

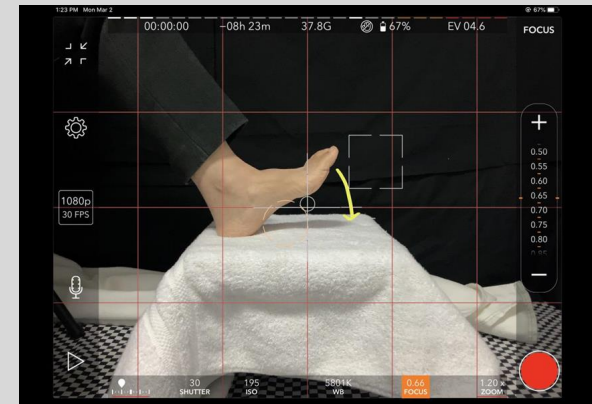
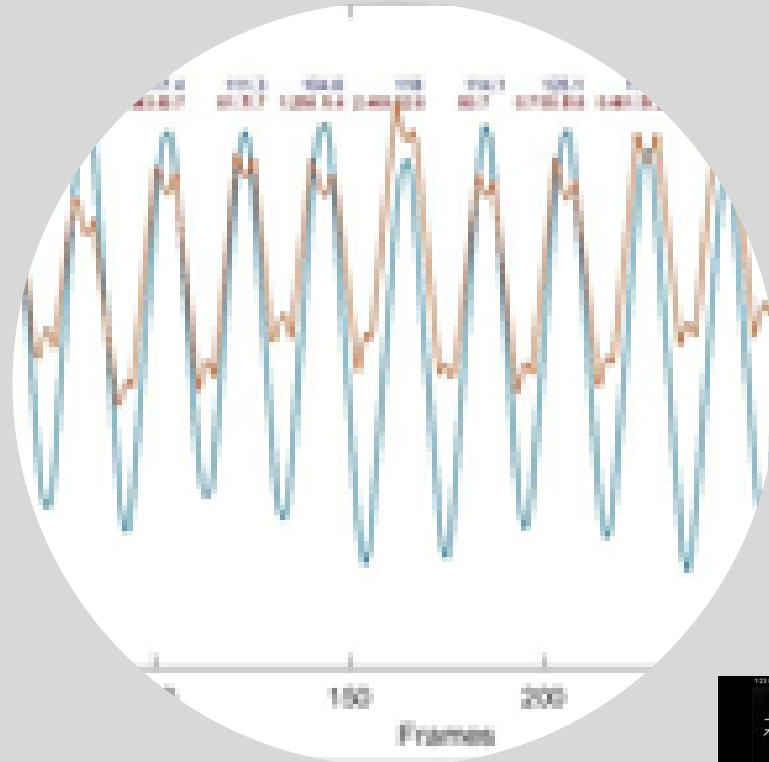


# RECORDING MANUAL OF FOOT MOVEMENT MODULES

Medical Motion, LLC

# Video Recording Manual

- Medical Motion, LLC, 777 West Putnam Avenue, CT 06831



# Introduction

MOVXAM is a human movement analysis system and a software for the Brain me exercise report.

With single camera recording, it provides digital and waveform presentation of human movement. Designed modules analyze movements of hand, foot, arm, leg and gait. It is an add-on tool of assessment of the progress of the exercise, physical skill, movement mobility, agility and dexterity.

# Module List

<b>LTW/RTW</b>	<b>Big toe wiggling, bilateral modules</b>	<b>Fine movement assessment</b>
<b>LTT/RTT</b>	Toe to toe, bilateral modules	Foot coordination assessment
<b>LFOT/TFOT</b>	Bilateral Modules, anterior Foot/Toe tapping on ground or a stool	Foot repetitive movement assessment
<b>LHT/RHT</b>	Bilateral Modules, Heal tapping on Ground	Foot repetitive movement assessment
<b>LMTW/RTWM</b>	Bilateral module, heal tapping with one foot in front of other.	Balance assessment

Setup for video recording:

Using a black background, such as black paper or fibers, 4x4 feet .

