User 56
XO-SOLE Data
Gait Analysis

User Information

User Height	User Age	User Sex	User Shoe Size	User Weight
167.64 cm	25	Female	7.0 US Men's	55.34 kg

Insole Information

	Mac Address	Size
Left	e62d851549c0	S
Right	e3b55a458fdc	S

Test Summary

	Walking Stances	Running Stances	Total Stances	Jumps
Left	144	43	187	3
Right	146	44	190	4

Start Time	End Time	Total Duration	Walking Cadence	Running Cadence
11:34:30 AM	11:38:00 AM	00:03:30	117 spm	165 spm

Walking Information

Lateral Force
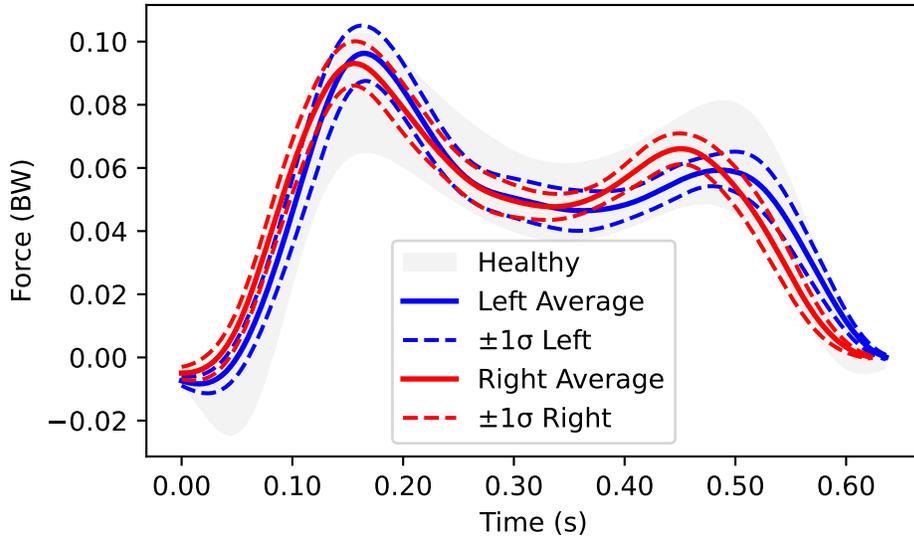
	Left Median	Right Median
Max Force (BW)	0.0978	0.0947
Impulse (BW·s)	0.0297	0.0304

Anterior Force
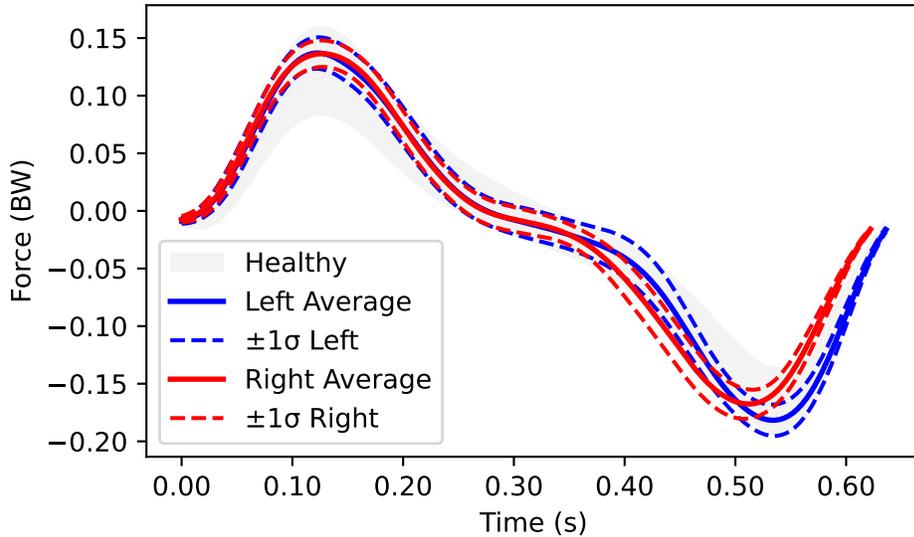
	Left Median	Right Median
Peak Brake (BW)	0.140	0.139
Impulse Brake (BW·s)	0.0194	0.0194
Peak Propulsion (BW)	0.181	0.168
Impulse Propulsion (BW·s)	0.0299	0.0281
Total Impulse (BW·s)	0.0105	0.00870

Vertical Force
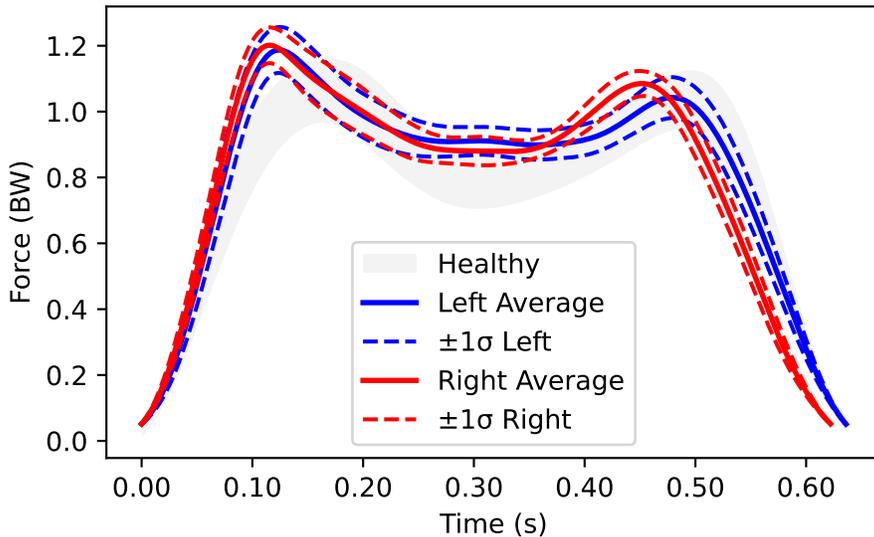
	Left Median	Right Median
Peak 1 (BW)	1.19	1.21
Peak 2 (BW)	1.04	1.09
Valley (BW)	0.861	0.858
Impulse (BW·s)	0.520	0.510
Loading Rate (BW/s)	12.1	12.9
Unloading Rate (BW/s)	-7.85	-7.58

