

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

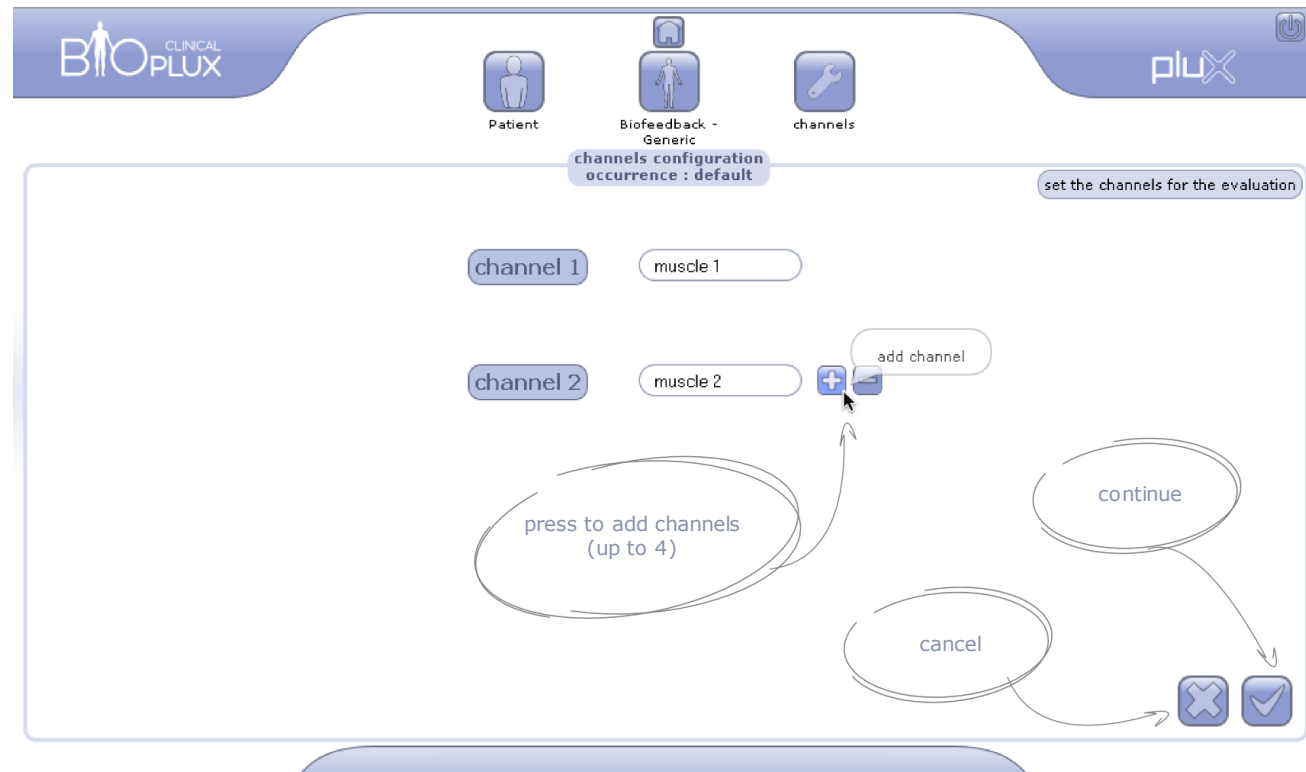
**biofeedback**  
generic





## Channels setup

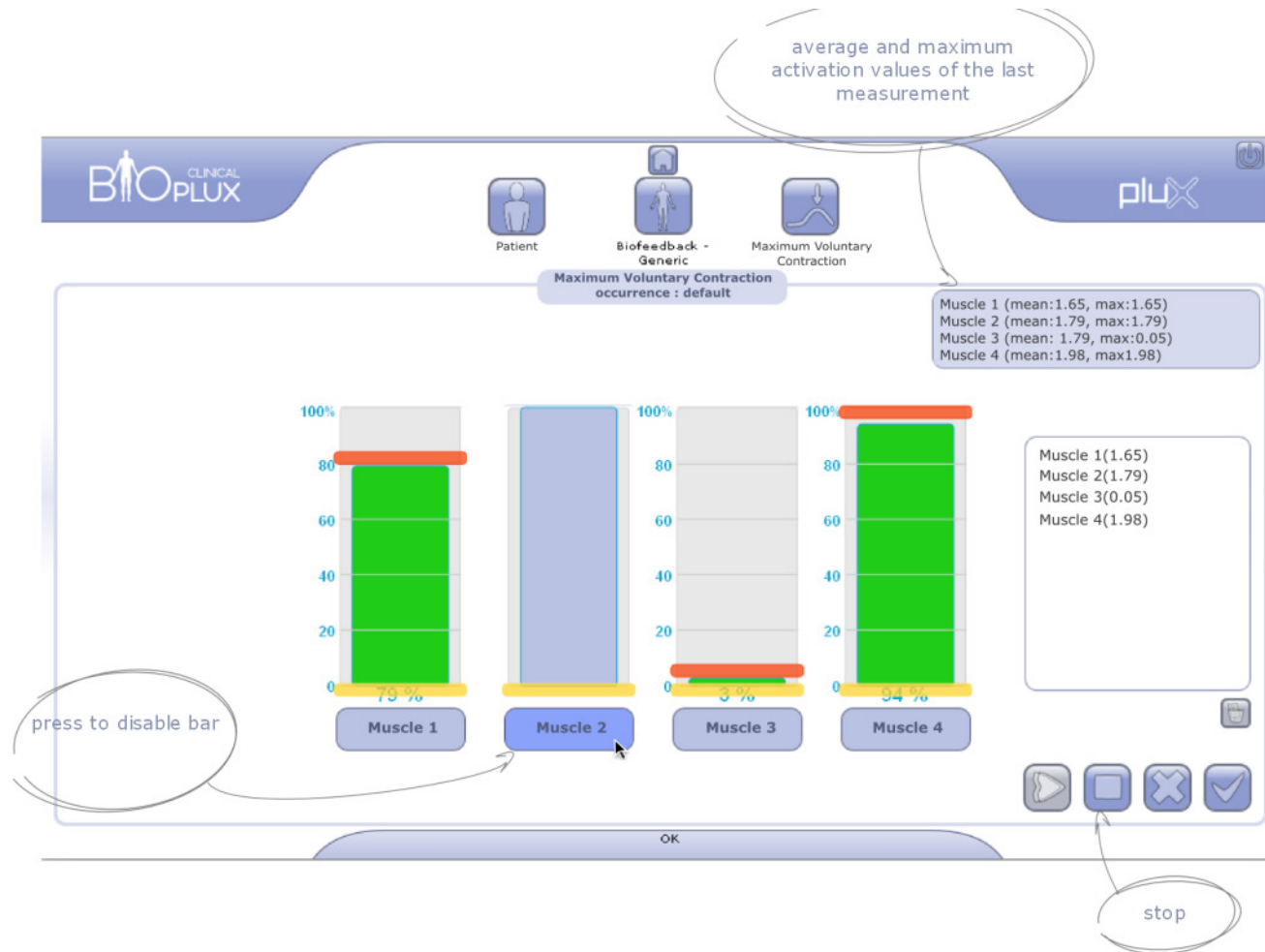
Choose the number of channels for monitoring and their names. When finished, press 'continue' to proceed to the next screen.





## 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

Start the exercise. The patient should keep the bars of every muscle above (or below, as set in the threshold bars). Keeping above means to promote activation, keeping below means to inhibit activation. You can disable one or more bars, simply clicking on its legend.

The screenshot displays the Biofeedback Clinical PLUX software interface. At the top, there are icons for 'Patient', 'Biofeedback - Generic', and 'Threshold on Training'. The main area shows four muscle activity bars labeled 'Muscle 1', 'Muscle 2', 'Muscle 3', and 'Muscle 4'. Each bar has a green bar representing current activity and a yellow horizontal line representing a threshold. Below each bar is a percentage: 60%, 87%, 2%, and 79% respectively. On the left, a circular timer shows '19 result (s)'. On the right, another circular timer shows '25 max. result (s)'. At the bottom, there are control buttons for 'stop', 'restart', and a set of navigation icons. A legend at the bottom explains how to adjust the threshold bars.

result in seconds

maximum result in seconds

result (s)

