# TEMPLO® Functional Screening
## Innovative Software for professional analysis!

**More objectivity for proven functional screening tests with *TEMPLO® Functional Screening* Software!**
Standardized – software-guided workflow – detailed movement instructions as text, graphic and video – checklists and scoring systems – table and scale results.
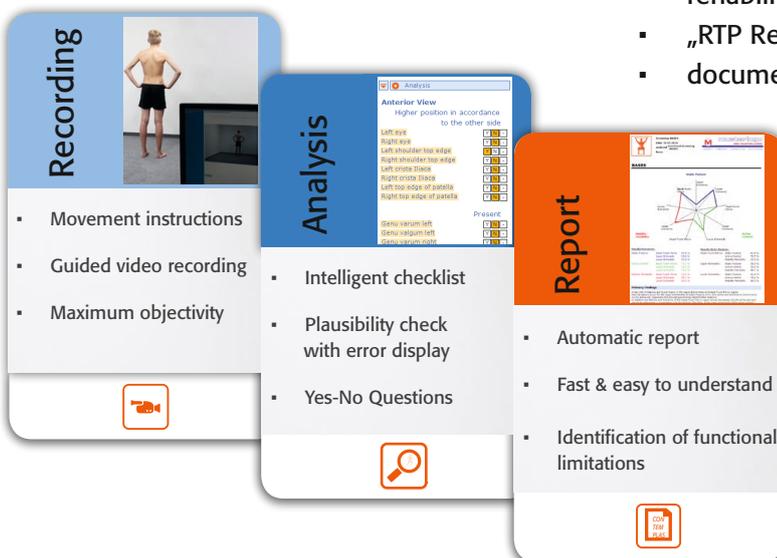
### Evaluate ...

- mobility & flexibility – range of motion
- stability & active control – dynamic balance
- strength – joint positionings – posture

### ... aim to

- detect physiological limitations
- determine balance between posture, active control and mobility

### Profit from ...

- performance improvement
- optimization of training & work effciency
- reduction of injury risks
- rehabilitation monitoring
- „RTP Return-To-Play" decision making
- documentation functionalities

**Recording**
- Movement instructions
- Guided video recording
- Maximum objectivity

**Analysis**
- Intelligent checklist
- Plausibility check with error display
- Yes-No Questions

**Report**
- Automatic report
- Fast & easy to understand
- Identification of functional limitations

**3 STEPS WORKFLOW**

Suitable test protocols are available in the software for the realisation of the most established functional screening tests: FMS™, Y-Test and BASES. These deliver results of the functional movement performance of the athlete according to the specific protocol.
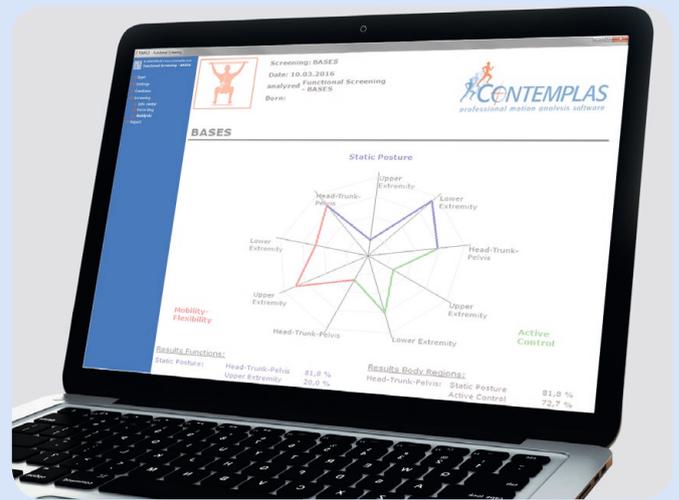


## Screening protocols



**FMS™**

The best known screening in athletics and functional training evaluates the quality of movement during complex movement tasks.



**BASES**

The clinical basic tests check the elementary musculoskeletal functionality with focus on posture, mobility and active movement control.



**Y-TEST**

The derivation of the scientifically evaluated Star Balance Excursion Test (SBET) examines the dynamic balance during one leg stance.

## Hardware

**Basic setup**: Computer – 2 cameras – lightning
**Accessories**: *CONTEMPLAS* positioning mat – measuring terminal