Walking Kinematic Information

Dorsiflexion
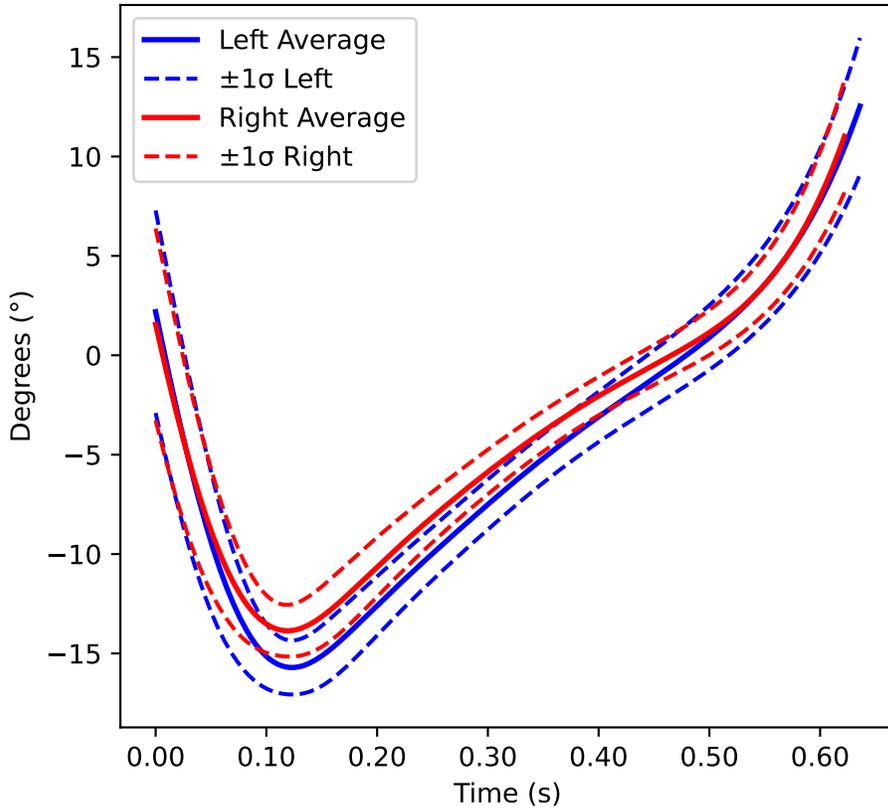
	Left Median	Right Median
Foot Strike (Deg)	2.24	1.56

Inversion
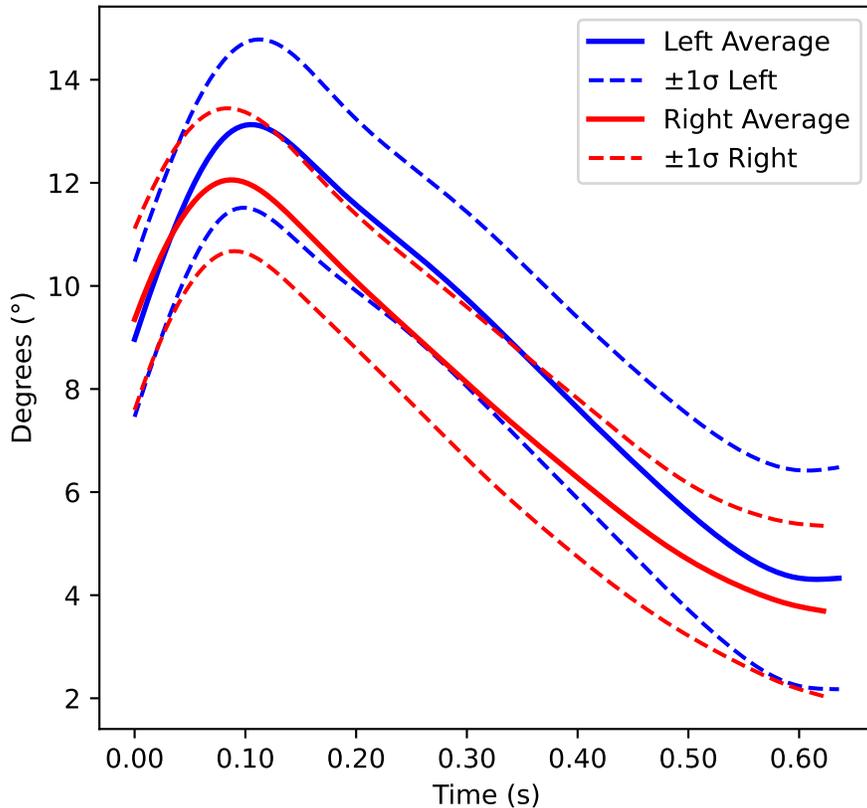
	Left Median	Right Median
Foot Strike (Deg)	8.92	9.58

Running Information

Lateral Force
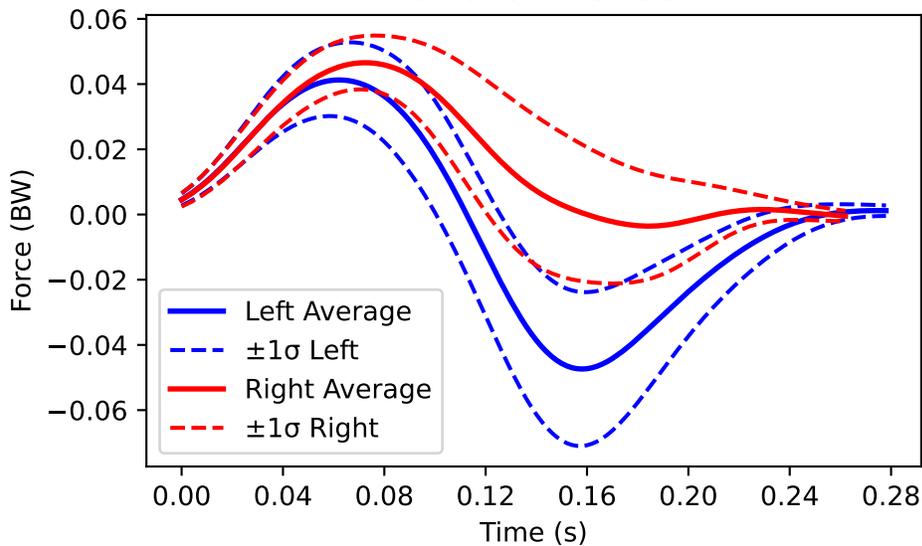
	Left Median	Right Median
Max Force (BW)	0.0440	0.0490
Impulse (BW·s)	-0.000198	0.00395

