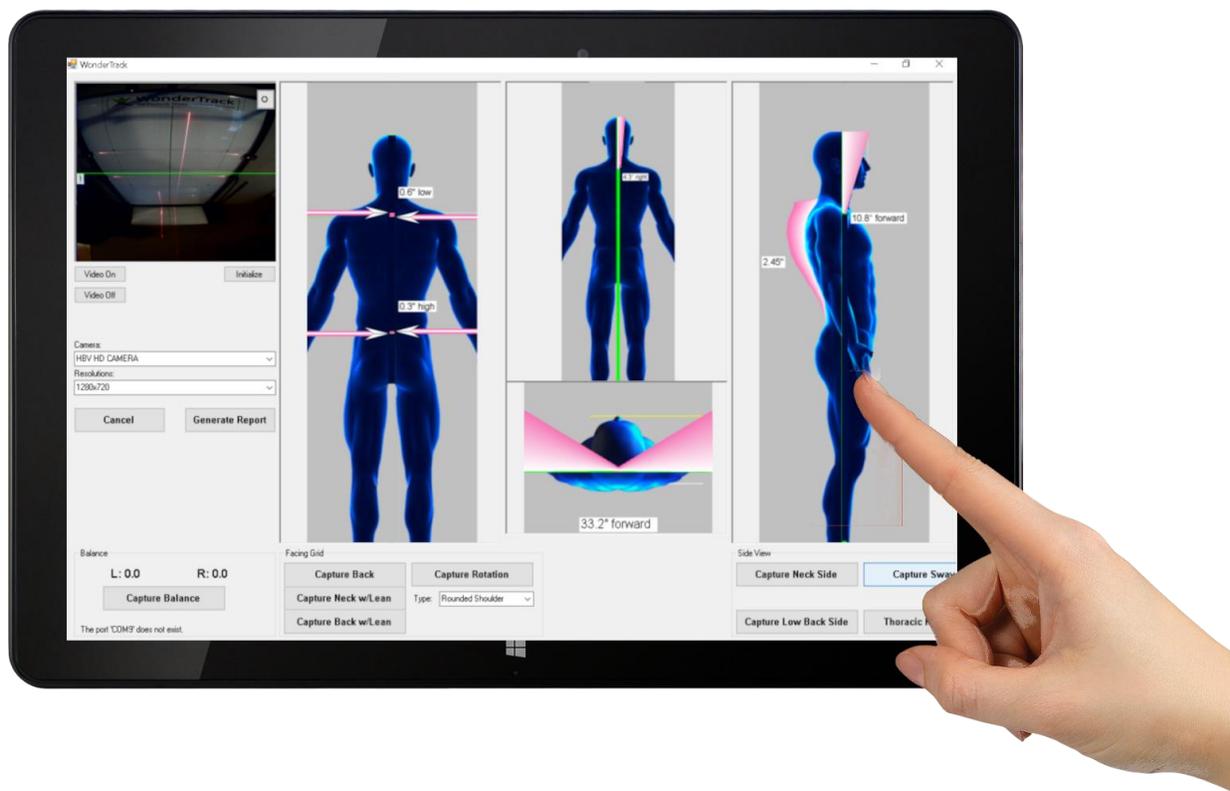




# WUNDERTRACK

## Operators Manual



## Managing Patient Accounts

### Creating Accounts

1. Click button “New Patient” in the main window
2. Enter patient information in appropriate fields below. (**NOTE:** A minimum of First Name, Last Name, and Gender are required to create an account)
3. Click “Save” next to the “New Patient” button

### Finding Patient Reports

1. Enter patients last name in the “Filter Last Name” field at the top. Enter first name in next field if necessary.
2. Select Patient in the list below
3. Click the drop-down menu labeled “Reports”.
4. Double click report date. The report will appear as a pdf in your pdf viewer.

## Capturing Posture Measurements

### Recording Transverse Measurements

1. Position patients’ feet over outlines of right and left foot.
2. Align both top horizontal lasers over the patients Acromion Process
3. Align bot bottom horizontal lasers over patient’s iliac crest
4. Click “Capture Back” to record only shoulder and hip height measurements
5. To capture lateral neck lean, align outside vertical laser in line with the neck.
6. Click “Capture Neck w/ Lean”.
7. To capture lateral trunk lean, align outside vertical laser in line with the trunk.
8. Click “Capture Back w/ Lean”.

**Recording Coronal Posture Measurements** (NOTE: *Must perform shoulder and hip height measurements first*)

1. To assess rounded shoulders rotation, align inside vertical laser between C7 spinus and acromion processes.
2. Select "Rounded Shoulders" in the drop menu then click "Capture Rotation"
3. To assess trunk rotation, align inside vertical laser between right and left acromion processes.
4. Select "Shoulders" in the drop menu then click "Capture Rotation"
5. To assess pelvic rotation, align inside vertical laser between the right and left PSIS
6. Select "Hips" in the drop menu then click "Capture Rotation"

**Recording Sagittal Posture Measurements** (NOTE: *Must perform shoulder and hip height measurements first*)

1. Position patient facing right with their left shoulder against the wall grid.
2. To capture forward head flexion, align outside vertical laser between the ears tragus and acromion process.
3. Click "Capture Neck Side"
4. To capture forward trunk flexion, align outside vertical laser between acromion process and greater trochanter.
5. Click "Capture Low Back Side"
6. To capture kyphosis:
  - a. Turn outside vertical laser so laser line is parallel to the vertical grid lines
  - b. Slide outside vertical laser along rail so line intersect greater trochanter
  - c. Turn inside vertical laser so laser line is parallel to the vertical floor grid lines.
  - d. Slide inside vertical laser so laser is tangential to the apex of the patients thoracic curve.
7. Click "Capture Kyphosis"
8. To capture sway back follow sub-steps in step 6
9. Click "Capture Sway Back"

# Posture Reports

## Printing posture reports

1. Click "Generate Report" button
2. Print report from pdf viewer that automatically opens

## Interpreting Posture Reports

1. Printed report will display three main areas:
  - a. Visual diagrams representing posture measurements
  - b. Grid displaying posture values and severity
  - c. Interpretation of posture results
2. Visual diagrams show two main references:
  - a. Pink shaded areas representing the significance of posture deviations from normal posture
  - b. Numerical values representing measurements of posture deviations.
3. Posture values are represented in inches in displayed in table format for each posture point.
4. Posture values are color coded to represent severity:
  - a. Green is good
  - b. Yellow is mild
  - c. Orange is moderate
  - d. Rd is severe
5. Thresholds related to the above posture severities are determined by the patient's height and significance of posture change for each posture point.
6. Posture interpretation represents risk factors for common MSK disorders that relate to posture values.