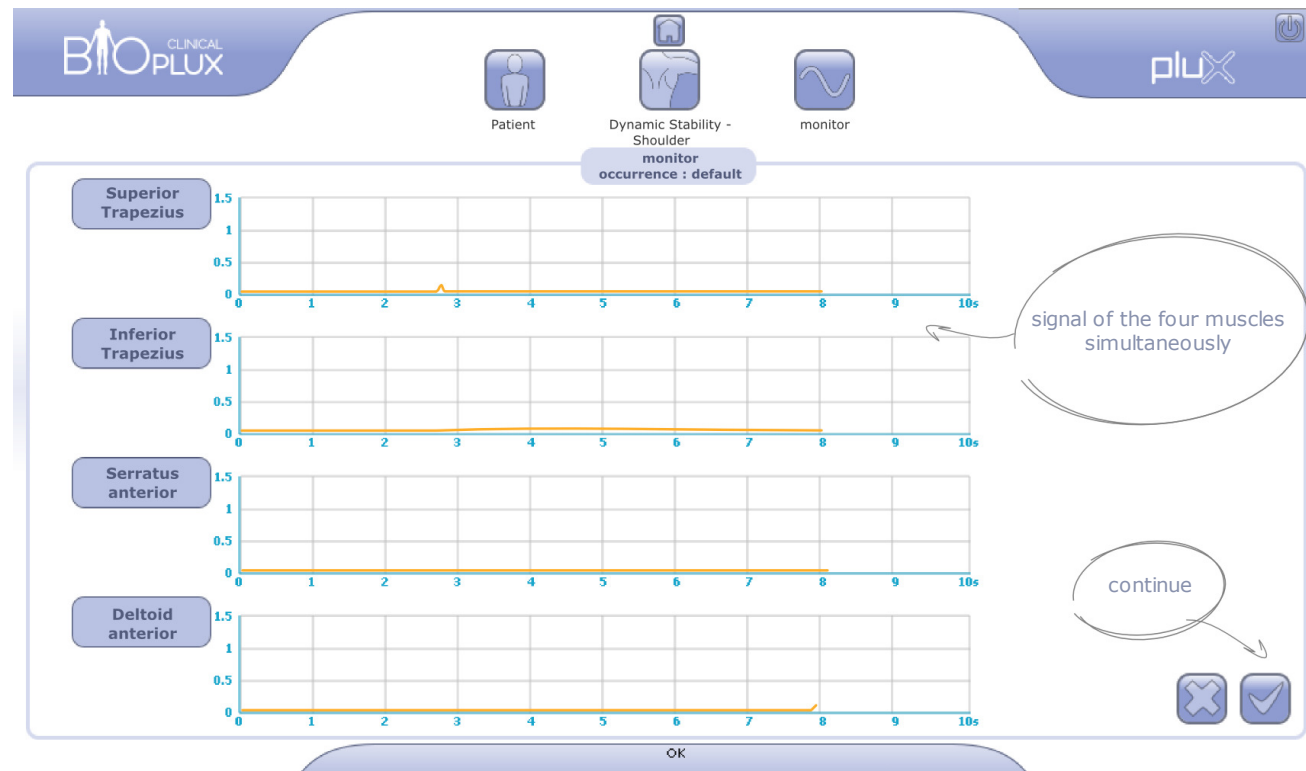




## Monitoring

You can view and assure the quality of the signals from the different muscles and, if necessary, correct the placement of the electrodes.