Anterior Force
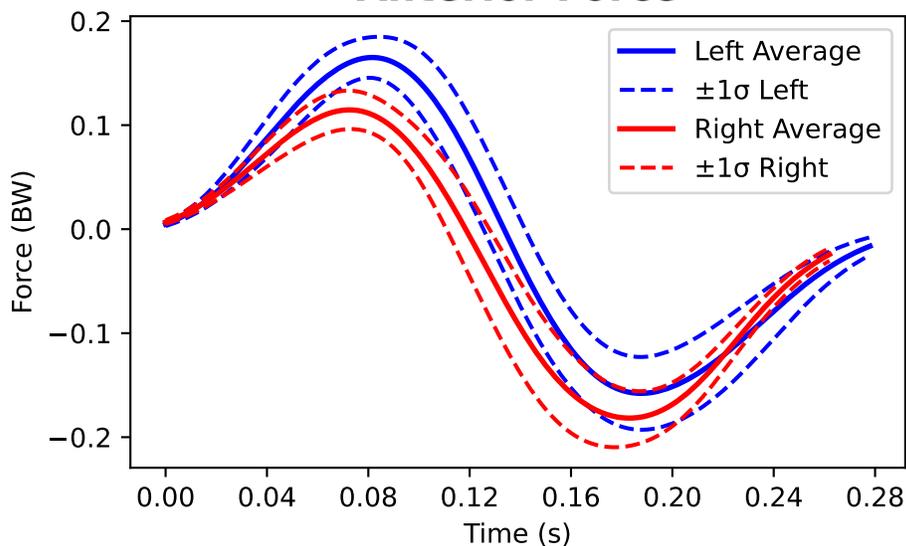
	Left Median	Right Median
Peak Brake (BW)	0.170	0.117
Impulse Brake (BW·s)	0.0130	0.00831
Peak Propulsion (BW)	0.164	0.186
Impulse Propulsion (BW·s)	0.0138	0.0166
Total Impulse (BW·s)	0.000870	0.00801

Vertical Force
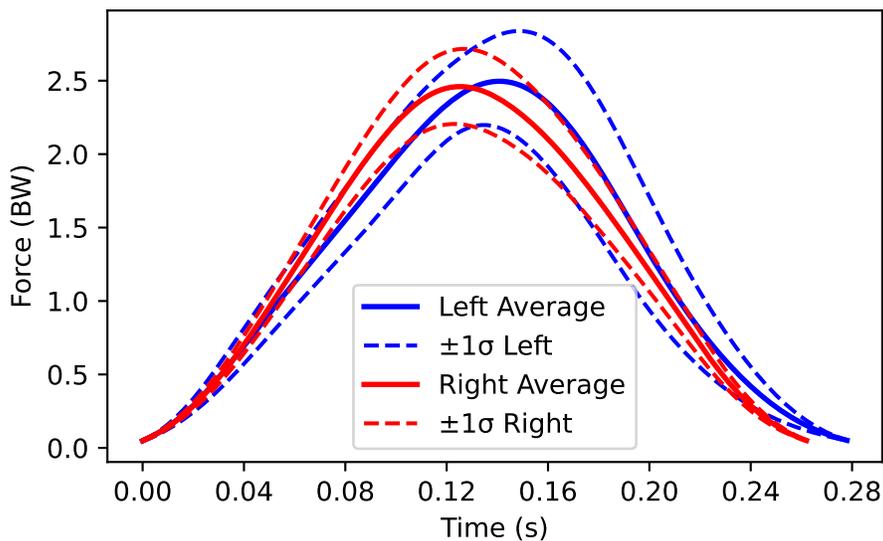
	Left Median	Right Median
Peak 1 (BW)	2.58	2.40
Impulse (BW·s)	0.360	0.346
Loading Rate (BW/s)	20.9	23.9
Unloading Rate (BW/s)	-24.2	-22.5

Running Kinematic Information

Dorsiflexion
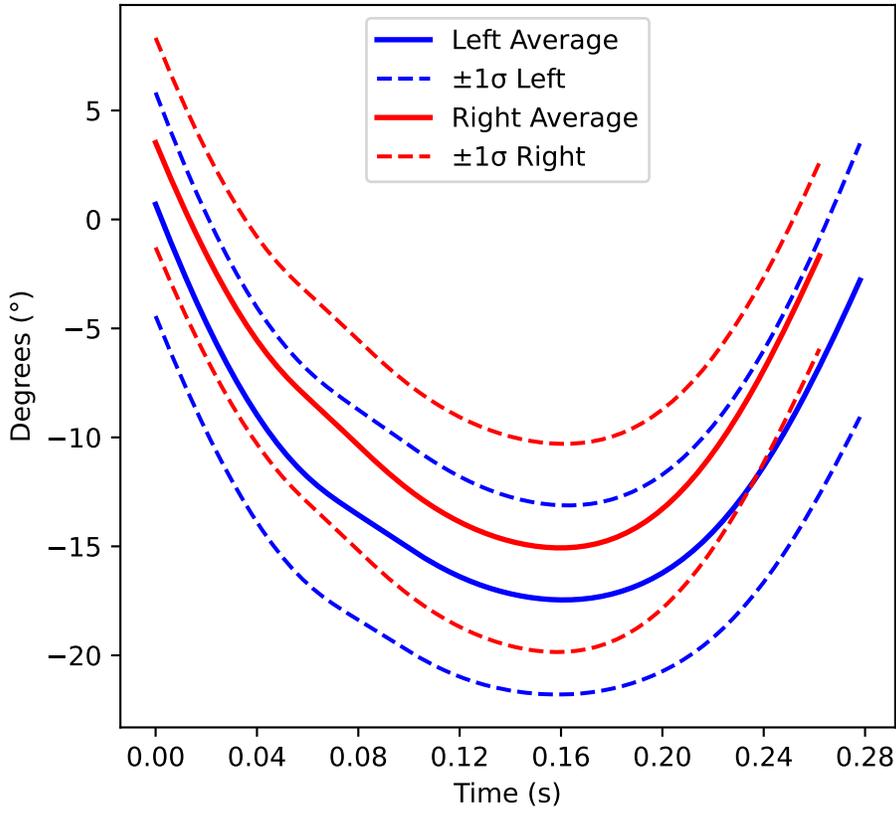
	Left Median	Right Median
Foot Strike (Deg)	0.0176	3.19

Inversion
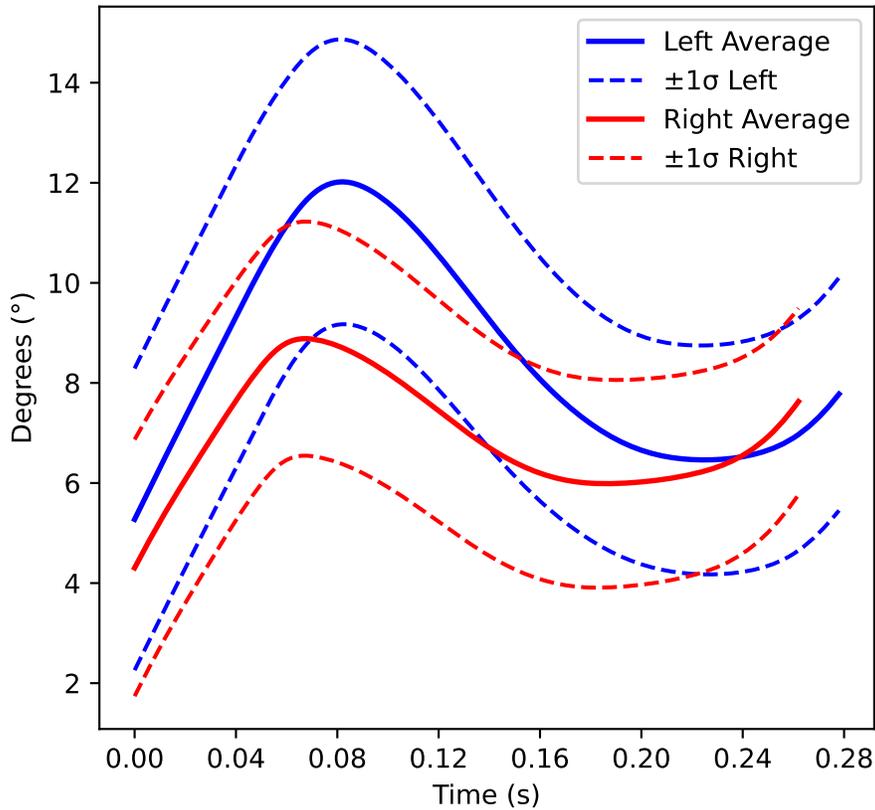
	Left Median	Right Median
Foot Strike (Deg)	5.54	4.56

