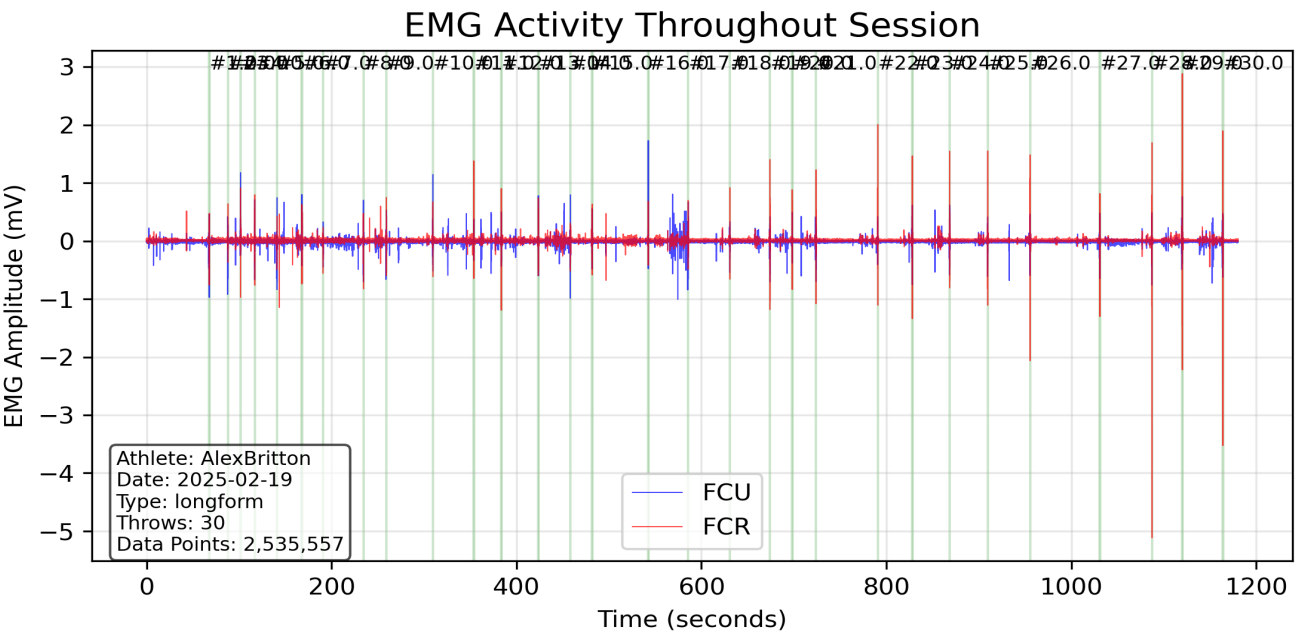# EMG Analysis Report: AlexBritton

Date: 2025-02-19 | Session Type: longform | Muscles: FCU, FCR

Key Insights

- Total throws detected: 30
- Highest FCU activation: Throw #16 (1.88 mV)
- Highest FCR activation: Throw #29 (3.40 mV)
