




QUICKSTART GUIDE

Quick Tips:

- The  symbol through out the User's Guide indicates that a pop up screen with pertinent information becomes available in the Move2Perform software by hovering over the symbol.
- When software upgrades are available, a link will appear in red under the current version number. Upgrade and sync your software whenever an upgrade is available to gain access to the latest normative data cut points and software updates.
- Reports can be generated immediately after testing or at anytime in the future. If the software is downloaded on multiple computers, syncing after testing makes the client testing information available on all of the computers.

MAIN MENU



3.1.1 ← current version number

[Input Client Data](#)

[Search for Client](#)

[Create Group Report](#)

[Create Comparison Report](#)

[Synchronize Software](#)

Last sync 2013-06-23

[Configure Software](#)

Report Contact Information

Contact Name: Joe Smith, DPT
Company Name: Move2Perform
Contact Number: 812.492.4444

License Information

Status: Valid
Expiration: 2015-05-14
Clients: 300

STEP ONE: CONFIGURE THE SOFTWARE:

This step allows you to display your logo and contact information on the Move2Perform reports.

STEP TWO: DETERMINE THE TESTING TYPE

Select INPUT CLIENT DATA from the MAIN MENU

What type of testing are you performing?

- Pre-Participation Physical
- Performance Enhancement Program
- Return to Sport/Activity (Rehabilitation Exam)
 - Upper Quarter
 - Lower Quarter
- Wellness/Fitness Examination (For those not engaged in competitive sport)
- Occupational Health

Which one should I choose?

Which one should I choose?

Pre-Participation Physical: Use with junior high, high school, collegiate, amateur, and professional athletes prior to the competitive season
Performance Enhancement Program: Use with junior high, high school, collegiate, amateur, and professional athletes prior implementing a performance enhancement training program
Return to Sport/Activity: Use with athletes returning to sport or active individuals returning to fitness after rehabilitation
Wellness/Fitness Examination: Use with the general population (i.e. those who DO NOT fit into the junior high, high school, collegiate, amateur, and professional athlete categories)
Occupational Health: Use for work related testing (e.g. Police, Fire, Military, Manufacturing, Health Care, Business)

Please note: The type of testing you select will determine the algorithm used.

Researchers have found that using the Move2Perform software entering the LQ YBT and FMS together provides the most accurate injury prediction.


Next >

[Return to Main Menu](#)

STEP THREE: SELECT THE TESTS TO BE PERFORMED:

What testing will you perform?

- Y Balance Test
 - Lower Quarter YBT
 - Upper Quarter YBT
- Functional Movement Screen
 - Deep Squat
 - Hurdle Step
 - Inline Lunge
 - Shoulder Mobility
 - Impingement Clearing Test
 - Active Straight-Leg Raise
 - Trunk Stability Pushup
 - Press-Up Clearing Test
 - Rotary Stability
 - Posterior Rocking Clearing Test
- Functional Hop Testing
 - Single Hop
 - Triple Hop
 - Triple Crossover Hop
 - Timed Hop
- Group or Team Affiliation
- Height
- Weight
- Movement Competency Test
- Closed Chain Dorsiflexion
- Other Movement Testing
 - Cervical Flexion
 - Cervical Extension
 - Cervical Rotation
 - UE IR
 - UE ER
 - Forward Bend
 - Backward Bend
 - Rotation
 - Single Limb Stance
 - Squat
- Isokinetic Testing
- Previous Injury
- Current Pain/Injury

Algorithm Type 
Specific Sensitive

< Back

Next >

[Return to Main Menu](#)

STEP FOUR: ENTER CLIENT DATA, TEST DATA AND COMMENTS

Untitled — Edited

Demographic Information

Name: First: Mi: Last:
Gender: DOB: MM/DD/YYYY
Level: Sport: Previous Injury: No
Current Pain/Injury: No
Email Address:

Lower Quarter Y Balance Test™

Lower Limb Length:
Anterior: Right: Left:
Posteromedial: Right: Left:
Posterolateral: Right: Left:

Upper Quarter Y Balance Test™

Upper Limb Length:
Medial: Right: Left:
Inferolateral: Right: Left:
Superolateral: Right: Left:

Functional Movement

Deep Squat: Hurdle Step: Left: Right:
Active Straight-Leg Raise: Left: Right:
Trunk Stability Pushup:
Inline Lunge: Left: Right:
Rotary Stability: Left: Right:
Shoulder Mobility: Left: Right:

Comments

Pain with any tests? No
Top of Report: Southern Indiana Pre-Season Physicals
Bottom of Report: Please contact us with any questions about your scores or risk level.

