



How PRIDE Uses DARI's Analytics to Help YOU

Both protocols give insight to the whole body's motion health by evaluating all major joints and multi-planer motion.

DARI 360:

This movement protocol is geared toward a wellness population and does not contain jumps.

DARI Performance:

This movement protocol is geared toward an athletic population.

After complete the protocol, DARI generates two different reports:

Overview Page:

This report is an overview of a subject's overall performance and the items they scored the lowest on. These are the focus and priority areas which guide the expert to focus on in the Detail View Report.

Movements and Detail View Report:

The Detail View report contains all of the data. It is one page per movement and displays the evaluated data points in tables and graphs. This report is designed for a professional to use their expertise in interpreting and actioning the raw data.



Check out the example reports on the next page!

PRIDE then uses the data and areas of weakness to help create a structured workout routine for the client.

This makes the program specialized and specific to the individual.