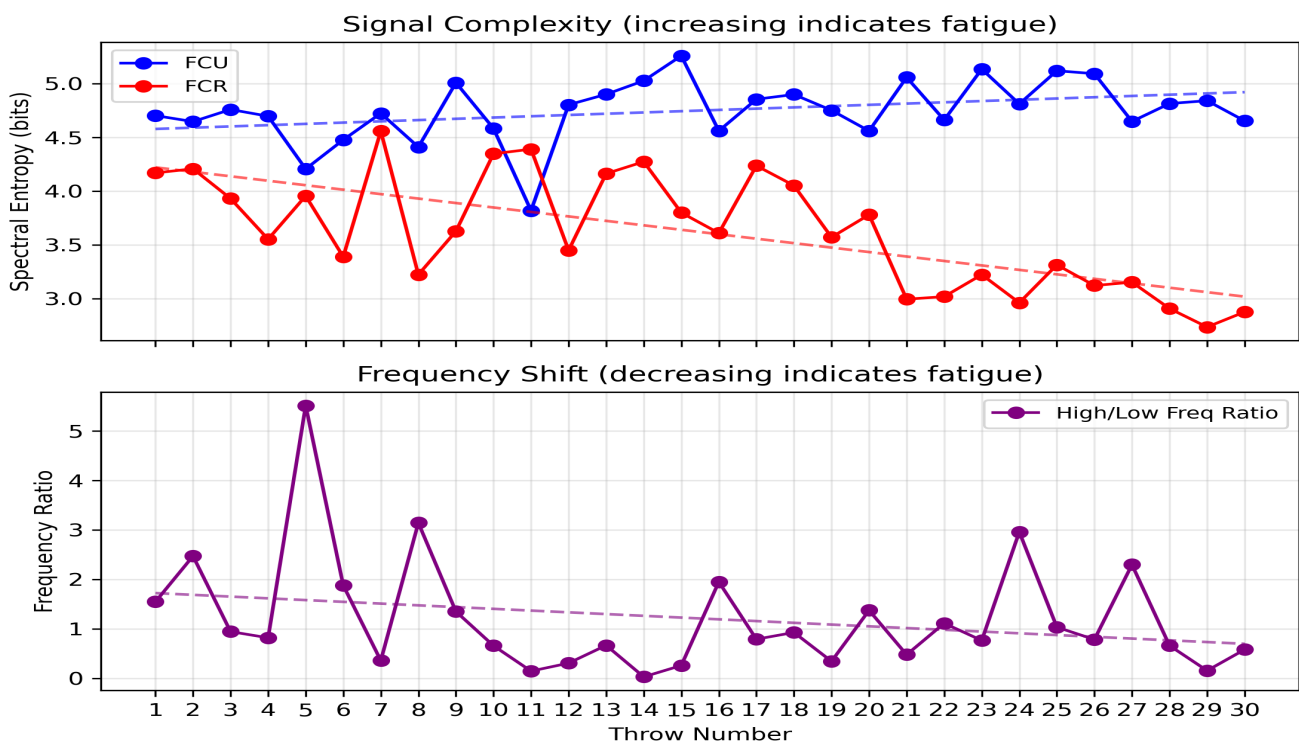- Potential for improved muscle coordination

Session Overview

EMG activity throughout session with throw markers

Performance Metrics

Muscle Activation Intensity

Frequency Content (decreasing indicates fatigue)
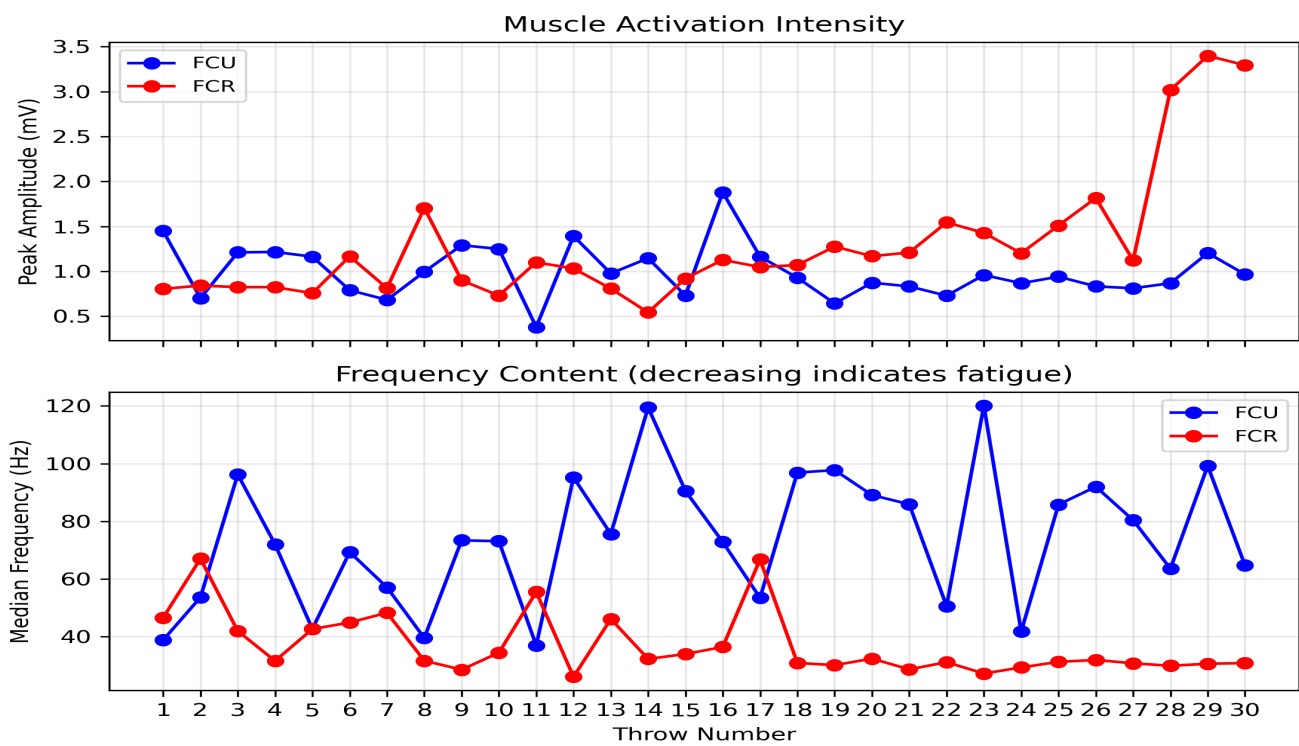
Activation intensity and frequency content across throws