Jumping Information

Combined Lateral Force
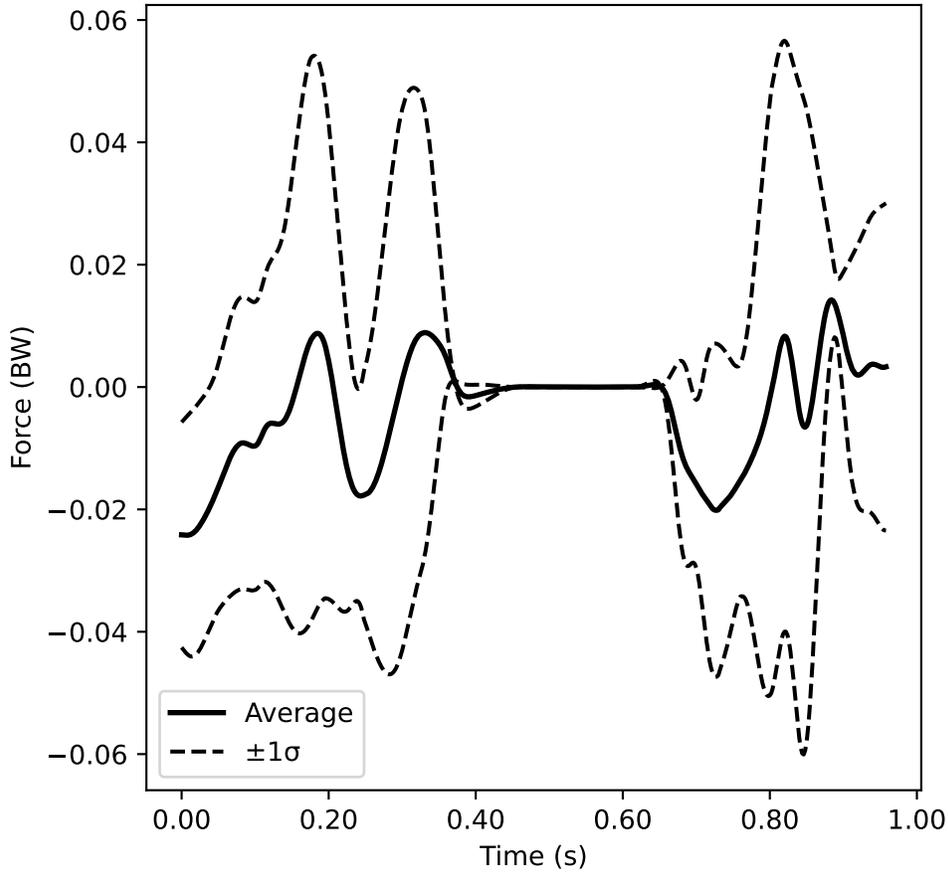
	Median	Standard Deviation
Propulsive Peak (BW)	0.275	0.0515
Landing Peak (BW)	0.275	0.0553

Lateral Force
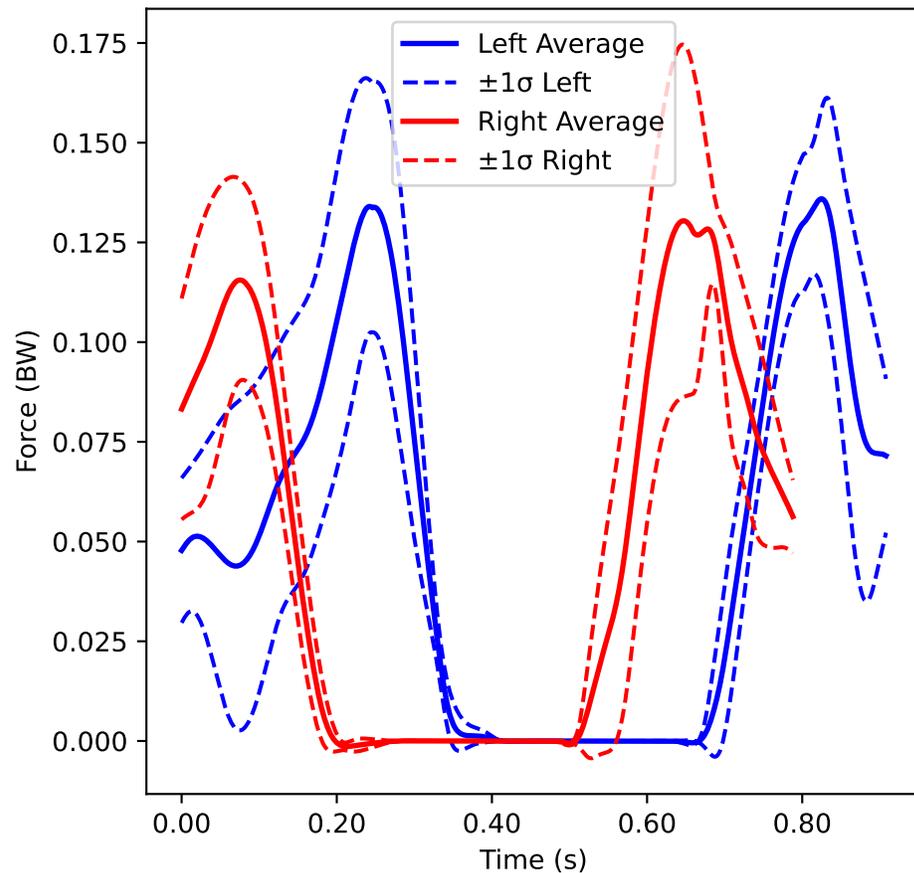
	Left Median	Right Median
Propulsive Peak (BW)	0.152	0.110
Landing Peak (BW)	0.129	0.136