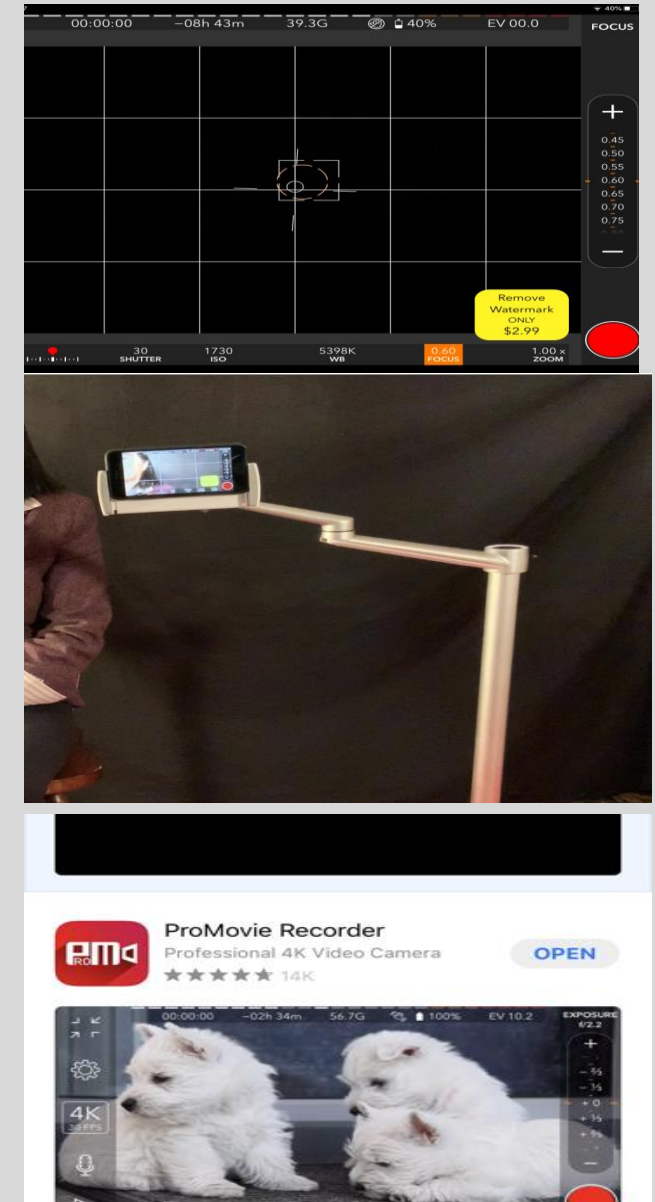
Using an iPad Pro or iPhone, or smartphone to record the video.

Download the ProMovie Recorder app. Use this app to record videos.

Zooming: For the iPad, place the movement recording overlay to the square exposure.

Distance of Recording: please see each module requirement.

# Recording suggestion



# Foot modules Introduction:

- Subjects will take off socks, bare foot, sitting in a regular chair with foot on a white towel ground or on a white paper covered a foot stool if the subject are small or child. Suggesting to finish all left side modules, then change chair to opposite direction to perform right side modules. For the camera stand you should use a three-foot adjustable-height iPad stand. Following is an illustration of the recording overlay.  
On the bottom of the picture, you can see the Zoom and Focus scales.

