



## Indiana University Health

NeuroRehabilitation and Robotics

IU Health Neuroscience Center

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Indianapolis, IN 46202

(O) 317-963-7050 (F) 317-963-7055 [www.iuhealth.org](http://www.iuhealth.org)

Patient's Name: \_\_\_\_\_ Appointment Date & Time: \_\_\_\_\_

### Instructions for Motion Analysis

- Please bring/wear form-fitting clothing and/or shorts. This might include a sports bra and running shorts for a woman, compression shirt and shorts for males, or spandex clothing.
- Please try to avoid wearing clothing that has reflective material in logos. Please no long basketball shorts
- Please bring any braces/orthotics and shoes typically worn during training activities. Also, bring additional shoes (cleats etc) worn during actual play to be reviewed for wear patterns and proper fit.
- Please bring completed forms regarding training and health/surgical history
- Please avoid wearing any lotion/oil/cream on your skin prior to coming in
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### What to expect the day of testing...

- You will need to wear as little clothing as possible while still being comfortable. The clothing that you wear must be as form-fitting as possible. This will prevent interference with the reflectors. Ideally markers will be placed on skin as much as possible
- Measurements of anatomical landmarks will be taken and small reflective markers will be placed on the body in various locations. Electromyography (EMG) sensors may also be placed on various muscles of the lower extremity. This may require using a razor to shave small areas to get a clean contact site if there is excessive hair (males). This process will take approximately 30-45 minutes.
- The reflectors and EMG Sensors are attached with double-sided tape and will need to be removed after the analysis. They may leave small red marks on your skin, similar to removing a band-aid.
- You will be asked to walk across the room several times, run on a treadmill for ~10 minutes, perform activities/tasks specific to your sport, and/or perform functional movement assessments to capture your movement with the 3D cameras.
- The entire process may take between 1-3 hours depending on the number of activities recorded.
- Please watch our [informational video](#) prior to coming in to become familiar with the process.

For more information please contact DeAngela or Jeff at 317-963-7050 or visit the with any questions or concerns regarding your motion analysis.