



...The Total Solution in Motion Capture

***The MotionMonitor* Newsletter, Spring 2021**

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[New Blog Posted!](#)



WHY AND HOW TO APPLY TO YOUR ATHLETES

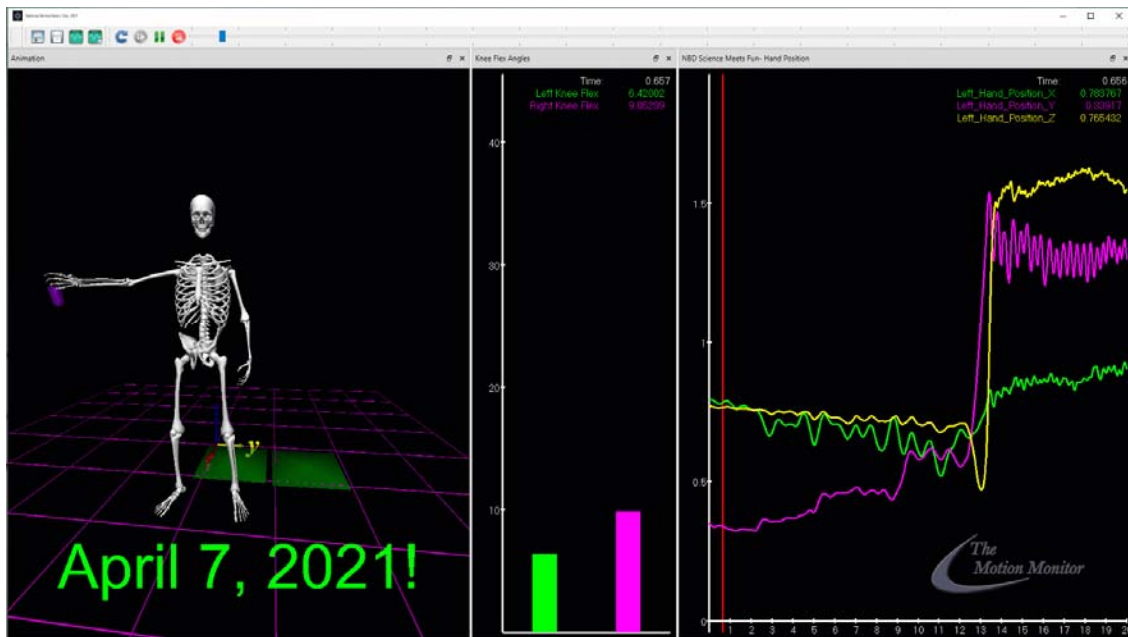
# WHAT TECHNOLOGY DO I START WITH FOR MY PLAYER PERFORMANCE PROGRAM? FORCE PLATES!

Trainers, coaches and teams/institutions are becoming increasingly aware of the importance and benefits that technology provides for athletic screening, performance enhancement and minimizing the risk of injury. We reflected on our experience working with professional sports teams and leading researchers to bring you our latest blog post discussing where to start and what to look for when building a player performance program. You can find the blog post [here](#).

We would love to hear your comments and experience with technology for monitoring & evaluating athlete performance. Please email us at [support@TheMotionMonitor.com](mailto:support@TheMotionMonitor.com).

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## National Biomechanics Day 2021 is coming April 7th!



National Biomechanics Day, NBD, is a day designed to advance Biomechanics science and education by increasing the awareness and appreciation of Biomechanics around the world. We're proud to support and join in this great mission. Please take a minute to consider registering or joining another lab virtually in celebration of National Biomechanics Day! For more information regarding this event, visit the NBD website [here](#).

We hope you will use The MotionMonitor system for your NBD events. **Please feel free to contact our Support team for assistance as you develop demonstrations.** If you do post on social media, please tag The MotionMonitor. We love to see how the systems are being utilized and want to promote your work.

