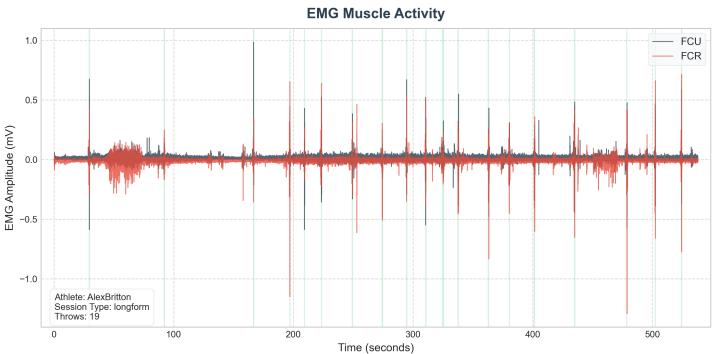
# AlexBritton EMG Report for longform Session

March 18, 2025

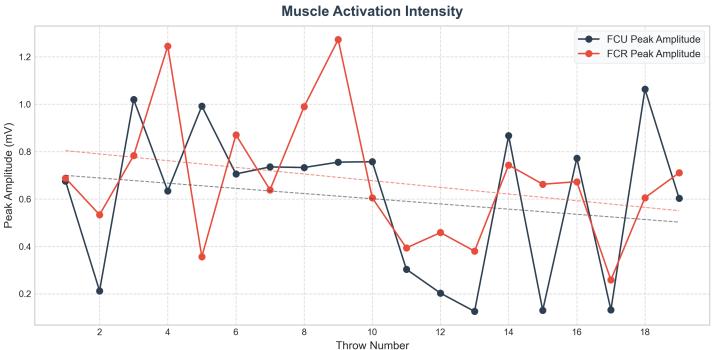
## **Throwing Summary**

#### **EMG** Activity



EMG muscle activity throughout the session with throw regions highlighted in green.

#### **Muscle Activation Intensity**



Peak muscle activation intensity for each throw.

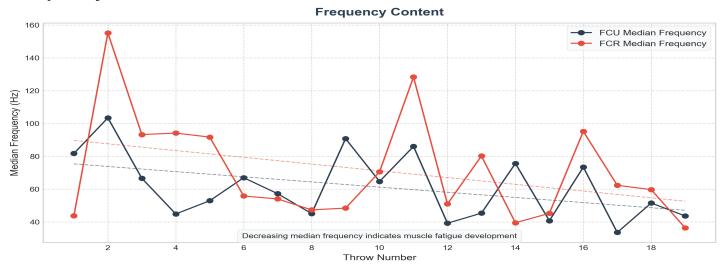
## **Fatigue and Twitch Analysis**

#### **Signal Complexity**

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Signal complexity (spectral entropy) across throws.

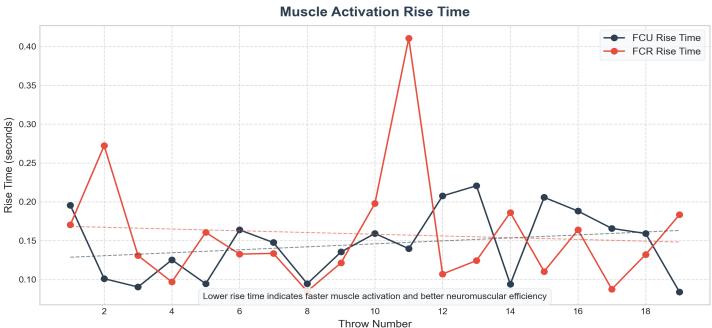
#### **Frequency Content**



Median frequency content across throws.

### **Neuromuscular Analysis**

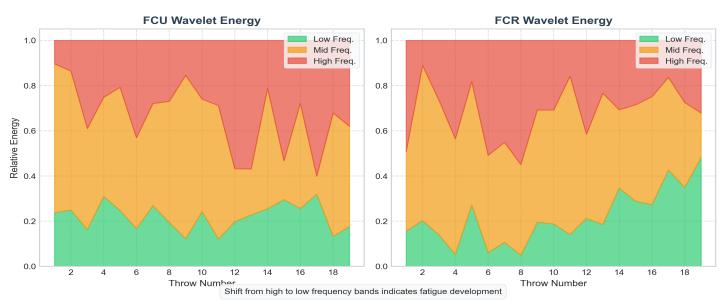
#### **Neuromuscular Efficiency (Rise Time)**



Muscle activation rise time (time to reach peak contraction) across throws.

#### **Wavelet Energy Distribution**

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Distribution of energy across frequency bands for each throw.