

Fitness Technology

Performance Measurement, Training and Rehabilitation Equipment

Correct Setup and use of the 400s Force Plate for use with the InnerBalance Software

When using the InnerBalance software with the 400S Force Plate it is critical that you enter and stand facing the correct direction to ensure that medial-lateral and anterior-posterior readings are truly representative of the trial being collected.

When setting the force plate up you will notice that it has 'Front of Platform' displayed on one side of the platform. It will have sensor 1 (LC1) and Sensor 4 (LC4). This is what we refer to as the front of the platform. (Refer below)



The opposite side of the force plate will be labelled with Sensor 3 (LC3) and Sensor 2 (LC2). This is what we refer to as the rear of the force plate. (Refer below)



When using the InnerBalance software it is crucial that you enter the force plate from the 'front of the platform' and face the rear of the platform. (Refer below) It will then read the Medio-Lateral (ML) and Anterior-Posterior (AP) data correctly!

