



### ***3D-Dynamic Movement Assessment™***

The **3D- DMA™ (Dynamic Movement Assessment™)** is fully automated athletic biomechanical analysis. **3D- DMA™** can be used for clinical evaluation, athletic/military pre-participation physicals or in performance settings to assess for movements known to put individuals at risk for injury, negatively impact performance and which can compromise return to sport following injury.

This movement assessment combines the latest in 3D gaming technology (Microsoft Kinect v2) with the latest research in movement. The **Dynamic Movement Assessment™** uses a combination of 6 core movements to assess weaknesses, tightness's and poor movement patterns that contribute to poor performance and lead to potential injury.

The **3D-Dynamic Movement Assessment™** combines the **DMA™** with Microsoft Kinect v2 to allow full and efficient automation for clinical use or in pre-participation physicals. Upon completion, the **3D- DMA™** will generate a full and comprehensive report of the results. This will allow an individualized approach to the individual's needs, clear identification of asymmetries, highlight individual risk factors as well as clearer picture of risk with return to sport.

***Build to Perform....Build To Last.***

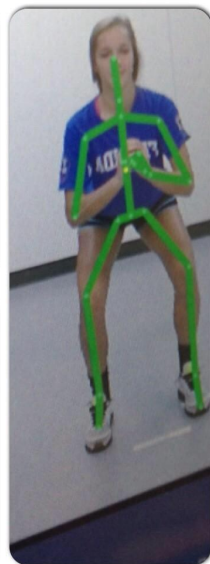


**A.C.L.**  
Accelerated Conditioning & Learning

*Build to Perform... Built to Last*



***3D - Dynamic Movement Assessment™***  
***Advancing The Science & Technology Of Injury***  
***Prevention & Performance Enhancement***



### INJURIES COMMONLY ASSOCIATED WITH POOR MOVEMENT:

- GROIN & HAMSTRING PAIN/STRAINS
- LOW BACK PAIN
- KNEE AND HIP PAIN
- ACL & MENISCAL INJURIES
- PLANTAR FASCIITIS
- FOOT/ANKLE PAIN

## Move to improve performance

### *Dynamic Movement Assessment™*

The **Dynamic Movement Assessment™** (**DMA™**) was developed by a physical therapist in 2000. This assessment was developed in an effort to find a way to accurately assess human movement to prevent injuries in youth athletics.

With the **DMA™**, we can determine what is contributing to abnormal movement (pathokinematic) patterns. With this knowledge, the skilled practitioner can develop interventions to improve movement and prevent injuries.

Through years of research and development, this movement assessment has been found to not only impact athletic injuries but also have a **dramatic impact on athletic performance.**

Whether you are working with major league baseball players, college athletes or in a military setting, keeping athletes/soliders off the DL and improving performance is key! With the **DMA™** we can identify specific deficiencies that when addressed, aid in preventing injuries, improve efficiency of rehabilitation protocols, and aid in driving performance to the next level.

When the **DMA™** is combined with Microsoft Kinect v2 3D technology, this allows for complete and efficient automation of movement assessment. This improves reliability, validity and sensitivity of the test as well as improved efficiency. This system integrates all the latest research into its algorithmic database to provide the most accurate research based assessment.

**3D-DMA™**, taking the science & technology of injury prevention and performance to the next level!

## An individualized assessment for your individual needs....



### 3D-DMA™

#### DMA™

*Building Athletes to Perform...*

*Building Athletes to Last.*

The team at A.C.L., LLC have built a comprehensive system which integrates all aspects of the latest research into this automated movement assessment. The **3D-DMA™** includes:

- **3D-DMA™ Software & 3D camera** – proprietary **3D-DMA™** software and Microsoft Kinect v2 3D camera
- **3D-DMA™ Comprehensive report** – at completion of each **DMA™**, a comprehensive report is instantaneously generated highlighting injuries & performance issues at risk for, potential root cause and correctives to perform.
- **3D-DMA™ Database** – HIPAA controlled database for processing algorithms and which movement data will be stored. For additional fee, users will have the ability to semi-customize reporting to compare movement by sport, movement by risk, movement by performance, etc.
- **3D-DMA™ On Field Athletic Management** – ability for all stakeholders (coaches, strength coaches, etc) to access and manage athlete movement data and exercise on the field. Management movement during movement!
- **3D-DMA™ Performance Comparison** – customized reporting to see how your player, positions and team compare league averages. Performance comparison for the performance advantage.
- **3D-DMA™ Customized Reporting** – develop customized reporting to provide your entire team with both the performance and financial advantage. Reduce injuries, reduce health care costs and improve performance!



### PERFORMANCE ISSUES COMMONLY ASSOCIATED WITH POOR MOVEMENT:

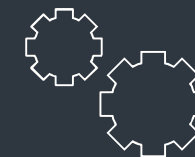
- POOR SWING MECHANICS
- DECREASED SPRINT SPEED
- DECREASED VERTICAL JUMP
- DECREASED AGILITY/ENDURANCE
- DIFFICULTY TAKING PERFORMANCE TO THE NEXT LEVEL
- DIFFICULTY PLAYING AT FULL POTENTIAL WITHOUT PAIN



### 3D-DMA™ REPORT

Each **3D-DMA™** report includes :

- Individual test and overall test score
- Performance right vs. left
- Top 3 potential injuries
- Top 3 potential performance issues
- Injury Risk Rating
- Return to Sport Rating
- Top 3 potential root causes
- Top 3 correctives to perform



### 3D-DMA™ System Requirements

#### Supported Operating Systems

- Windows 8, Windows 8.1

#### Recommended Hardware Configuration

- 64 bit (x64) processor
- 4 GB Memory (or more)
- i7 2.5Ghz (or higher)
- Built-in USB 3.0 host controller
- DX11 capable graphics adapter
- **Kinect v2 sensor** - includes a power hub and USB cabling



#### Contact Information

Visit our website at:  
[www.aclprogram.com](http://www.aclprogram.com)

**Trent Nessler, PT, MPT, DPT**  
Accelerated Conditioning & Learning, LLC  
Nashville, TN  
[drtreant@aclprogram.com](mailto:drtreant@aclprogram.com)

**Ella Haile Dunn, B.A., MBA**  
Accelerated Conditioning & Learning, LLC  
Nashville, TN  
[ehaileddunn@comcast.net](mailto:ehaileddunn@comcast.net)

