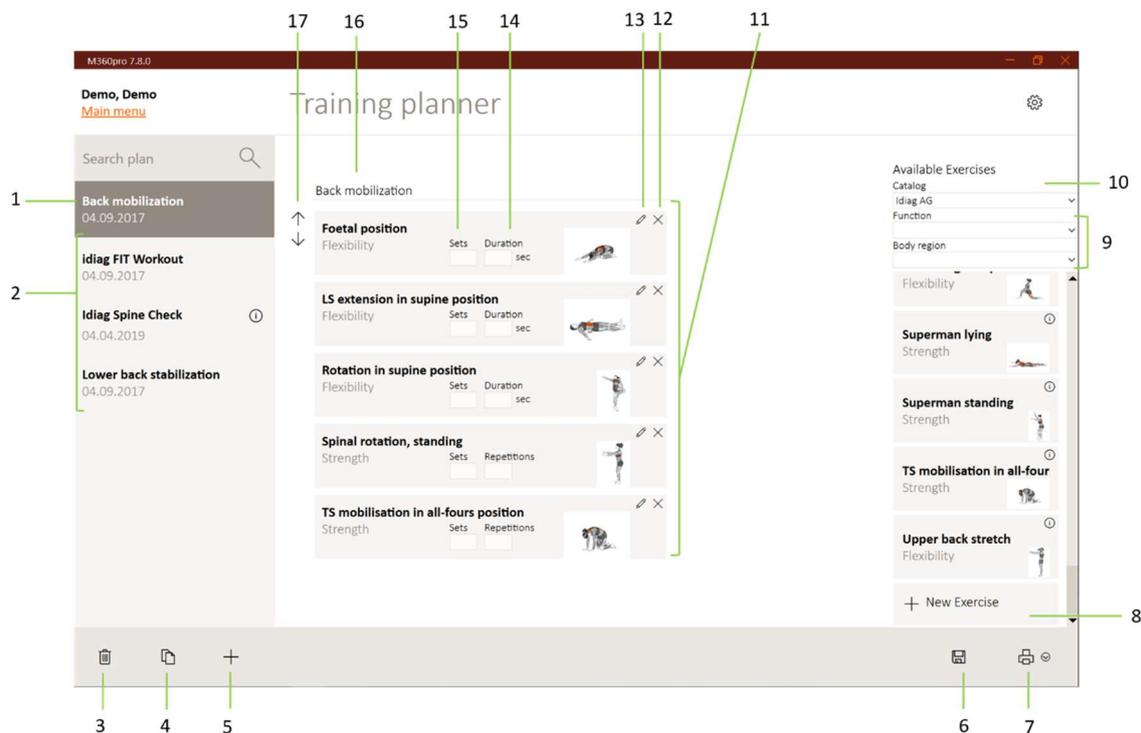


M360Proにはもともとトレーニングプランナーという機能があります。しかし、計測結果とは直接結びついておらず、トレーナーがトレーニングメニュー作成するための支援という位置づけでしかありません。

13 Training planner



- 1 Search field for plans (search by name of the plan and date of last change)
- 2 Select plan name (with date of last change)
- 3 Delete plan (select plan -> press Delete)
- 4 Copy plan
- 5 Create new plan
- 6 Save plan
- 7 **Report:** Output of selected plan as...
 - Word*
 - PDF*
 - print (standard printer configured in windows)
 - email (outlook required)
- 8 Create new custom exercise
- 9 Filter to filter exercises according to catalog, function and body region
- 10 Available exercises
- 11 Exercises contained in selected plan
- 12 Remove exercise
- 13 Edit exercise
- 14 Set repetitions/duration (saved per patient, while plans themselves are saved application wide)*
- 15 Set sets
- 16 Plan name (can be changed)
- 17 Move selected exercise up / down

The generated reports are automatically saved in the following location:
 <Documents>\M360pro\Profiles

