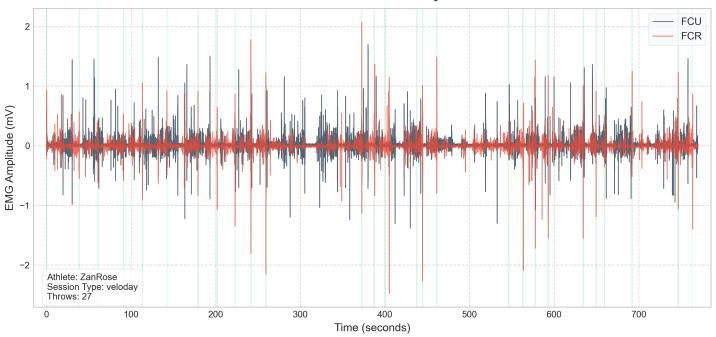
# ZanRose EMG Report for veloday Session

March 10, 2025

# **Throwing Summary**

### **EMG** Activity

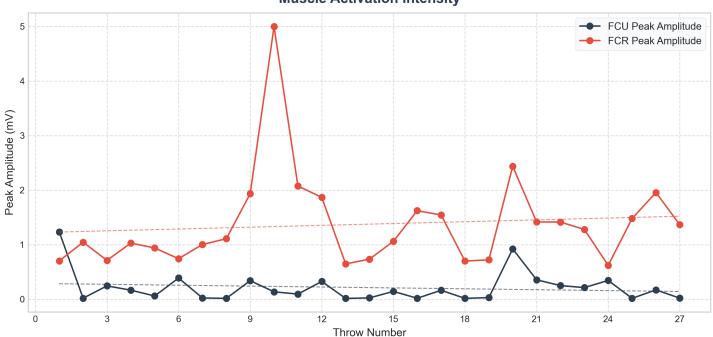




EMG muscle activity throughout the session with throw regions highlighted in green.

### **Muscle Activation Intensity**

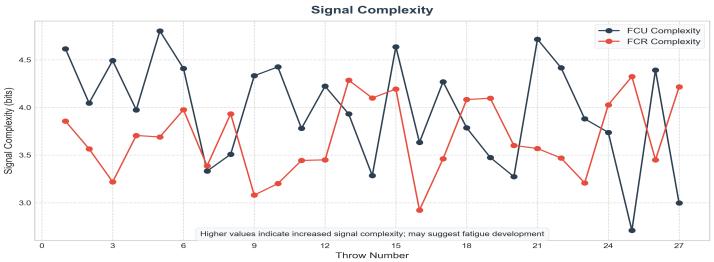
#### **Muscle Activation Intensity**



Peak muscle activation intensity for each throw.

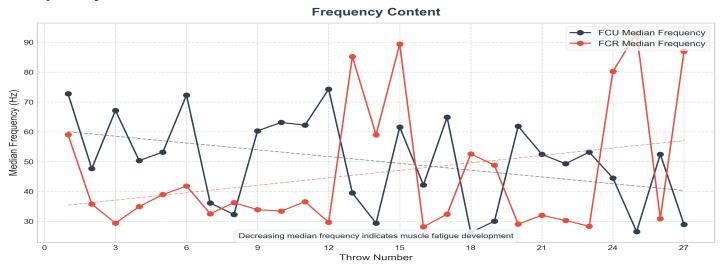
# **Fatigue and Twitch Analysis**

### **Signal Complexity**



Signal complexity (spectral entropy) across throws.

# **Frequency Content**

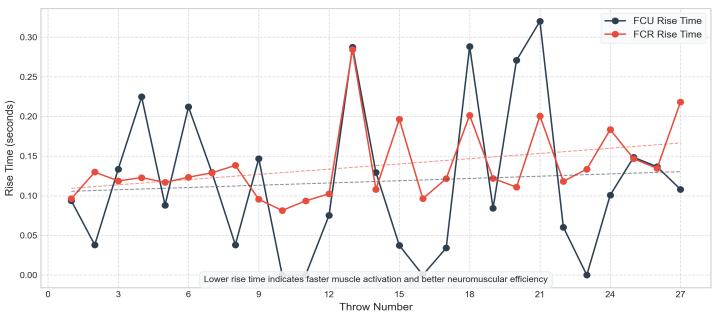


Median frequency content across throws.

## **Neuromuscular Analysis**

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

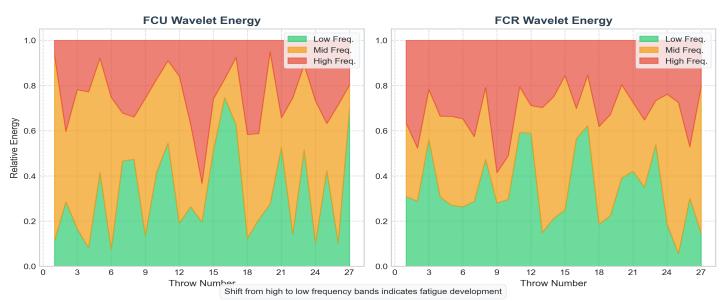
#### **Muscle Activation Rise Time**



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

### **Wavelet Energy Distribution**

#### **Wavelet Energy Distribution**



Distribution of energy across frequency bands for each throw.