Fatigue Analysis

Signal Complexity (increasing indicates fatigue)

Frequency Shift (decreasing indicates fatigue)

Spectral entropy and frequency indicators of fatigue

Frequency Distribution

Wavelet Energy Distribution (FCU)
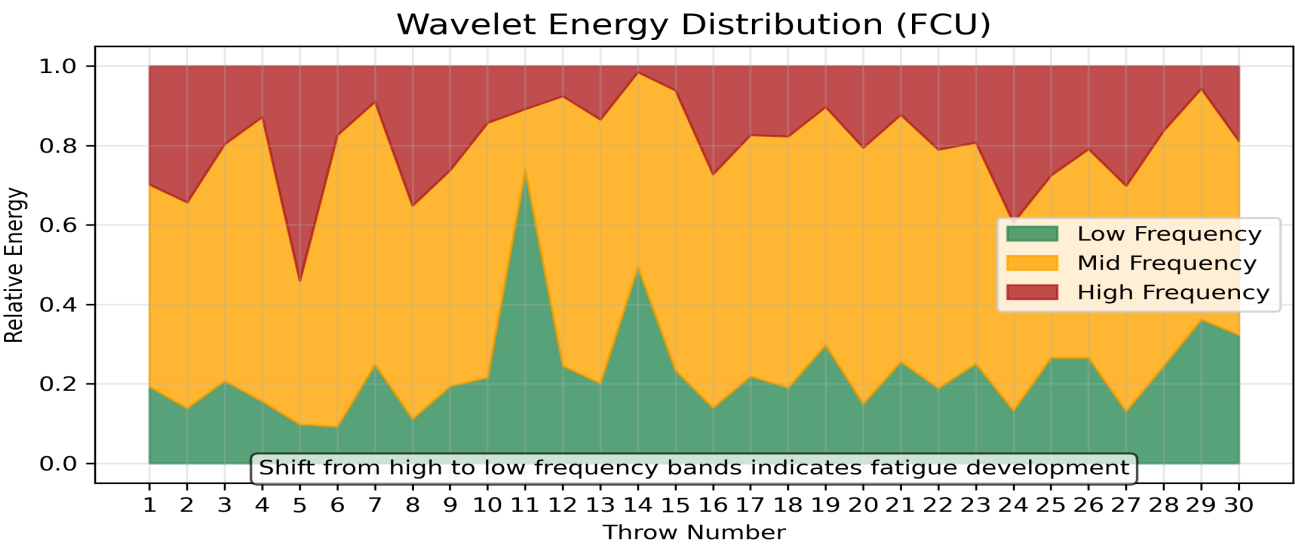
Distribution of energy across frequency bands

