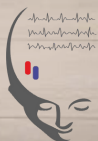




BACK IN ACTION



aerobe



Euleria
The land of measurements



What is it?

Back in Action has been created with the aim of evaluating the return to sport in a **simple, fast, and objective** way after the reconstruction of the anterior cruciate ligament (ACL). The complete test consists of 7 assessments that measure the athlete's **balance, strength, agility** and **speed**.

A **wearable sensor** and a **proprioceptive board** communicates with the **dedicated software**, along with a set of hurdles. The 7 tests can be selected ad-hoc combined to measure the performance of an athlete as required.

Back In Action also doubles as a **training tool** dedicated to the development of proprioception and jumping ability.



QUICK AND PORTABLE
30 minutes, 3 square metres
for full evaluation



SIMPLE AND PRECISE
PDF and CSV reports
automatically generated



CLINICALLY VALIDATED
Comparison with scientifically
validated data and publications

The Test Battery

Balance

Bipodalic and monopodalic evaluation of the sway with a totally unstable proprioceptive platform.

Agility

Measured through plyometric jumps to evaluate the stiffness index as a combination of average height and ground contact time.

Strength

Indirectly measured through jumps with counter-movement (CMJ) mono and bipedalic.

Speed

Measured with a monolateral test similar to the hop-test and a coordination test, with 15 touches inside-out on a ladder.

Return to Sport Index

The results of the 7 sub-tests are compared with a reference database of 450 normative values categorised by gender and age, to objectively support return-to-play.





Applications

Back In Action is a scientifically validated method of assessing **return to sport** following ACL reconstruction. More than 10,000 tests have already been performed on professional and amateur sportsmen of all ages. Through the dedicated software, Back In Action is also used as an evaluation of **functional performance**, carries our specific programs for **proprioception** and **prevention of injury**, as well as offers a series of predefined **training sequences** and levels of increasing difficulty to strengthen the lower limbs in a fast, dynamic and fun way.

About AEROBE

Aerobe is a global distributor that provides cutting-edge technology developed with over 20 years of scientific expertise to support clinicians and researchers in their endeavor to find novel healthcare and research solutions. Our services provide complete solutions for neurophysiology research, infrared neuroimaging systems, transcranial magnetic stimulation, transcranial direct current stimulation systems, motion tracking systems for sports and rehabilitation, and more available on our website.

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