# Toe wiggling (LFW/RFW) Description

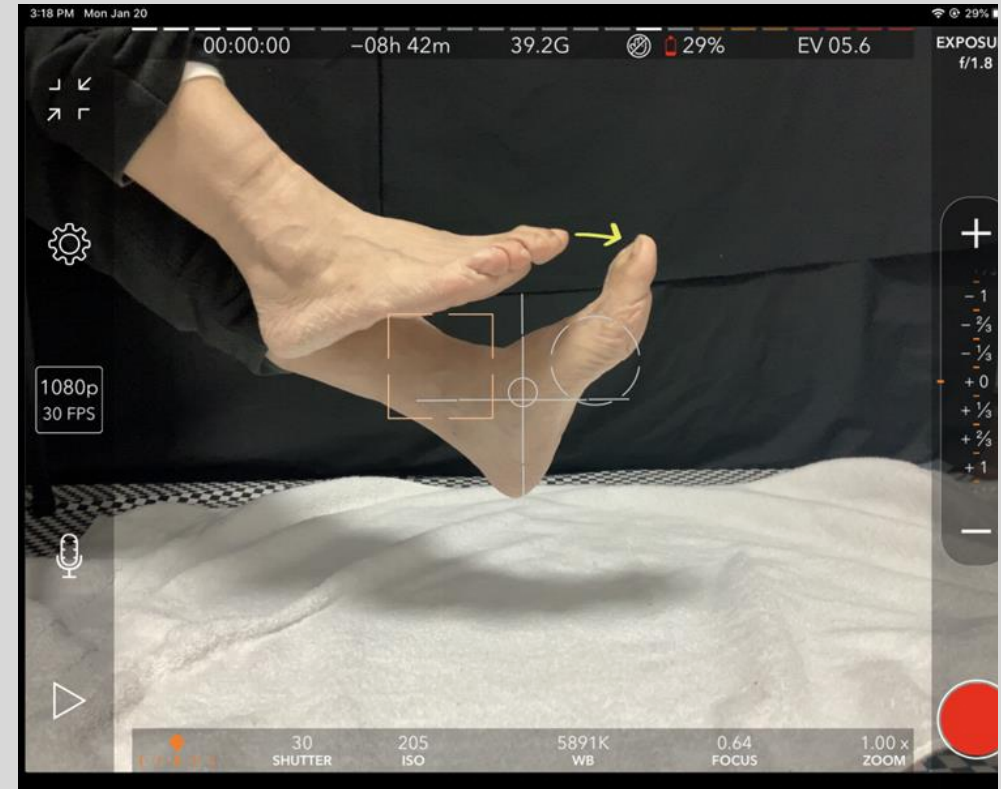
## LFW/RFW Toe Wiggling

- Camera distance: 2 feet , low iPad stand zoom 1.2
- Subject sits sideways to camera, lift foot away from ground and wiggling the toes, mimic toes flexion/extension, repeat for 10 seconds. Moving chair to the opposite direction, doing the right side with same performance.



# LTT/RTT Big Toe point to big toe with sitting,

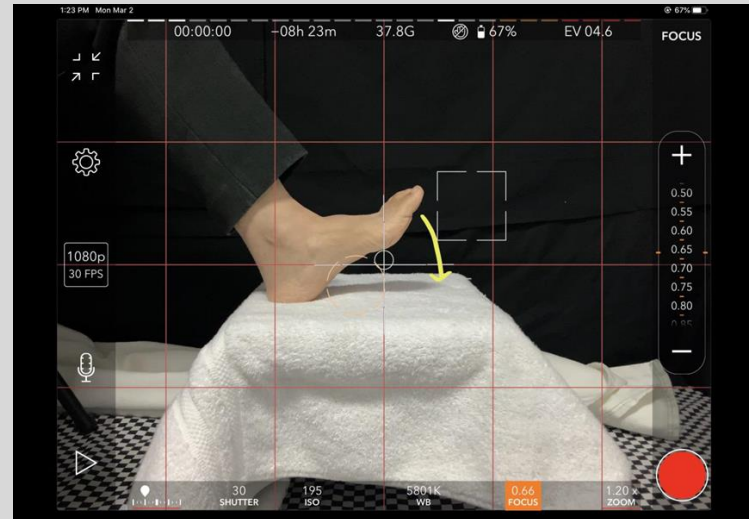
- Camera distance: 2 feet , low iPad stand zoom 1.2
- Subject sits sideways to the camera, lift foot away from ground , use left big toe to point to the right big toe, repeatedly for 10 seconds Moving chair to the opposite direction, doing the right side with same performance.