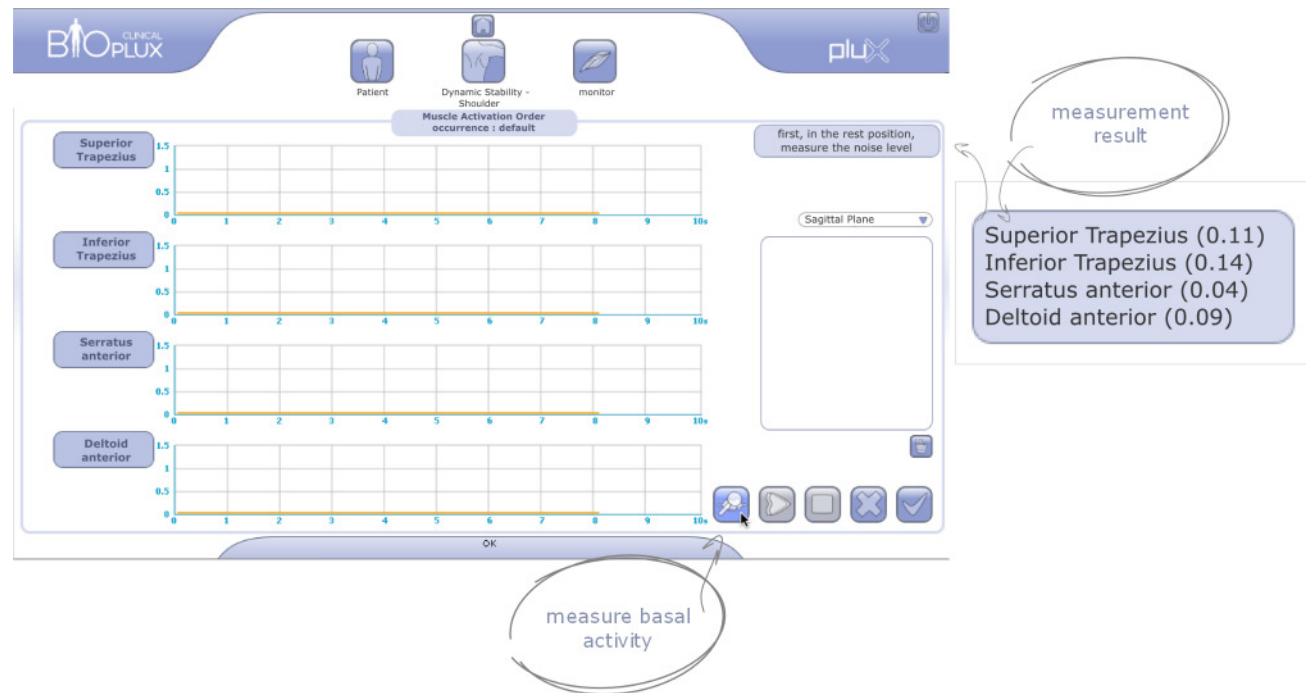
After monitoring the signals, you may proceed to the next step.





## Step 1

With the patient's muscles at rest, make the measurement of basal activity using the button available for that purpose. Wait 5 seconds and press again the same button, stopping the measurement.





## Step 2

Determination of the order of muscle activation. Press 'start', ensuring that the patient is at rest. Ask the patient to mobilize every muscle in the different planes. Stop the acquisition.

To change the plane for the movement, use the menu available for this purpose. Make a new measurement of the activation order for this plane. Continue to the next plane.

