




# Scanning Instructions

## MOVEMENT HEALTH PLATFORM

### CREATE OR FIND YOUR PROFILE

#### First Time?

1. Open the Sparta Scan application
2. Click Add Users icon 
3. Select Team in the drop-down
4. Enter all information available
5. Click Create User and Continue

#### Returner?

1. Login to the Sparta Scan App
2. Select Team from dropdown list
3. Find and select profile
4. Select Scan type
5. Click Start Scan

Start Scan

### SCAN PROTOCOLS

#### Jump Scan

1. Ensure the user has performed either a general warm up or the Standardized Sparta Scan Warm Up
2. Find and select a user, click on Jump, and click Start Scan
3. Follow the prompts on the screen:
  - a. Step on the plate and stand still
  - b. Prepare to jump (arms up), and perform a max effort vertical jump when prompted
  - c. Land back on the plate and stand still
  - d. Continue following prompts until screen reads, "Scan Complete"

#### Balance Scan

1. Find and select a user, click on Balance, and click Start Scan
2. Follow the prompts on the screen:
  - a. Step on the plate and stand still
  - b. When prompted, lift your left leg to balance on the RIGHT for 8-10 seconds
  - c. Return your left foot to the plate and stand still
  - d. When prompted, repeat the above steps on the LEFT side
  - e. Continue following prompts for a total of two balance trials on each side

#### Plank Scan

1. Find and select a user, click on Plank, and click Start Scan
2. Follow the prompts on the screen:
  - a. Step on the plate and stand still
  - b. When prompted, step off of the plate and get into a pushup position with both hands on the plate, hands and feet hip width apart
  - c. When prompted, lift your left arm to balance on your RIGHT for 8-10 seconds
  - d. When you hear the tone, drop to your knees and rest, removing your hands from the plate
  - e. At the next tone, get back into pushup position and repeat the previous steps on your LEFT arm
  - f. Continue filling the prompts for a total of two plank trials on each side

#### Combination Scans

Combination Scans (e.g. Jump & Balance) are recommended when multiple scan types are to be performed. These scans generally follow the prompts above.