SPARTA SCIENCE

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

Progressive 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, shift your weight to your RIGHT until the dot on the screen is within the highlighted area, and hold
   c. At the tone, return your weight to the center and stand still
   d. When prompted, shift your weight to your LEFT until the dot on the screen is within the highlighted area, and hold
   e. At the tone, return your weight to the center and stand still
   f. When prompted, lift your left leg to balance on the RIGHT for 8-10 seconds
   g. Return your left foot to the plate and stand still
   h. When prompted, repeat the above steps on the LEFT side
   i. Continue following prompts for a total of two balance trials on each side
3. If a Balance task cannot be completed successfully, click "Skip Segment" or "Skip All" to complete the scan

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