max. result (s)

bar of maximum

threshold bar

hold the left mouse button to drag it vertically

press the right button to define whether the goal is to exceed the threshold (>) or to maintain below the threshold (<)

restart

stop

OK

Muscle	Current Activity (%)	Threshold (%)
Muscle 1	60%	~55%
Muscle 2	87%	~20%
Muscle 3	2%	~10%
Muscle 4	79%	~35%



## 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.

**about the evaluation**

**Patient**

	<b>ID</b> 0	<b>beginning of treatment</b> 15/03/2010
	<b>birthdate</b> 04/03/1980	<b>symptomatic side</b> none
	<b>occurrence</b> default	

**Biofeedback - Generic**

	<b>evaluations</b> 	<b>session date</b> 22-03-2010 11:45:51
		<b>channels</b> # 1 - muscle 1 # 2 - muscle 2 # 3 - muscle 3 # 4 - muscle 4

**results**

**Maximum Voluntary Contraction**

	<b>muscle 1</b>	<b>muscle 2</b>	<b>muscle 3</b>	<b>muscle 4</b>
	<b>maximum</b> 2.5	<b>maximum</b> 2.5	<b>maximum</b> 2.5	<b>maximum</b> 2.5
	<b>mean</b> 2.07	<b>mean</b> 1.79	<b>mean</b> 0.80	<b>mean</b> 1.98



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**report**

**Thresholds on Training**

muscle 1 level	muscle 2 level	muscle 3 level	muscle 4 level
> 5%	> 8%	> 8%	> 10%

maximum time (in seconds) achieved: **23** max. time (s)

**comments**

space for comments

name of the technician:

Annotations: objective of the exercise, delete report, print report, conclude



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