



## Stanford University

The Human Performance Lab (HPL) at Stanford provides sport science services for all of Stanford's 900 varsity athletes. They provide interdisciplinary support for the athletes, athletic trainers, coaches and team physicians. As well as optimising performance and reducing risk of injury in athletes, the HPL are active researchers and bring together fields of biology, biomechanics, exercise physiology, cardiology, medicine, and bioengineering.

Thor Besier, Director of HPL has been using Siliconcoach software for ten years and explains that video analysis is now an essential to track progress and provide feedback. "We use both Siliconcoach Pro and TimeWARP to provide qualitative and quantitative video analysis of our athletes. The software can be used for any sports and is now an integral part of the training.

"Typically, we will do in-field video capture with Siliconcoach Pro to collect our data and perform on-the-fly analysis," says Thor. "We often bring back the laptop to the lab and re-analyse and calculate key variables of the skill or performance. The big difference that the software makes is the ability to explain difficult biomechanical concepts using simple video analysis.

"Our easiest measurable success comes from using TimeWARP with our athletes who are undergoing rehabilitation. The ability to show athletes in real-time, or with a delay, their technique and posture is a powerful method for controlling correct technique. Without this tool, several athletes would still be using poor technique and be at risk of further injury."

Software used: Pro and TimeWARP

"Siliconcoach is simple to use, intuitive, and provides very quick turnaround or real-time video feedback"

Thor Besier

Director, Human Performance Laboratory

Assistant Professor, Department of Orthopaedics

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