



NORTHSIDE HOSPITAL ORTHOPEDIC INSTITUTE

SPORTS MEDICINE

POWERED BY:  FUSIONETICS

GET STARTED

You will receive an email with a link and temporary password to access your account.

Go to: fusioneticssportsscience.com
RE-SET PASSWORD

DO YOUR PROGRAM

 **15**
minute program

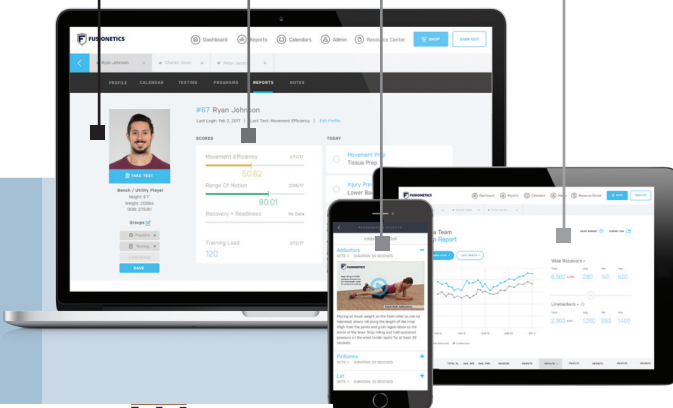


3-7 days/week
Perform exercises for recommended sets & reps

Select green dates on Training Calendar
Click ME: Self-Care
Play videos for demos and instructions

PROFILE PAGE

- PROFILE INFO
- SCORES
- EXERCISE PROGRAM
- RANKINGS



KNOW YOUR SCORE

Best	Good	Poor
=75.00-100	= 50.00-74.99	= 0.00-49.99

BEST

- Indicates Good Movement Efficiency
- How to maintain:
 - Do ME Self-Care Program 3x week
 - Perform a proper warm-up before activity

GOOD

- Indicates Moderate Movement Efficiency
- How to improve:
 - Do ME Self-Care Program 3-5x week
 - Work with a Fusionetics Practitioner 1-2x week
 - Perform a proper warm-up before activity

POOR

- Indicates Poor Movement Efficiency
- How to fix:
 - Further testing and evaluation highly recommended
 - Do ME Self-Care Program 5-7x week
 - Work with a Fusionetics Practitioner 2-3x week
 - Perform a proper warm-up before activity