Jumping Information

Combined Anterior Force
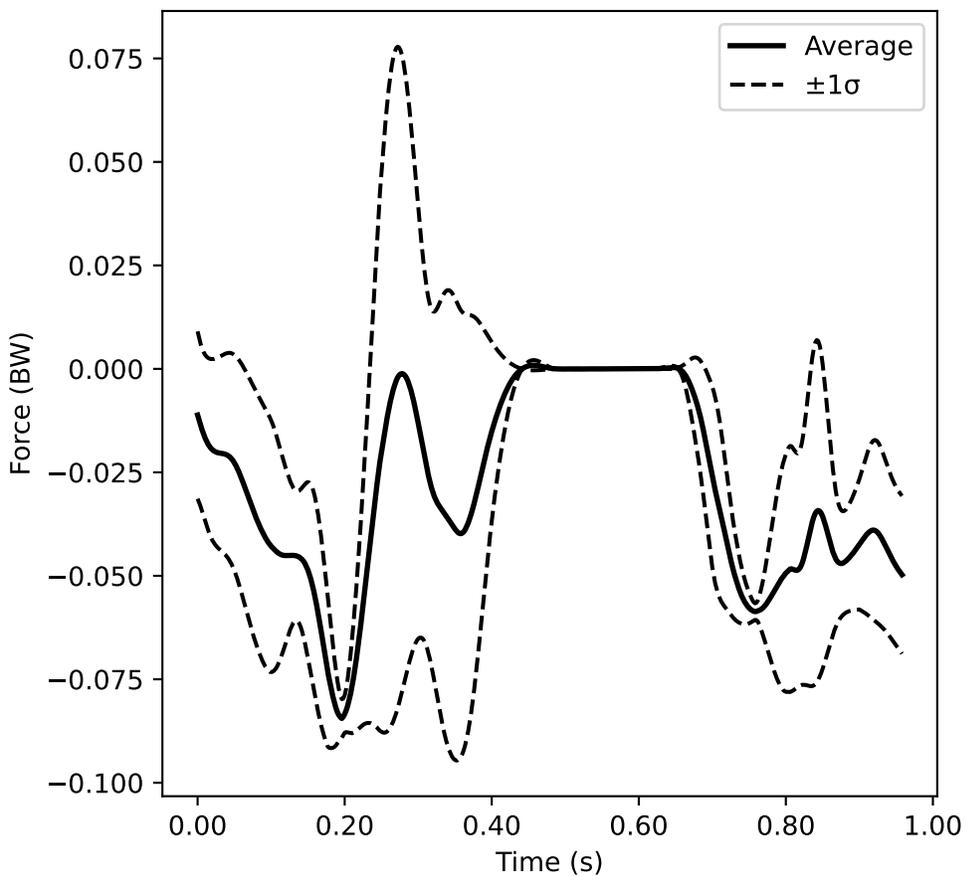
	Median	Standard Deviation
Propulsive Peak (BW)	-0.0643	0.0836
Landing Peak (BW)	-0.0444	0.0302

Anterior Force
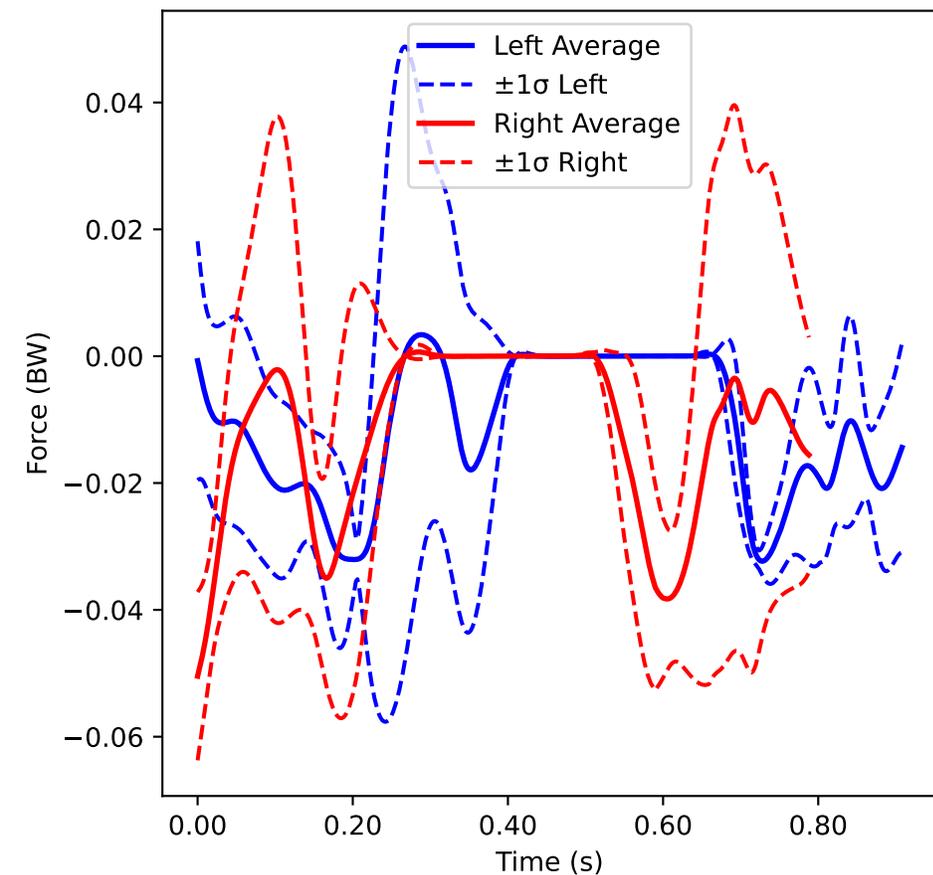
	Left Median	Right Median
Propulsive Peak (BW)	-0.0352	-0.00184
Landing Peak (BW)	-0.0200	-0.0195

