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

		17 16 15 14 13 12 11	
	M360pro 7.8.0		- a ×
	Demo, Demo <u>Main menu</u>	Training planner	*
	Search plan Q		Available Exercises 10
1	Back mobilization 04.09.2017		Idiag AG ~
	idiag FIT Workout	Foetal position Flexibility Sets Duration	Body region 9
2	04.05.2017	LS extension in supine position	Flexibility
	Idiag Spine Check () 04.04.2019	Flexibility Sets Duration	Superman lying Strength
	Lower back stabilization 04.09.2017	Rotation in supine position Flexibility Sets Duration	© Superman standing
		Spinal rotation, standing	Strength
		Strength Jes Repetitions	TS mobilisation in all-four
		TS mobilisation in all-fours position	
		Strength Sets Repetitions	Upper back stretch Flexibility
			+ New Exercise 8
	ı́n ∩ +		
	3 4 5		6 7

- 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:

ID:	Name: New Exe	rcise			×
Function: None	2	~	Catalog:		v
Click here to	add an image	Description:			
Click here to	add an image				
Body region:					
None	~				
Sets:		Repetitions ~ :		Settings:	

- 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 Idiag Training recommendations provide automatic training and exercise recommendations based on the Idiag 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.

1

14.1 Results

M000			- a ×
W Soupro 7.6.0			8 4
Main menu	Results		\$
Search recording Q	\leftrightarrow		⊞→
Sagittai stanoing 22.07.2016 10:09	Idiag Training Recommendations	Visualization	
Sagittal sitting 22.07.2016 10:14 Four point kneeling 22.07.2016 10:19	Thoracic spine For thoracic hypokyphosis, general recommendations include stretching of the thoracic spine extensors and strengthening of the thoracic spine flexors. Due to regional thoracic spine hypermobility, exercises should focus on strength, stability and proprioception. Static strength/proprioception/balance exercises are preferred because of the non-harmonic distribution of range of motion between thoracic vertebral segments.		
Matthiass arm-raising test 22.07.2016 10:24	Lumbar spine For lumbar hypolordosis, general recommendations include stretching of the lumbar spine flexors and strengthening of		
Idiag Spine Check 22.07.2016 10:29	the lumbar spine extensors. Due to regional lumbar spine hypomobility, exercises should focus on improving intersegmental mobility patterns. Static strength and proprioception/balance exercises are preferred because of the non-harmonic distribution of range of		
Frontal standing 22.07.2016 10:34	motion between lumbar vertebral segments. Exercises for postural lumbar stabilization are recommended.		
Frontal sitting 22.07.2016 10:39	Sacrum Due to hip hypermobility, exercises should focus on strength, stability and positional awareness.	Posture	
Free mode 22.07.2016 10:44		171	
<> 🗊	Exercise recommendations	3 8 0	
	3		

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

14.2 Training planner

Demo, Demo <u>Main menu</u>	Training plan	iner		
Search plan C	Lidiag Spine Check		0	Available Exercises Catalog
Back mobilization 04.09.2017	↑ Static forearm push up Strength	Sets Duration 3 30 sec		Idiag AG Function Body region
Idiag Fil Workout 04.09.2017 Idiag Spine Check	Aquaman kneeling Strength	Sets Repetitions 3 15		Abdominal curl Strength
ower back stabilization 4.09.2017	Aquaman prone Strength	Sets Duration 3 30 sec	0 ×	Aquaman kneeling Strength
	Rotation in supine positi Flexibility	Sets Duration 1 15 sec	e×	Aquaman prone Strength
	LS mobilisation, standin Strength	Sets Repetitions 3 20	e×.	Balance from an all-fours p Strength
	Forearm push-up with s Strength	stretching of legs Sets Repetitions	0 ×	Batman prone Strength

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

14.3 Report/Presentation Settings

Password Language License Export / Import Interfaces Report Results Synchronization General Preferences Support	Word export template Logo on Report Report export path Address on report Report	Template 1 30 spine with regional ROM a 30 spine with segmental ROM Inclination Spine Table without reference va Expert mode Videa Training Recomminds Notes Deviations Exp Spilt ROM for 3D spines Template 2	Browse Browse Browse Reset ngles angles values ues ert texts 	Clear Clear Clear + Cleck + to add custom fields

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

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 addon 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)

	M360pro 7.8.0			
	Back	Statistic		8
-	Search selection Q	Idiag 3 Selection		
-	Idiag 2 Selection	Plan name All ~		
	Idiag 3 Selection	Assessment date dd mm yyyy to dd mm yyyy		
3 -		Profile ID All ~		
		Date of birth profile dd mm yyyyy to dd mm yyyyy		
		Gender Both ~		
	<> 🗊 +			•
				-
	4 5 6		7	8
1	Enter the selection	on name		
2	List of all selection	ins		
3	Selection of reco	rdings for the statistical evaluation		
4	Compare up to th	iree 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 2 3 Click on the female or male bar to illustrate only female or male
- Distribution tab is open
- Click on the selection to compare this selection to the average of all selections