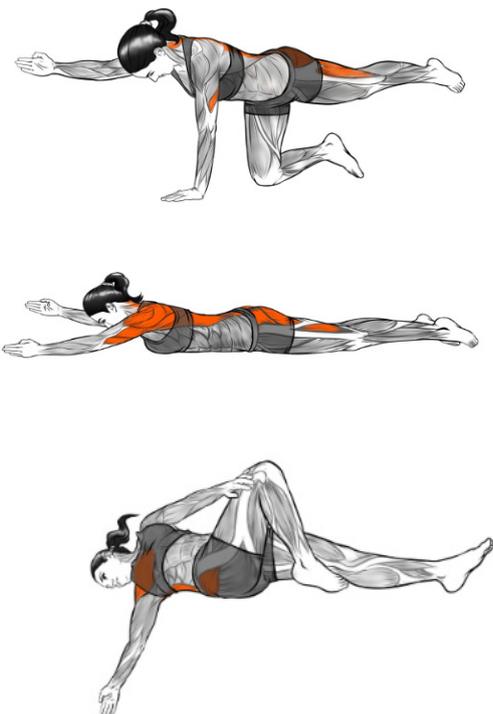
After Edit or New Exercise:

The screenshot shows a 'New Exercise' form with the following fields:

- ID: (empty)
- Name: New Exercise
- Function: None
- Catalog: (empty)
- Description: (empty)
- Body region: None
- Sets: (empty)
- Repetitions: (empty)
- Settings: (empty)

Three green vertical lines labeled 1, 2, and 3 point to the 'Sets', 'Repetitions', and 'Settings' fields respectively.

- 1 Only editable if the exercise is contained in a plan
- 2 Choose between Repetition and Duration. Only editable if the exercise is contained in a plan
- 3 Only editable if the exercise is contained in a plan



Automated training recommendations

Based on the results of the examination, the software generates a training plan to treat the detected abnormalities. The therapist can modify and customize this as desired.

The patient or client can understand the necessity and later the success of the prescribed or offered therapy or training measure. He recognizes the value for the investment of money, time and „sweat“, which leads to increased motivation.

Better information about the condition of the spine, risks, posture and muscular stability facilitates the selection of suitable measures to improve the condition.

Based on the results of the Idiag M360 analysis, the software can be used to compile detailed training plans. The effect of the training can be checked at any time with repeated analysis.

TRIMはTraining Recommendationsの略で、測定結果に応じた推奨トレーニングメニューを表示します。ただし、この機能はスパインチェックモードで測定した場合にしか表示されません。スパインチェック自体は以前からある機能で、ウエイトを保持した後の脊椎の復元性を見るテストです。この機能は有償で追加されるオプション機能ですが、購入後に追加する事もできます。