Jumping Information

Combined Vertical Force
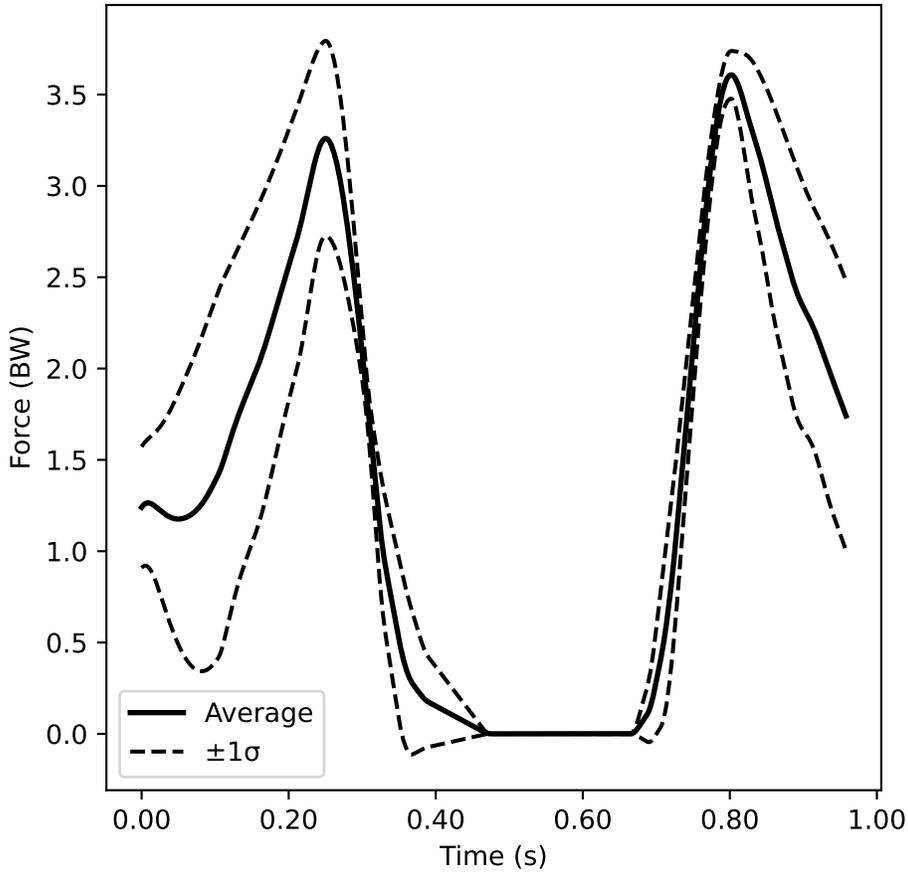
	Median	Standard Deviation
Propulsive Peak (BW)	3.56	0.549
Landing Peak (BW)	3.69	0.130

Vertical Force
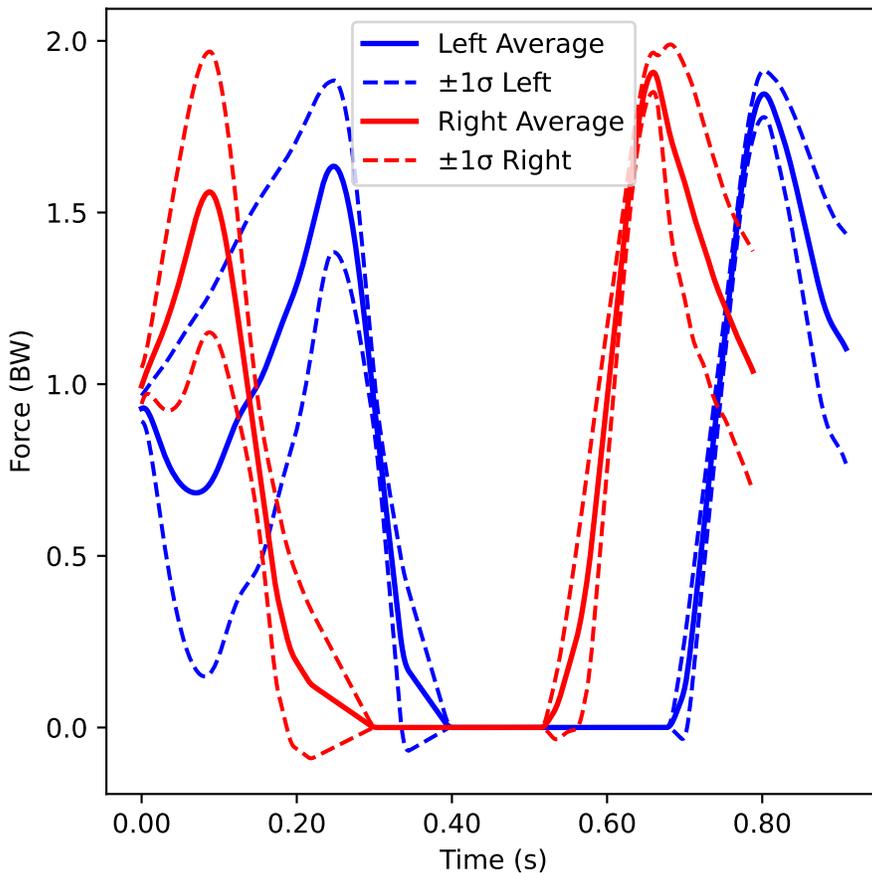
	Left Median	Right Median
Propulsive Peak (BW)	1.64	1.61
Landing Peak (BW)	1.80	1.91

Walking Symmetry Information

General

	Left Median	Right Median	Symmetry Index (%)
Ground Contact Time (ms)	638	626	-1.90

Lateral

	Left Median	Right Median	Symmetry Index (%)
Max Force (BW)	0.0978	0.0947	-3.22
Impulse (BW·s)	0.0297	0.0304	2.33

Anterior

	Left Median	Right Median	Symmetry Index (%)
Peak Brake (BW)	0.140	0.139	-0.717
Impulse Brake (BW·s)	0.0194	0.0194	0.0
Peak Propulsion (BW)	0.181	0.168	-7.45
Impulse Propulsion (BW·s)	0.0299	0.0281	-6.21
Total Impulse (BW·s)	0.0105	0.00870	-18.8

Vertical

	Left Median	Right Median	Symmetry Index (%)
Peak 1 (BW)	1.19	1.21	1.67
Peak 2 (BW)	1.04	1.09	4.69
Valley (BW)	0.861	0.858	-0.349
Impulse (BW·s)	0.520	0.510	-1.94
Loading Rate (BW/s)	12.1	12.9	6.40
Unloading Rate (BW/s)	-7.85	-7.58	-3.50

Dorsiflexion

	Left Median	Right Median	Symmetry Index (%)
Foot Strike (Deg)	2.24	1.56	-35.8

Inversion

	Left Median	Right Median	Symmetry Index (%)
Foot Strike (Deg)	8.92	9.58	7.14

Running Symmetry Information

General

	Left Median	Right Median	Symmetry Index (%)
Ground Contact Time (ms)	274	262	-4.48

Lateral

	Left Median	Right Median	Symmetry Index (%)
Max Force (BW)	0.0440	0.0490	10.8
Impulse (BW·s)	-0.000198	0.00395	221

Anterior

	Left Median	Right Median	Symmetry Index (%)
Peak Brake (BW)	0.170	0.117	-36.9
Impulse Brake (BW·s)	0.0130	0.00831	-44.0
Peak Propulsion (BW)	0.164	0.186	12.6
Impulse Propulsion (BW·s)	0.0138	0.0166	18.4
Total Impulse (BW·s)	0.000870	0.00801	161

Vertical

	Left Median	Right Median	Symmetry Index (%)
Peak 1 (BW)	2.58	2.40	-7.23
Impulse (BW·s)	0.360	0.346	-3.97
Loading Rate (BW/s)	20.9	23.9	13.4
Unloading Rate (BW/s)	-24.2	-22.5	-7.28

Dorsiflexion

	Left Median	Right Median	Symmetry Index (%)
Foot Strike (Deg)	0.0176	3.19	198

Inversion

	Left Median	Right Median	Symmetry Index (%)
Foot Strike (Deg)	5.54	4.56	-19.4

Jumping Symmetry Information

General

	Combined Median	Left Median	Right Median	Symmetry Index (%)
Jump Time (ms)	418	426	410	-3.83
Jump Height (cm)	21.4	22.3	20.6	-7.93
Time to Takeoff (ms)	NaN	NaN	NaN	NaN
MRSI (ratio)	NaN	NaN	NaN	NaN