**Twitter:** @motionmonitor, @BiomechanicsDay, #NBD2021, #TMMxGen

**Facebook:** @themotionmonitor, @BiomechanicsDay, #NBD2021

## How can you use Real-Time Data in Studies, Teaching & Virtual Lab Tours?

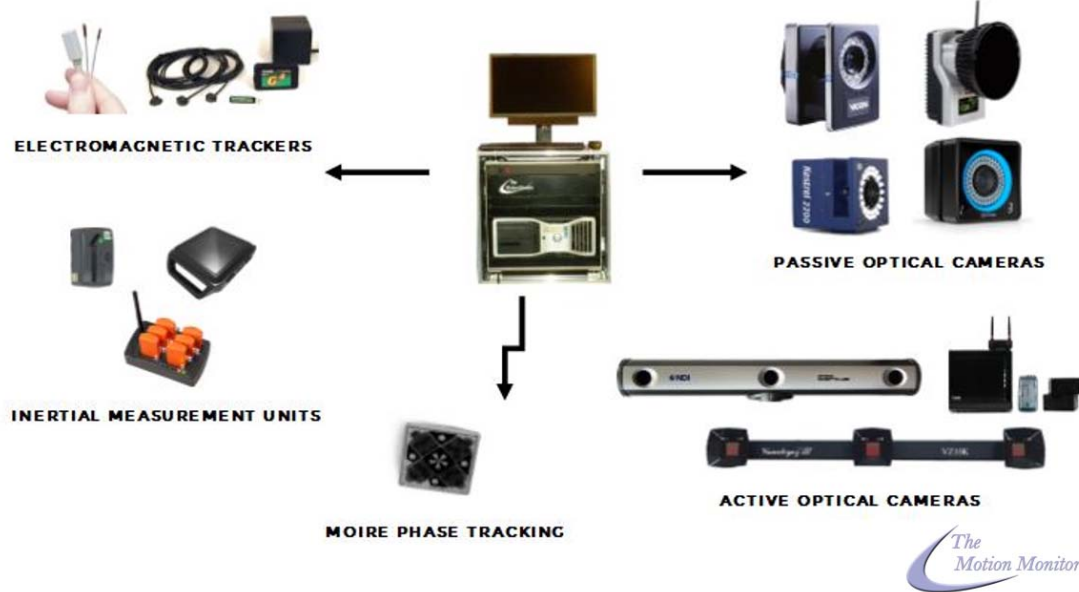


Full-frame [real-time data collection](#) has set The MotionMonitor apart from day one. Below are some of the applications our clients have shared with us. Consider using The MotionMonitor to accomplish the following:

- Use the live skeletal animation to excite and motivate patients and athletes, as well as providing immediate performance feedback. The MotionMonitor xGen displays a live skeletal animation and live data while a trial is recorded. See an example of this [here](#).
- Increase the lab's processing speed. With real-time data synchronization and processing, post-processing time is drastically reduced. This allows researchers to expedite their studies and opens up more time for publishing data. This also makes a motion capture system more efficient to use for student research.
- Facilitate new protocols using real-time hybrid motion analysis. The MotionMonitor allows you to collocate and synchronously collect data from different motion capture technologies. For example, take advantage of electromagnetic fine motor tracking for grasping analysis while tracking the rest of the body's movements with an optical system. See an example of this setup [here](#).

Interested in learning more? Check out [our blog](#) for additional examples or contact us at [support@TheMotionMonitor.com](mailto:support@TheMotionMonitor.com).

## What We Do:



Innovative Sports Training, Inc. is the developer of *The MotionMonitor* real-time biomechanics software package. We provide custom configured systems including hardware, software and application support in a turn-key package. Or, we also offer *The MotionMonitor* software to integrate with existing supported hardware.

Visit our [What We Do web page](#) to learn more.

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## Contact Us:

We want to hear from you! Please feel free to share with us your experiences, ideas for new projects, or suggestions for further improvements to *The MotionMonitor*! Give us a call or send us an email today.

*The MotionMonitor* Support Team  
(773) 244-6470, [support@TheMotionMonitor.com](mailto:support@TheMotionMonitor.com)

Follow us on social media and share your research @motionmonitor!



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