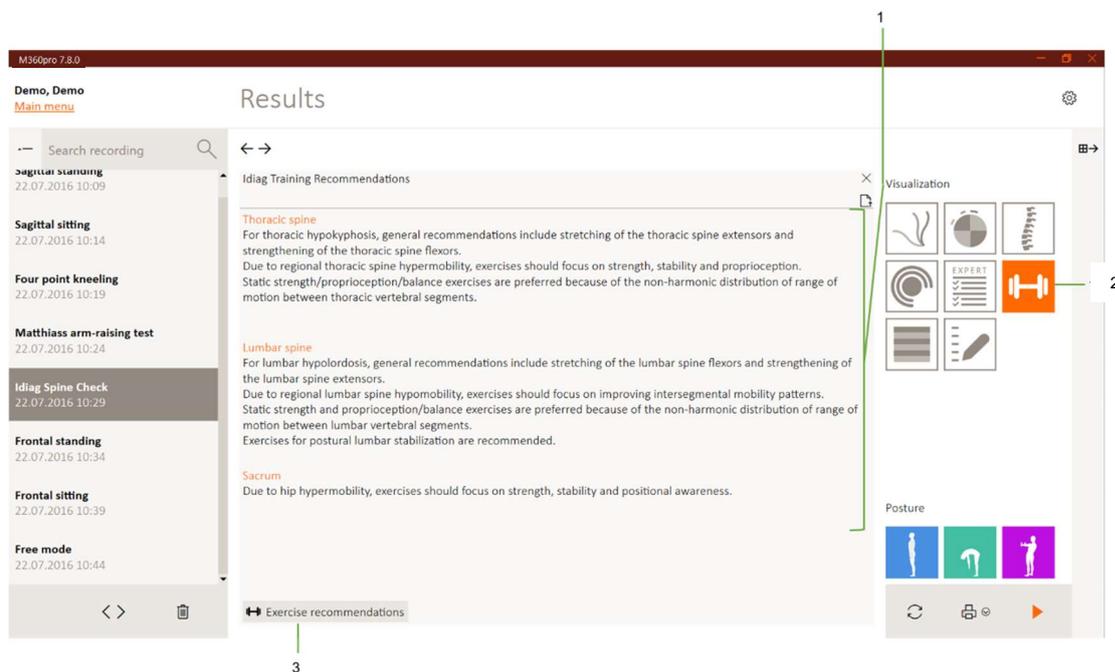
14 Training Recommendations

The Iddiag Training recommendations provide automatic training and exercise recommendations based on the Iddiag Spine Check recording. This is an add-on module which can be acquired separately.



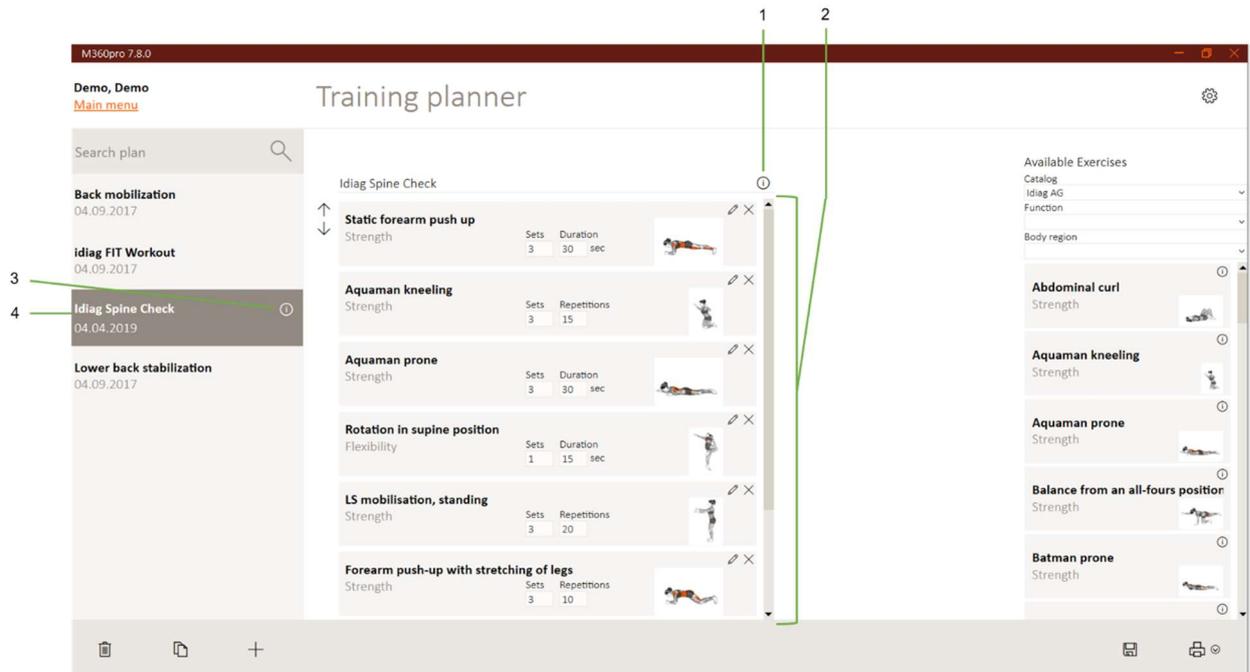
Training recommendations are only suggestions, it is the responsibility of the user to assess the suitability of the exercise.