Lateral

	Combined Median	Left Median	Right Median	Symmetry Index (%)
Propulsive Peak (BW)	0.275	0.152	0.110	-32.1
Landing Peak (BW)	0.275	0.129	0.136	5.28

Anterior

	Combined Median	Left Median	Right Median	Symmetry Index (%)
Propulsive Peak (BW)	-0.0643	-0.0352	-0.00184	-180
Landing Peak (BW)	-0.0444	-0.0200	-0.0195	-2.53

Vertical

	Combined Median	Left Median	Right Median	Symmetry Index (%)
Propulsive Peak (BW)	3.56	1.64	1.61	-1.85
Landing Peak (BW)	3.69	1.80	1.91	5.93

Left Walking Information

Lateral Force
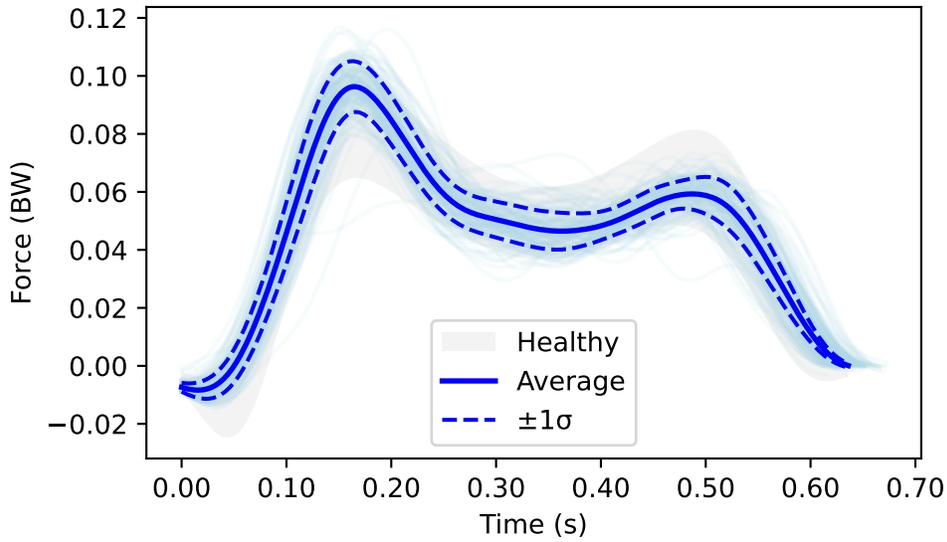
	Median	Standard Deviation
Max Force (BW)	0.0978	0.00817
Impulse (BW·s)	0.0297	0.00161

Anterior Force
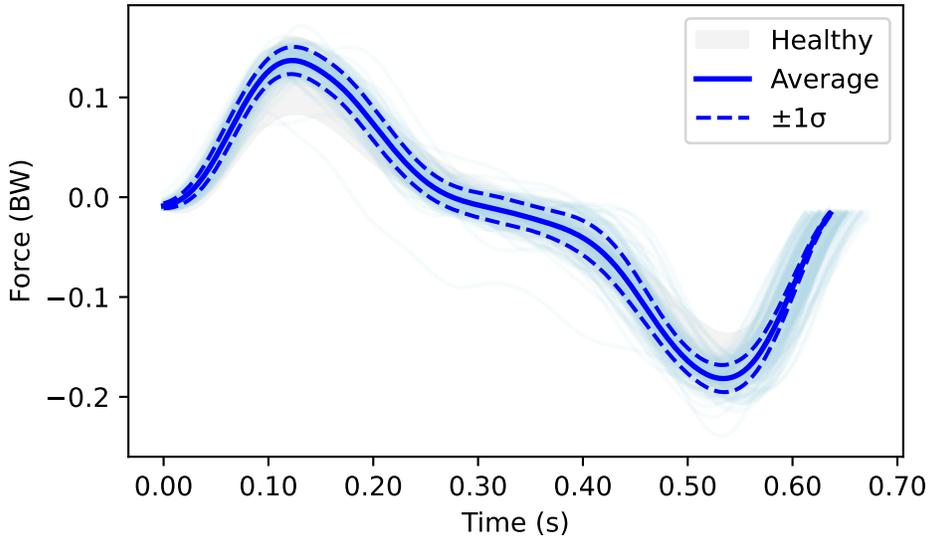
	Median	Standard Deviation
Peak Brake (BW)	0.140	0.0125
Impulse Brake (BW·s)	0.0194	0.00179
Peak Propulsion (BW)	0.181	0.0136
Impulse Propulsion (BW·s)	0.0299	0.00288
Total Impulse (BW·s)	0.0105	0.00387

Vertical Force
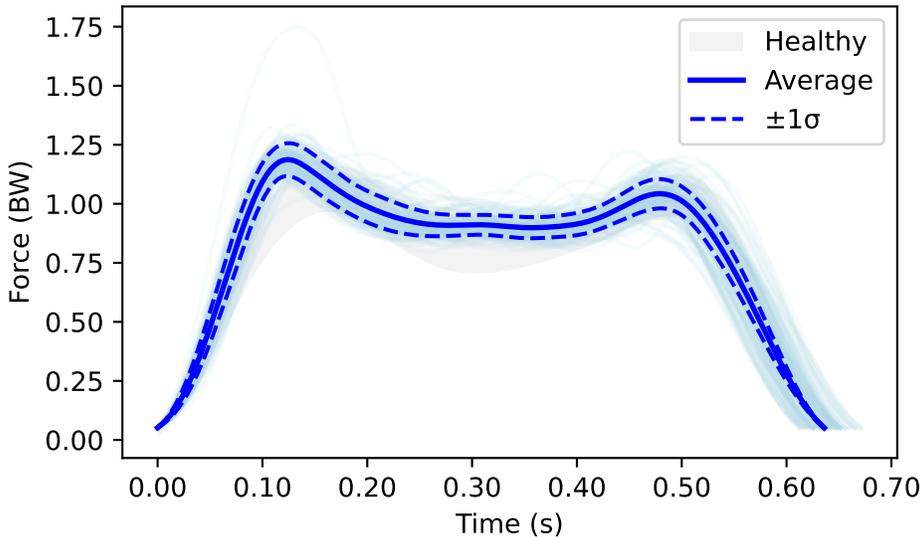
	Median	Standard Deviation
Peak 1 (BW)	1.19	0.0689
Peak 2 (BW)	1.04	0.0586
Valley (BW)	0.861	0.0280
Impulse (BW·s)	0.520	0.0168
Loading Rate (BW/s)	12.1	1.11
Unloading Rate (BW/s)	-7.85	1.05