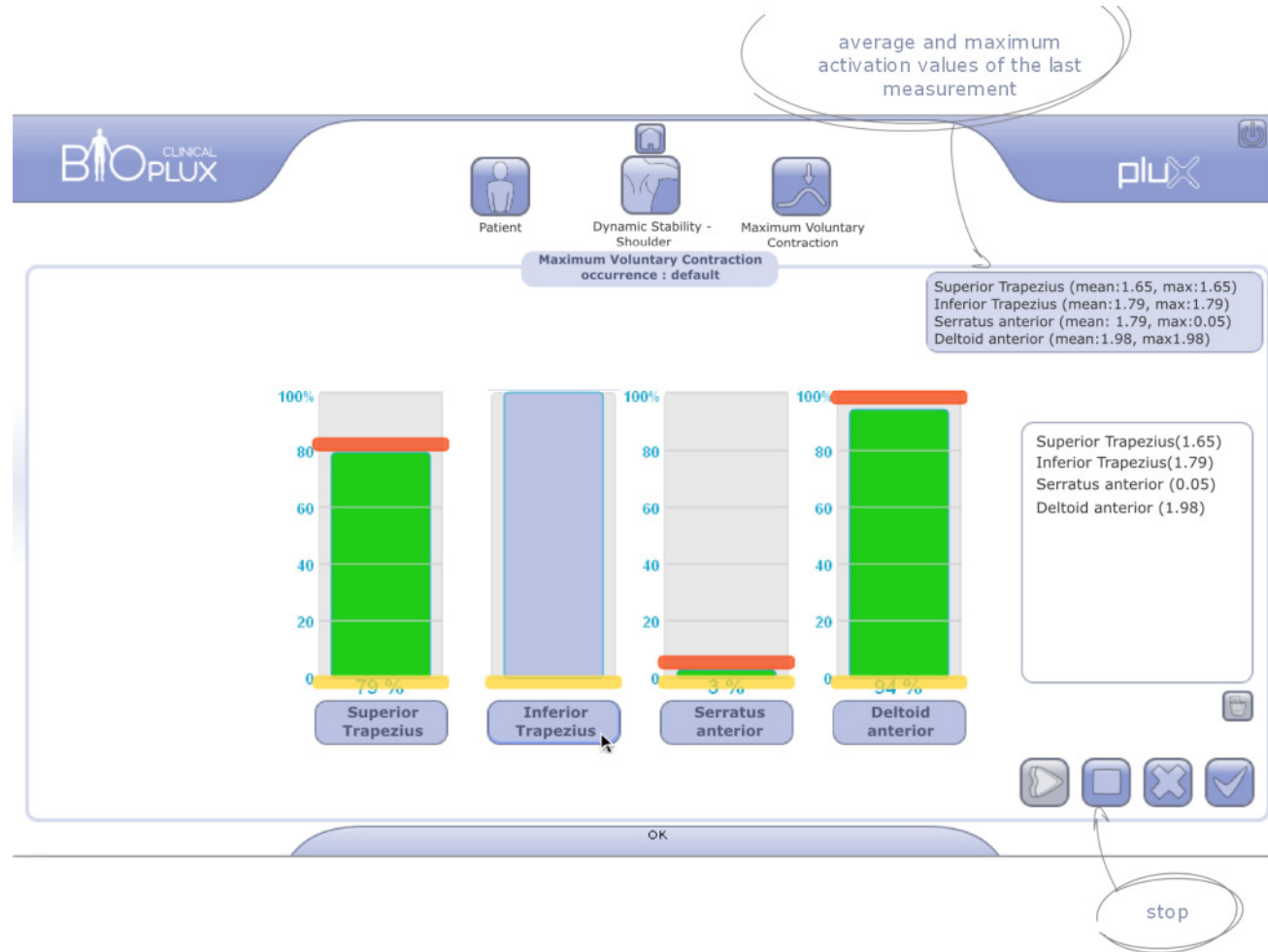
Finally, continue to the next screen.





### Step 3

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'.