14.1 Results



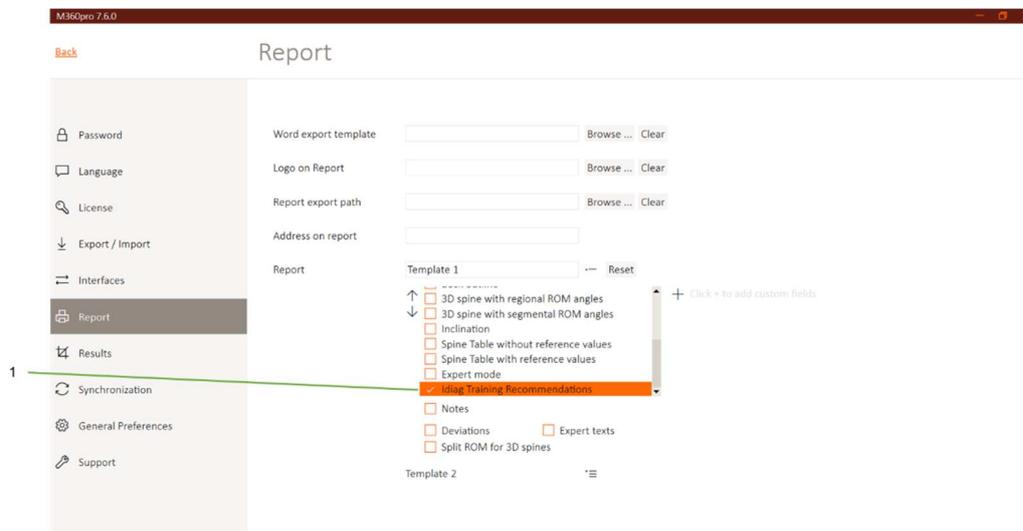
- 1 Iddiag Training Recommendations based on the selected Iddiag Spine Check.
- 2 Icon to select Iddiag Training Recommendations (if the module is not activated please follow the instruction in the pop up window).
- 3 Generate the training plan based on the Iddiag Spine Check. The Training planner will open automatically.

14.2 Training planner



- 1 Pop-up window with the Idiag Training Recommendations
- 2 Assessment specific recommended exercises
- 3 Information about assessment on which the Idiag Training Recommendations are based on
- 4 Patient specific training plan

14.3 Report/Presentation Settings



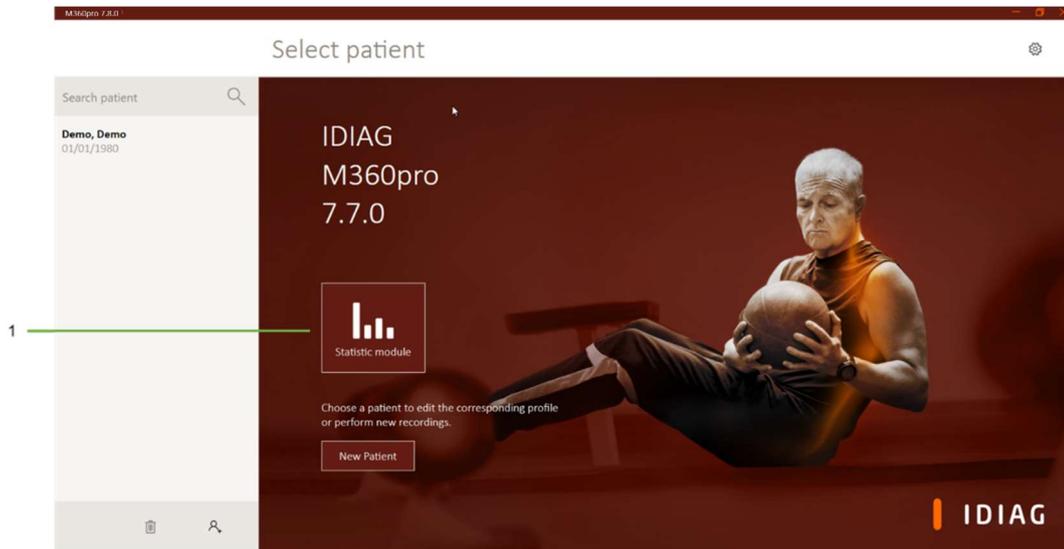
- 1 Choose whether to include the Idiag Training Recommendations in the report

In the Results settings choose whether to include the Idiag Training Recommendations in the presentation.

