



Canadian strength coach and Posturologist Paul Gagné is shown performing a march in place test, which assesses balance and coordination.

Testing Made Simple with *OptoJump*

Practical methods to accurately test large groups of athletes

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Ready, set, play! Now, as the season begins, we must ensure that effective training never ends.

Preseason training is done,

sacrifices have been made, and it's time for athletes to excel in their given sport. As their coaches and trainers, we all hope that as the season progresses we will be able to help them increase

their performance ability so they can lead their respective teams to a championship season. To stay able and agile in all directions is a must. Whether it's on the gridiron, soccer field, or any

sport for that matter, optimal performance requires excellent balance and coordination. Unfortunately, there are many factors that can undermine these qualities, and we must be aware of them.

The Hidden Opponent

Sometimes injuries occur that are quite obvious. A sprained ankle or hurt knee can leave a player limping, causing an obvious loss in balance and coordination. However, many injuries are subtle and develop slowly over time. These injuries become hidden opponents that challenge all players and teams at some point. During this time there is a slow and steady loss

of performance that the player tries to compensate for. If the signs are not noticed and corrected, the condition can worsen and have detrimental effects on the player and the team as a whole. Did you ever notice that everyone pulls a hamstring or groin muscle when they are in the best shape of their lives? As the intensity of the season continues, the imbalance slowly worsens and the muscle gives out.

To effectively contend with these hidden injuries and imbalances, BFS has created BFS Protocol I. By performing a simple march in place test in an OptoJump system, we can obtain precise, objective data for the purpose of protecting and enhancing balance

and coordination as our athletes head toward optimal performance.

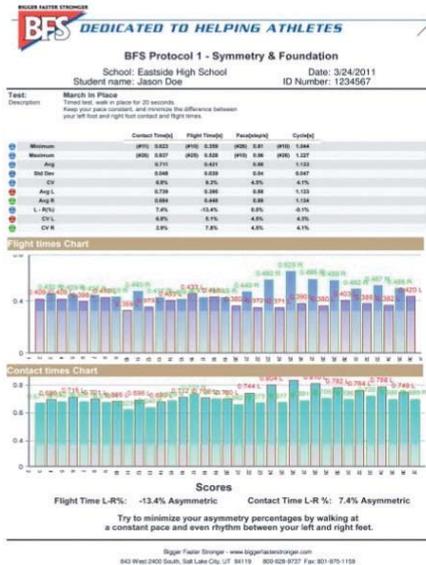
To perform the test, an athlete will assume a good start position by employing the BFS 6 Absolutes – stand tall, eyes on target, spread the chest, etc. The athlete is then instructed to march in place at moderate intensity for 20 seconds. The OptoJump system precisely measures the time each foot is on the ground and the time each foot moves through the air. The closer the timing of each side, the better the balance and coordination of the player.

The system is accurate to a thousandth of a second. Any injury that is affecting balance and coordination can



Dr. Peter G. Gorman, president of Microgate USA, has lectured all around the world about the importance of symmetrical development for athletic performance and improved quality of life.

be objectively detected by the system long before it can be seen by the naked eye. To make the results very easy to understand, BFS scores the results at the bottom of the chart. Typical scores for contact and flight asymmetry usually lie in the 0-5 percent zone. An increase in any score over an athlete's baseline results will prompt coaches and trainers to ask questions and find the cause. Sometimes very simple interventions taken early, such



The simple walk in place test can provide detailed, immediate information about an individual's balance and coordination, as shown in this report.

as a little extra rest or reducing trigger points, can prevent a worse injury later.

For 37 years we at BFS have successfully helped thousands of athletes reach optimal performance. By employing our BFS Protocol I, thousands more will effectively and efficiently reach their goals. BFS



Dr. Gorman and BFS CEO Bob Rowbotham recently visited West Jordan High School in West Jordan, Utah, for a hands-on demonstration of the practical applications of the OptoJump.

