



Vertical Jump Test.

Parameters for testing:

Perform the Sargent jump test <http://www.brianmac.co.uk/sgtjump.htm> either in shoes, barefoot or in socks.

Note results.

Repeat the test with ProprioSox/Sleeves after walking 300 paces.

Note results.

If you want to perform the test with a quantitative measuring tool then you would need to invest in a Vert <http://myvert.myshopify.com/>

Test 1	Without ProprioSox	0	inch	Test 1	WITH PropriosoX	0	inch
Test 2	Without ProprioSox	0	inch	Test 2	WITH PropriosoX	0	inch
Test 3	Without ProprioSox	0	inch	Test 3	WITH PropriosoX	0	inch
Test 4	Without ProprioSox	0	inch	Test 4	WITH PropriosoX	0	inch
Average				Average			
0				0			

Balance Test

Parameters for testing:

For the balance test - The 30-Second Balance Test

First, you'll need to find a partner to time you, because your eyes will be closed. It's also important to have someone close by in case you fall.

Stand barefoot on a hard floor. Now close your eyes.

Bend one knee and lift the foot – if you're left-handed, stand on your left leg and lift the right foot; do the opposite if you're right-handed.

You don't need to lift it high; even though your eyes are closed, you can probably estimate about 6 inches

off the floor.

Ask the person with you to check his or her watch, and time how long you can hold that position without wobbling or opening your eyes.

Repeat the test 3 times, and then add up your total time and divide it by 3 to find your average balance base. (For example, if test 1 was 4 seconds, test 2 was 8 seconds, and test 3 was 6 seconds, you'd add up 4, 8, and 6 to get 18. Divide by 3, and your average balance time is 6 seconds.)

Now put on the ProprioSox/Sleeves, walk around for 300 paces and repeat the above test and note results. If you wish you can repeat the test by removing the ProprioSox/Sleeves, walk 300 paces and repeat test. Repeat test with ProprioSox/Sleeves.

If you want to perform the test with a quantitative measuring tool then you would need to invest in a sEMG equipment as offered by Noraxon : <http://www.noraxon.com/products/myoresearch-biomechanical-analysis-software/> although frankly the cheapest way to test balance quantitatively is to use a Wii Balance board. A lot cheaper than sEMG equipment.

Test 1	Without ProprioSox	0	seconds	Test 1	WITH PropriosoX	0	seconds
Test 2	Without ProprioSox	0	seconds	Test 2	WITH PropriosoX	0	seconds
Test 3	Without ProprioSox	0	seconds	Test 3	WITH PropriosoX	0	seconds
Average				Average			
0				0			

Strength Test

Parameters for testing:

For the muscle test. For a static strength test, have person stand in front of you. Feet to be placed beneath hip line. Have the person lift their arm so that their arm is outstretched and their fingers are pointing at you. Place the palm of your hand on top of the back of their extended hand. After a count of three ask them to resist the push down pressure that you will affect on their hand/arm (no need press to hard).

Record person's resistance on a scale of 1 - 10 with 10 being super resistant. For an Activated or Open Gait strength test, ask person to take one step forward with the same side as the extended arm and repeat test and record. Proceed to test other arm and record results.

Have the person put on the ProprioSox/Sleeves and walk about for 300 paces.

Repeat the above tests and record results.

Have person remove ProprioSox/Sleeves and walk about 300 paces.

Repeat the above tests and record results.

To fully understand the "on/off" proprioceptive switch being created by the ProprioSox/Sleeves simply repeat the tests.

tester such as those offered by J Tech Medical:

<http://jtechmedical.com/Products-and-Solutions/Commander-Echo/>

<http://jtechmedical.com/Tracker-Freedom-Wireless-Instruments/tracker-freedom-wireless-muscle-testing>

Test 1	Right Arm	Static	Without ProprioSox	0 %	Test 1	Right Arm	Static	WITH PropriosoX	0 %
Test 2	Right Arm	Open Gait	Without ProprioSox	0 %	Test 2	Right Arm	Open Gait	WITH PropriosoX	0 %
Test 3	Left Arm	Static	Without ProprioSox	0 %	Test 3	Left Arm	Static	WITH PropriosoX	0 %
Test 4	Left Arm	Open Gait	Without ProprioSox	0 %	Test 4	Left Arm	Open Gait	WITH PropriosoX	0 %
0					0				

Test performed by:

First Name

Last Name

Date

Age:

Sex:

Weight:

Level of Fitness (1 is poor, 10 is highest possible):