Muscle Coordination

Muscle Coordination
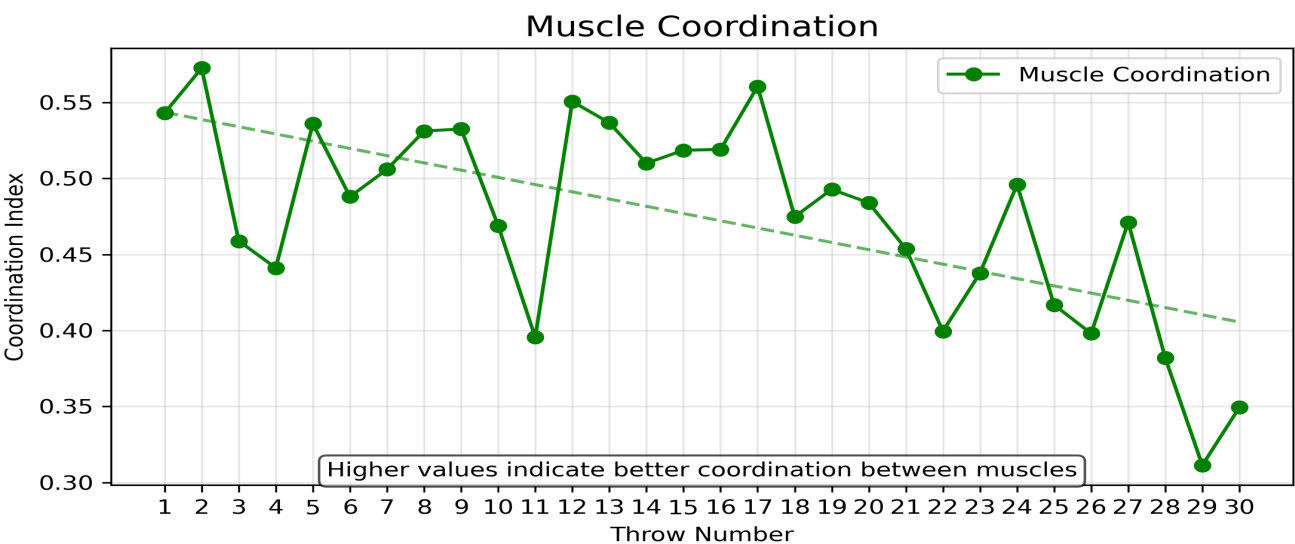
Muscle coordination across throws

Throw-by-Throw Summary

Throw #	Duration (s)	FCU Peak (mV)	FCR Peak (mV)	Coordination
1	0.26	1.45	0.8	0.54
2	0.22	0.7	0.84	0.57
3	0.24	1.21	0.82	0.46
4	0.22	1.22	0.82	0.44
5	0.21	1.16	0.76	0.54
6	0.24	0.79	1.17	0.49

7	0.23	0.68	0.81	0.51
8	0.25	1.0	1.7	0.53
9	0.25	1.29	0.9	0.53
10	0.23	1.25	0.73	0.47
11	0.22	0.38	1.1	0.4
12	0.23	1.39	1.03	0.55
13	0.24	0.98	0.81	0.54
14	0.22	1.15	0.54	0.51
15	0.26	0.73	0.92	0.52
16	0.27	1.88	1.13	0.52
17	0.22	1.16	1.05	0.56
18	0.23	0.93	1.07	0.47
19	0.27	0.64	1.28	0.49
20	0.25	0.87	1.17	0.48
21	0.24	0.83	1.21	0.45
22	0.26	0.73	1.54	0.4
23	0.26	0.96	1.43	0.44
24	0.24	0.87	1.2	0.5
25	0.26	0.94	1.51	0.42
26	0.28	0.83	1.82	0.4
27	0.26	0.81	1.12	0.47
28	0.27	0.87	3.02	0.38
29	0.26	1.2	3.4	0.31
30	0.32	0.97	3.29	0.35

Summary

Total throws detected: 30 Potential for improved muscle coordination