



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.