

POSTURAL AND MOVEMENT-RELATED IMPROVEMENTS IDENTIFIED WITH ViMove WEARABLE SENSORS

The Problem

A 49 year old factory worker with long-standing low back pain was referred to a ViMove clinic for assessment and treatment. The worker's low back pain had been managed and resolved with acupuncture in the past. The patient reported severe low back pain worse in the morning after prolonged rest. He also had trouble straightening up and experienced constant stiffness and pain.

ViMove Low Back Live Assessment

Through observation there appeared to be significant movement dysfunction and abnormal postures. A ViMove Low Back Live Assessment was used to accurately and objectively quantify movement. The ViMove report identified excessive posterior pelvic tilt in static sitting (see report below) and higher than normal anterior tilt values while standing. EMG readings also gathered indicated significantly overactive extensors in flexion.

Retraining Movement

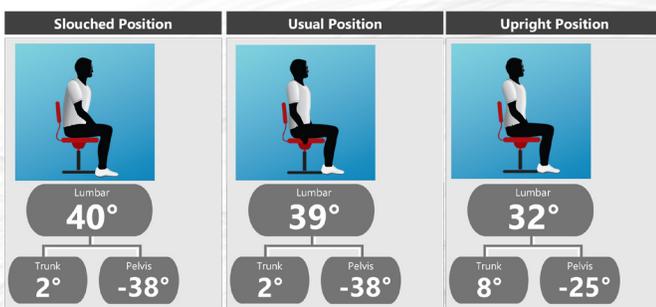
ViMove Low Back Live Training and visual feedback were used to work on the patient's anterior tilt while sitting and posterior tilt while standing. The Live Training assessment helped the patient understand how to move correctly during his daily activities.

Furthermore the assessment reports were able to clearly show the patient what his postural and movement issues were. The patient was prescribed exercises to perform at home which focused on reducing tone in the lumbar extensor muscles and practicing isolated anterior and posterior pelvic tilt movements.

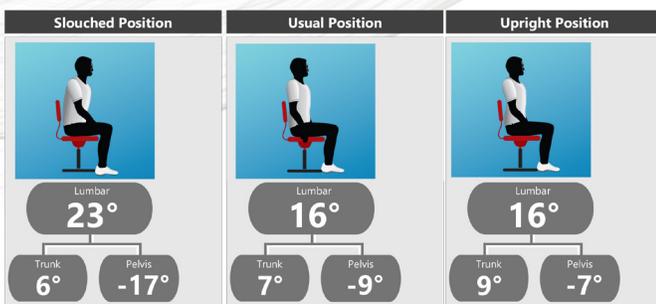
Results

2 weeks following the initial assessment, the patient reported an 85% reduction in his day to day symptoms as measured by the clinician. 2 weeks following this, a ViMove assessment indicated the patient's lordosis had returned to a value within the normal range. The assessment also showed an improvement in the patient's static sitting posture, a modest improvement in pelvic movements in sitting and standing, a significant improvement in extension range in standing and an improvement in extensor tone in flexion. The reports below highlight the significant change in sitting posture from initial baseline to post intervention.

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ViMove LOW BACK LIVE ASSESSMENT
BASELINE ASSESSMENT RESULTS



ViMove LOW BACK LIVE ASSESSMENT
POST INTERVENTION RESULTS



CLINIC SOLUTIONS

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