Statistic Moduleはマイクロソフト社のBIツール「Power BI」と測定データを連携する機能です。BIツールはBusiness Intelligenceの略で、データの分析・可視化などの機能を持ちます。具体的な応用例についてIdiag社の提供する情報はまだ寡少です。この機能は有償で追加されるオプション機能ですが、購入後に追加する事もできます。

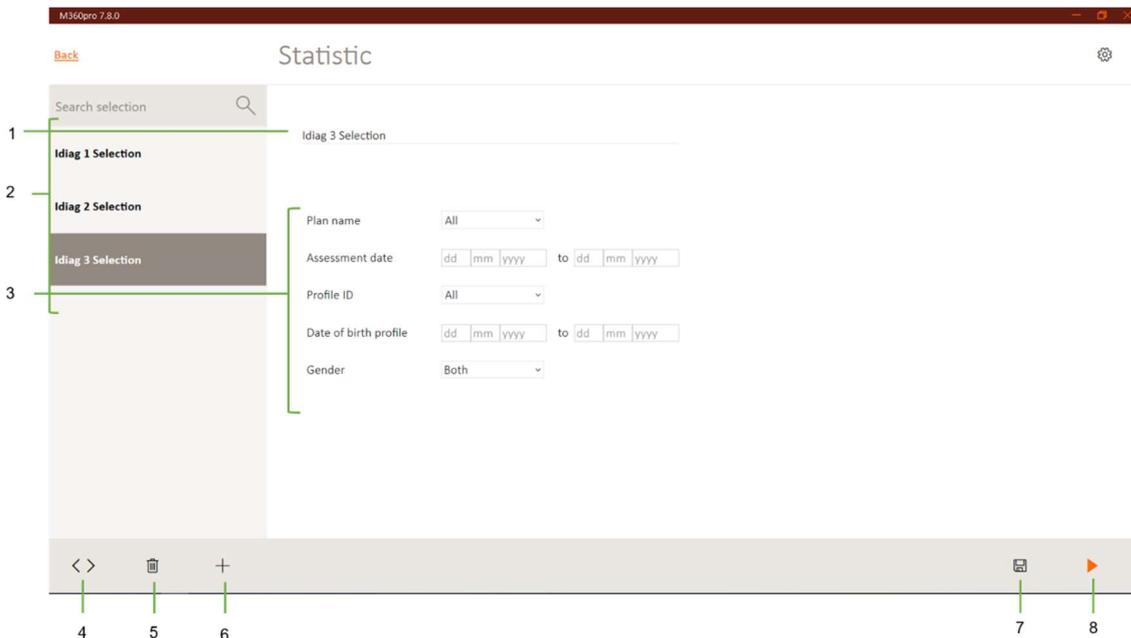
15 Statistic Module

The statistic module provides statistical evaluations for the Idiag Spine Check recordings. This is an add-on module which can be acquired separately.



15.1 Patients selection

- 1 To enter the Statistic module click on the button (if the button is not activated follow the instruction in the pop-up window)