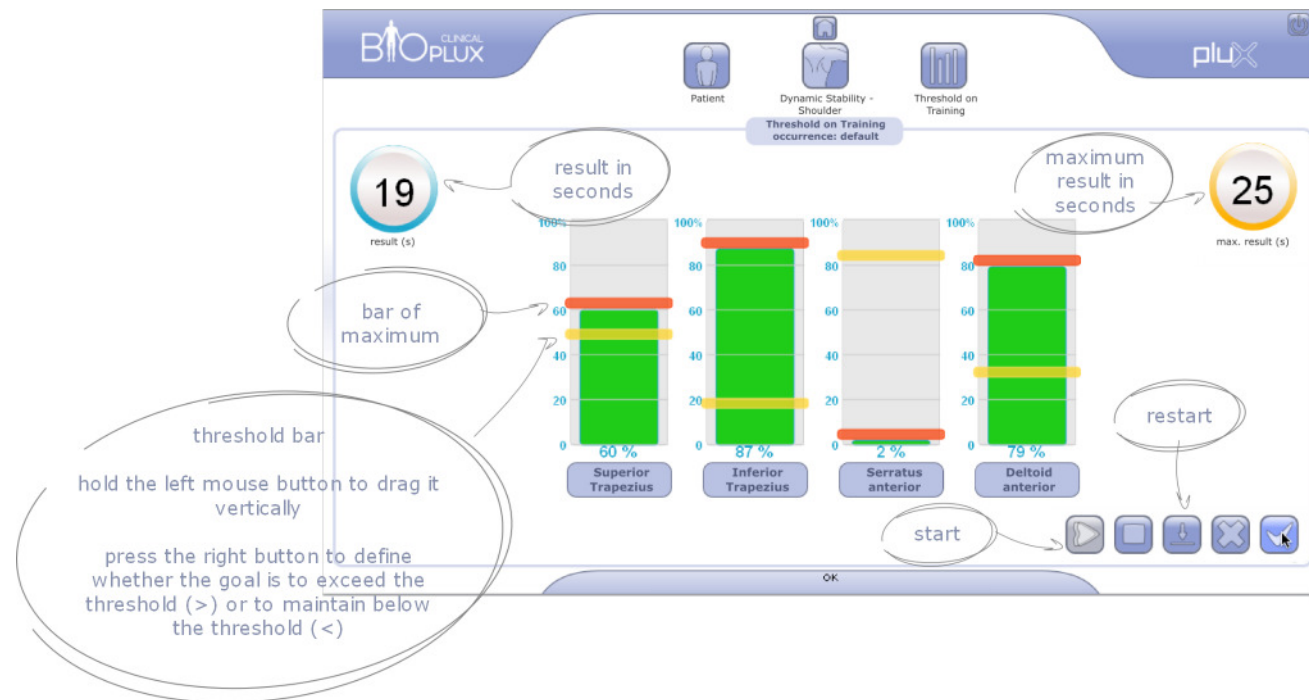




## Step 4

Start the exercise. You can disable one or more bars, simply clicking on its legend.

Results are obtained when the bars are above (or below as defined by the bar threshold).





## 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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information about the user

information about the protocol

report

**about the evaluation**

**Patient**

ID: 0  
 birthdate: 04/03/1980  
 occurrence: ocorrência

beginning of treatment: 15/03/2010  
 symptomatic side: none

**Dynamic Stability - Shoulder**

session date: 22-03-2010 11:45:51

evaluations: [leaf icon] [graph icon] [bar chart icon]

channels:  
 # 1 - Superior Trapezius  
 # 2 - Inferior Trapezius  
 # 3 - Serratus anterior  
 # 4 - Deltoid anterior

**results**

**Muscle Activation Order**

	Superior Trapezius	Inferior Trapezius	Serratus anterior	Deltoid anterior
<b>Sagittal Plane</b>	0	35	67	93
<b>Scapula Plane</b>	0	144	605	1167

activation order in different planes



report

**Frontal Plane**

Superior Trapezius	Inferior Trapezius	Serratus anterior	Deltoid anterior
0	85	356	674

**Maximum Voluntary Contraction**

Superior Trapezius	Inferior Trapezius	Serratus anterior	Deltoid anterior
maximum 2.49	maximum 1.79	maximum 1.55	maximum 1.99
mean 2.07	mean 1.79	mean 0.80	mean 1.98

**Thresholds on Training**

Superior Trapezius	Inferior Trapezius	Serratus anterior	Deltoid anterior
level > 50%	level > 20%	level > 85%	level < 34%



23  
max. time (s)

delete report



print report

conclude




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**report**

	level > 0%	level > 0%	level > 0%	level > 0%	 max. time (s)
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**comments**



space for comments

name of the technician

technician



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