# LFOT/RFOT foot tapping

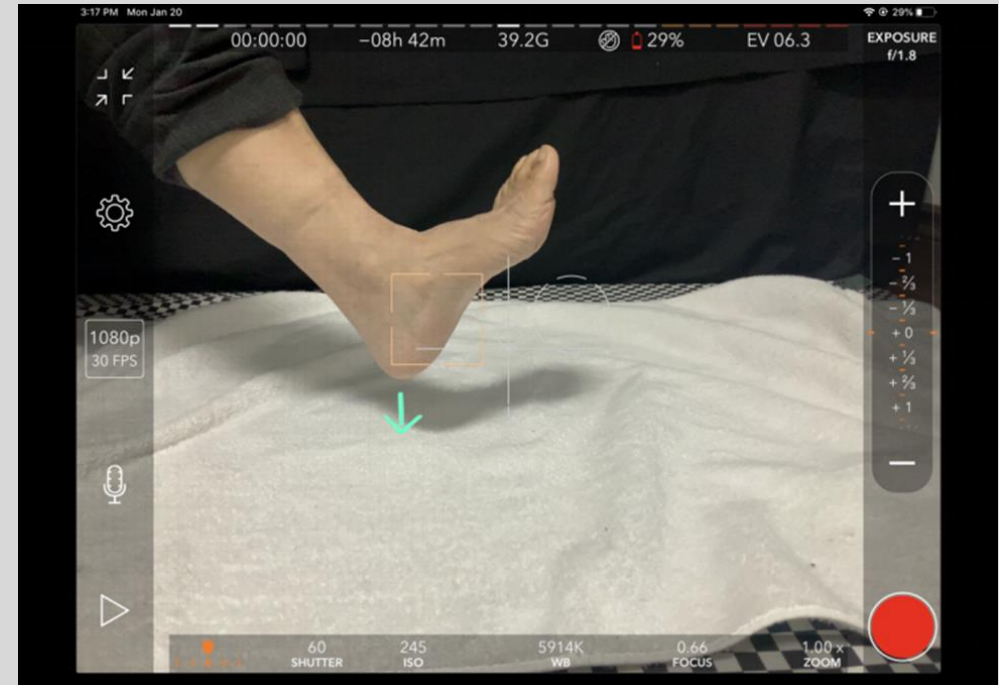
- Camera distance: 2 feet , low iPad stand zoom 1.2
- Subject sits sideways to the camera, only lifting up foot , and the toes , repeat tapping to the ground. The toes should up the ground as high as the subject can does , pacing the speed as fast as subject can for 10 seconds. Moving chair to the opposite direction, do right side with same performance.



- **LHT/RHT Heal tapping**

Camera distance: 2 feet , lowering the iPad stand zoom 1.2

Subject sits sideways to the camera, only lifting up the heel , repeat tapping to the ground. The heel should up the ground about 5 inches, pacing the speed as fast as subject can for 10 seconds. Moving chair to the opposite direction, doing the right side with same performance.



# LMTW/RMTW

- Subject stands sideways to the camera, the ground can be a white color ground, , subject places the left foot in front of the right foot first, then performing the heel tapping of the left foot. Then, placing the right foot in front of the left foot, perform right foot heel tapping, repeat five times.



# Instruction of submit to video:

- After finished the recording the exercise video, please log in to the website: [thehealthsensor.com](http://thehealthsensor.com) or [brainmeexercise.com](http://brainmeexercise.com)( coming soon).
- Submit video
- Provide information : Name, age, sex ,
- 

- Before submit video, please provide which exercise module you are submit:

File name as following General name rule is as following.

Module name\_name\_date(ddmmyy)

For example:

LFOT\_judy\_06302022 RHT\_jack\_05222022

# Name your file before submit for analyzing

- Left toe wiggling :

LFW\_name\_date(ddmmyyyy)

- Right toe wiggling:

RFW\_name\_date(ddmmyyyy)

- Left toe to toe

- LTT\_name\_date(ddmmyyyy)

- Right toe to toe:

- RTT\_name\_date(ddmmyyyy)

- Left foot tapping:

- LFOT\_name\_date( ddmmyyyy)

- Right foot tapping:

RFOT\_name\_date(ddmmyyyy)

- Left heel tapping :

LHT\_name\_date(ddmmyyyy)

- Right heel tapping:

RHT\_name\_date(ddmmyyyy)

- Left modified tandem

walking LMTW\_name\_date(ddmmyyyy)

- Right modified tandem walking:

RMTW\_name\_date(ddm/yyyy)