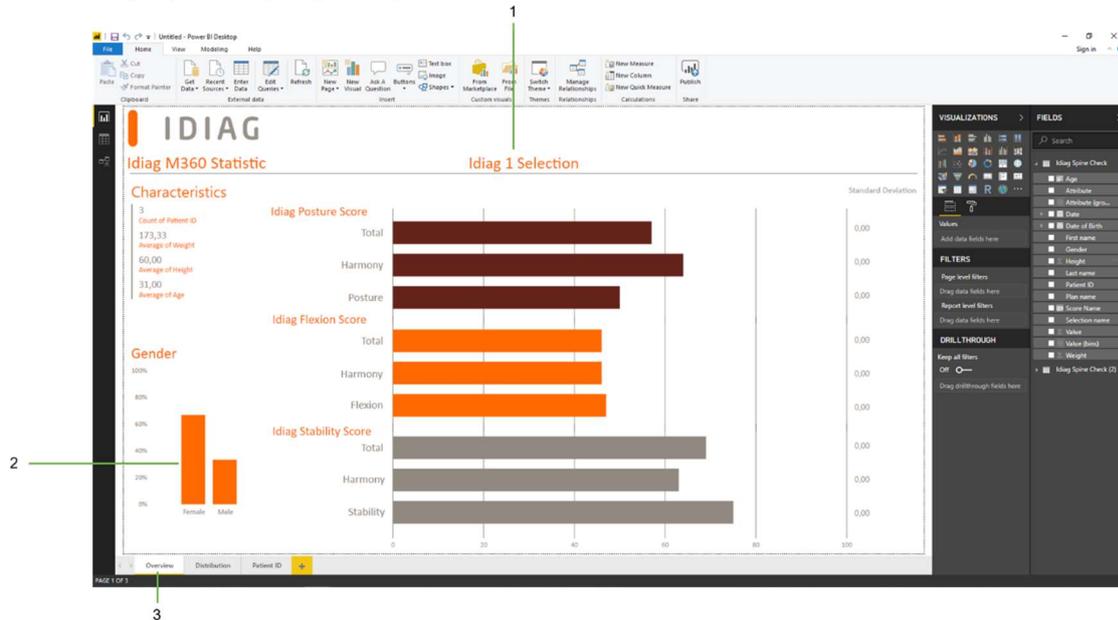


- 1 Enter the selection name
- 2 List of all selections
- 3 Selection of recordings for the statistical evaluation
- 4 Compare up to three selections
- 5 Delete selection
- 6 Add new selection

- 7 Save selection
- 8 Evaluate the selection with Microsoft Power BI (Power BI open automatically if Power BI is installed, if not follow the instruction in the pop-up window)

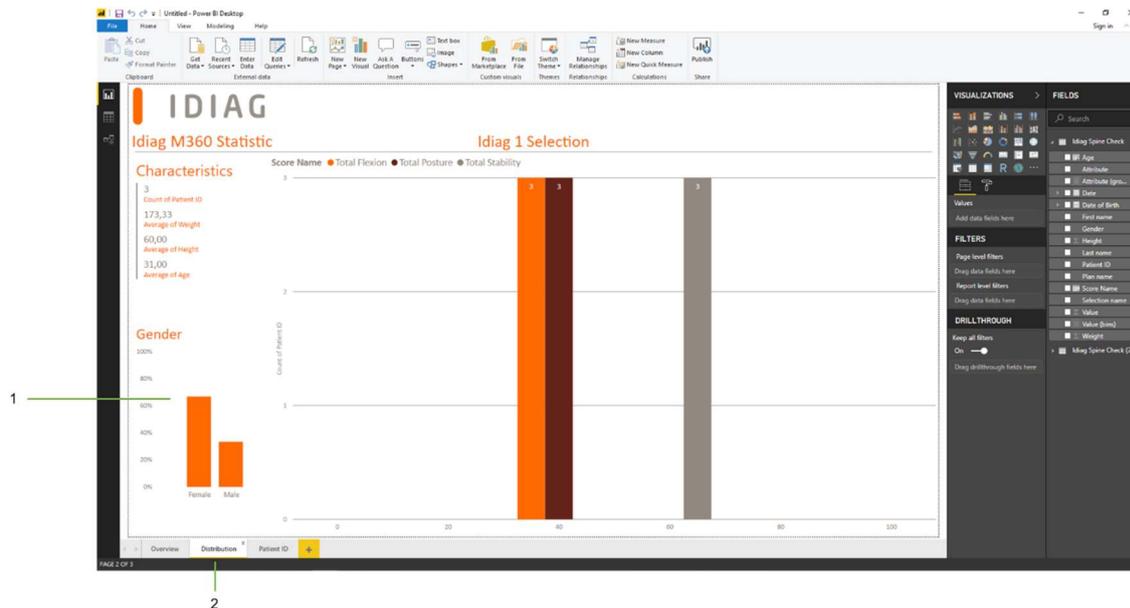
15.2 Statistical Analysis with Microsoft Power BI