Report Type: Client Individual Summary Provider Summary Comprehensive
 Include Exercises Moderate Deficit Slight Deficit
 Normal Deficit
 Display Move2Perform Category
Clear Run Report >
Return to Main Menu

Use the tab key to move through quickly through the data fields.

SELECT THE REPORT TYPES AND EXERCISES

Report Type: Client Individual Summary Provider Summary Comprehensive
 Include Exercises Moderate Deficit Slight Deficit
 Normal Deficit
 Display Move2Perform Category
Clear Run Report >
Return to Main Menu

INCLUDE EXERCISES WITH THE CLIENT INDIVIDUAL SUMMARY REPORT

Move2Perform+ subscribers receive exercises are generated by the evidence based, Functional Movement Screen exercise algorithm. (Kiesel 2011) Those categorized as substantial risk do not receive exercises, as they require a one on one evaluation by a medical provider.

RUN THE REPORT

To save the data and view the report, select RUN REPORT. All of the selected reports will generate immediately and test data fields will return to their default settings. The test is now saved to your software and is available to print, email, or save to a file now or at anytime in the future.

STEP FIVE: GENERATING REPORTS FROM YOUR DATABASE

Return to the MAIN MENU and SELECT SEARCH FOR CLIENT INDIVIDUAL REPORTS

Individual Reports
 Comparison Report ?
 Group Report

Client Individual Summary
 Comprehensive
 Provider Summary

Custom Report Name

Last Name Start Date End Date Activity Type Affiliation

Name	DOB	Activity Type	Affiliation	Date

Display Move2Perform Category

[Return to Main Menu](#)

Use the any of the fields to search for a client or group of clients. Select multiple names to generate multiple reports in one easy step.

SORTING YOUR CLIENT DATABASE

To view a list of all clients in your database, select SEARCH. The list can be sorted by using the tabs at the top of the list: Name, DOB, Activity Type, Affiliation, and Date. Click again to reverse the listing order. To sort a list using a hierarchy, click on the right side of the fields to number your search order.

Individual Reports
 Comparison Report ?
 Group Report

Client Individual Summary
 Comprehensive
 Provider Summary

Custom Report Name

Last Name Start Date End Date Activity Type Affiliation

20 Results

Name	DOB	Activity Type	Affiliation	Date
			County High School	

Name 4 ▲ DOB Activity Type 2 ▲ Affiliation 1 ▼ Date 3 ▲

COMPARISON REPORTS

? To create a comparison report, enter your search items (e.g. Last Name, Date, or Affiliation) into both search areas (labeled Column 1 and Column 2.) Column 1 will appear on the report as the left-most column. Once each report date is selected, click run report on the bottom of the page.

Individual Reports
 Comparison Report **?**
 Group Report

Client Individual Summary
 Comprehensive
 Provider Summary

Custom Report Name

Last Name **Start Date** **End Date** **Activity Type** **Affiliation** **3 Results**

C O L U M N 1		Name	DOB	Activity Type	Affiliation	Date
		Mike Jones	12/12/1993	Cross Country		2013-07-12 07:09
		Mike Jones	12/12/1993	Cross Country		2013-08-03 13:05
		Jenny Jones	07/17/1978	Fitness	Move2Perform	2013-07-29 20:06

Last Name **Start Date** **End Date** **Activity Type** **Affiliation** **3 Results**

C O L U M N 2		Name	DOB	Activity Type	Affiliation	Date
		Mike Jones	12/12/1993	Cross Country		2013-07-12 07:09
		Mike Jones	12/12/1993	Cross Country		2013-08-03 13:05
		Jenny Jones	07/17/1978	Fitness	Move2Perform	2013-07-29 20:06

Display Move2Perform Category

[Return to Main Menu](#)

GROUP REPORTS

Select CREATE GROUP REPORT from the Main Menu. Custom naming for reports can be done at the top of the screen. If an affiliation was entered during testing, searching for testing group is accomplished quickly with this search field.

The hierarchical search can be a useful tool for creating group as well. Select all of the individuals to be included on the report with the mouse and highlight multiple names using the Command (Mac) or Control (PC) key and click RUN REPORT.