15.2.1 Single patient group Analysis



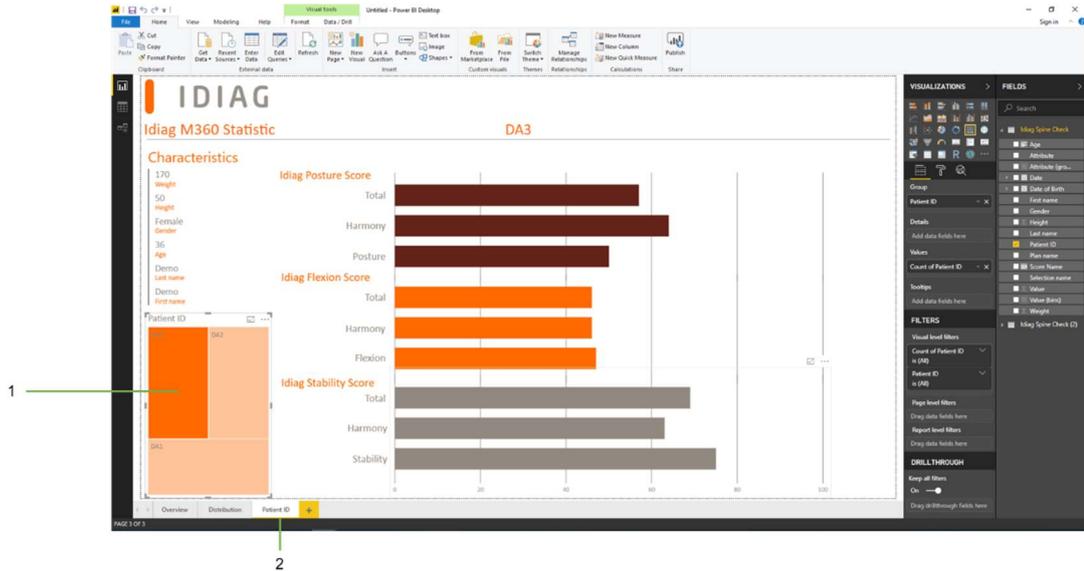
Overview of the patient group

- 1 Selection name
- 2 Click on the female or male bar to illustrate only female or male
- 3 Overview tab is open



Distribution of the Idiag Spine Score (how many patients are in the following score groups 0-20, 20-40, 40-60, 60-80, 80-100)

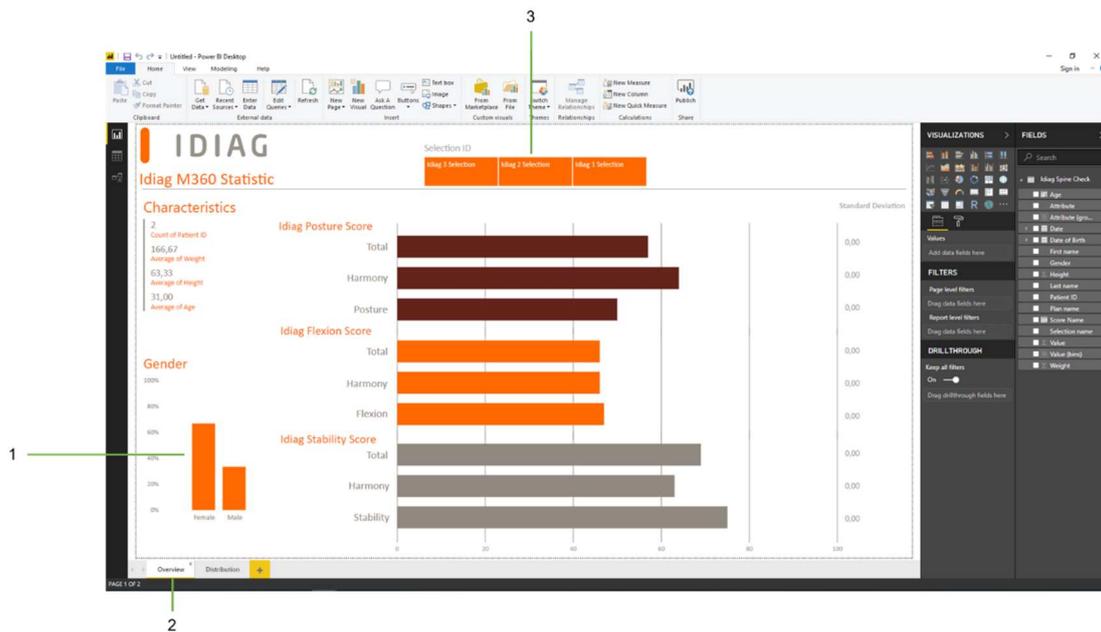
- 1 Click on the female or male bar to illustrate only female or male
- 2 Distribution tab is open



Patient specific visualization

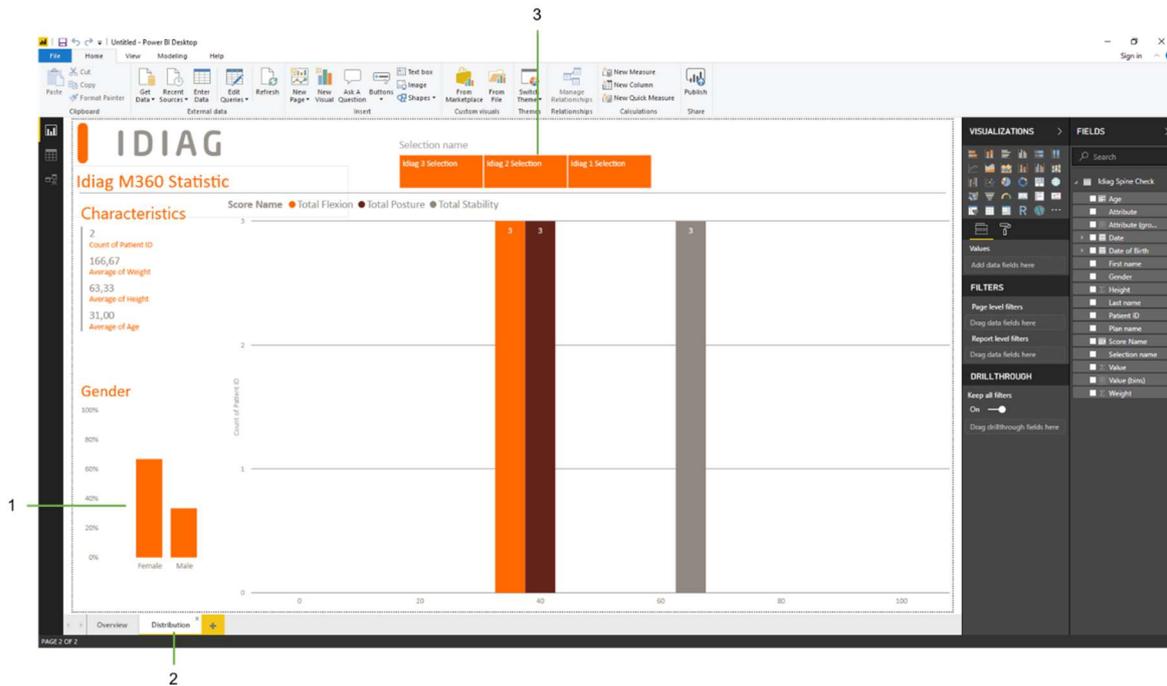
- 1 Click on the patient ID to illustrate only this patient compared to the group average
- 2 Distribution tab is open

15.2.2 Comparison patient group Analysis



Overview of the comparison of different patient group

- 1 Click on the female or male bar to illustrate only female or male
- 2 Overview tab is open
- 3 Click on the selection to compare this selection to the average of all selections



Distribution of the Idiag Spine Score (how many patients are in the following score groups 0-20, 20-40, 40-60, 80-100)

- 1 Click on the female or male bar to illustrate only female or male
- 2 Distribution tab is open
- 3 Click on the selection to compare this selection to the average of all selections