Left Walking Kinematic Information

Dorsiflexion
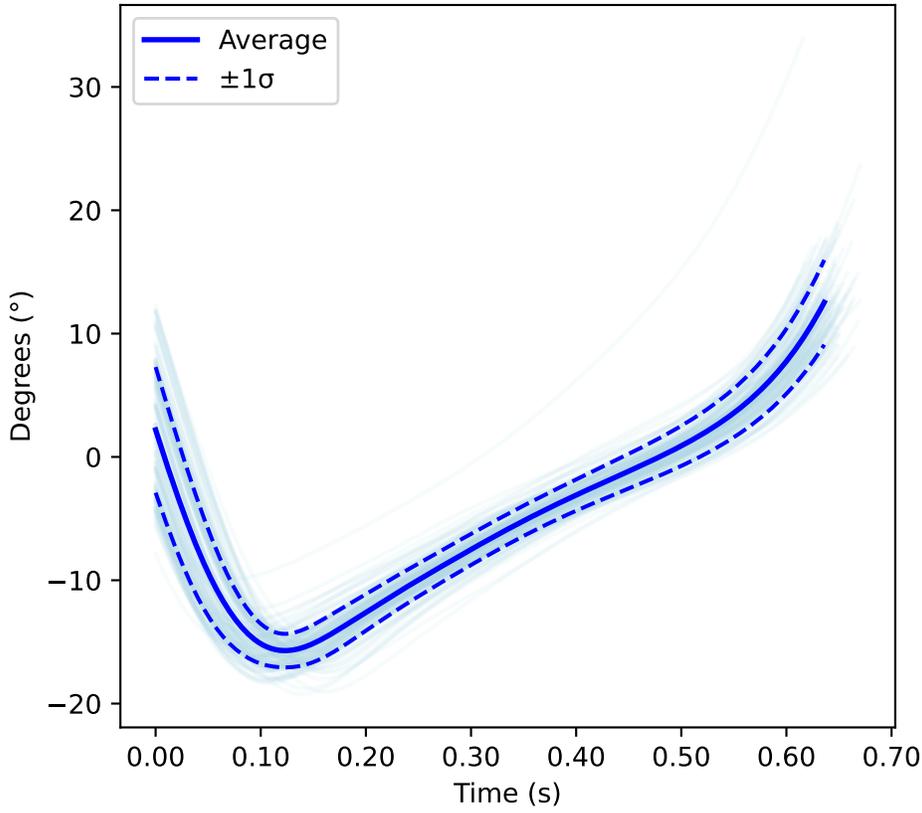
	Median	Standard Deviation
Foot Strike (Deg)	2.24	5.10

Inversion
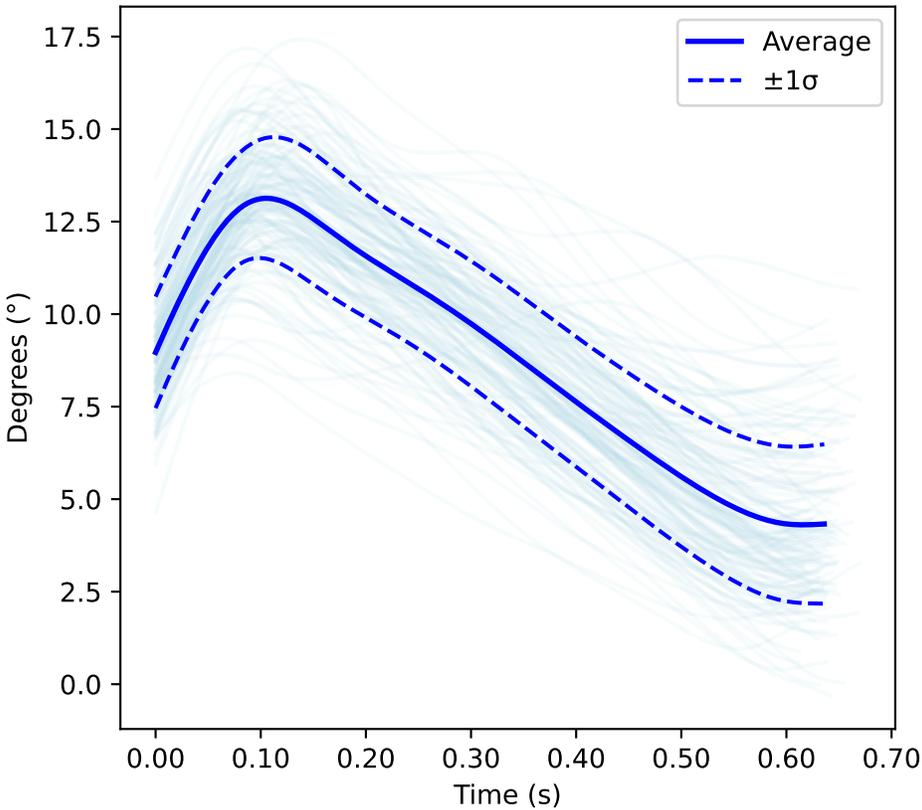
	Median	Standard Deviation
Foot Strike (Deg)	8.92	1.51

Left Running Information

Lateral Force
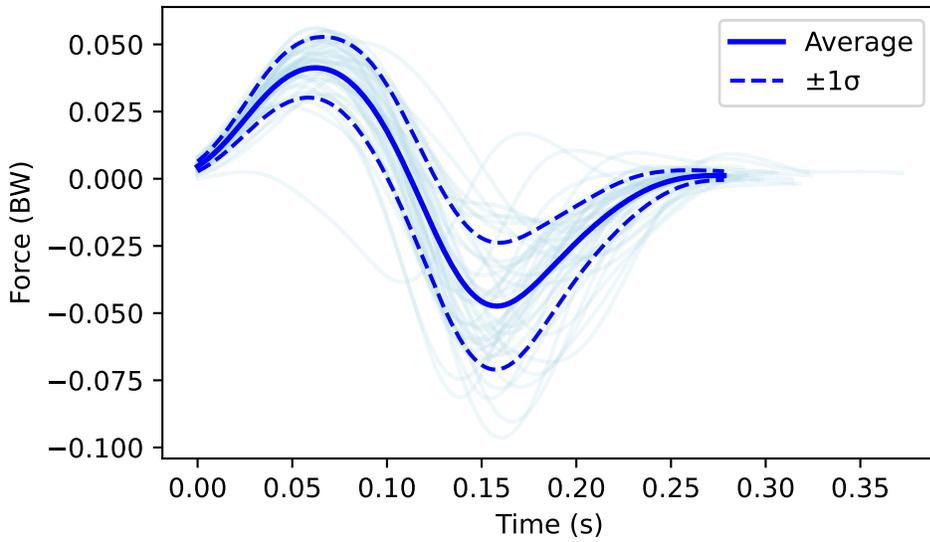
	Median	Standard Deviation
Max Force (BW)	0.0440	0.00848
Impulse (BW·s)	-0.000198	0.00176

Anterior Force
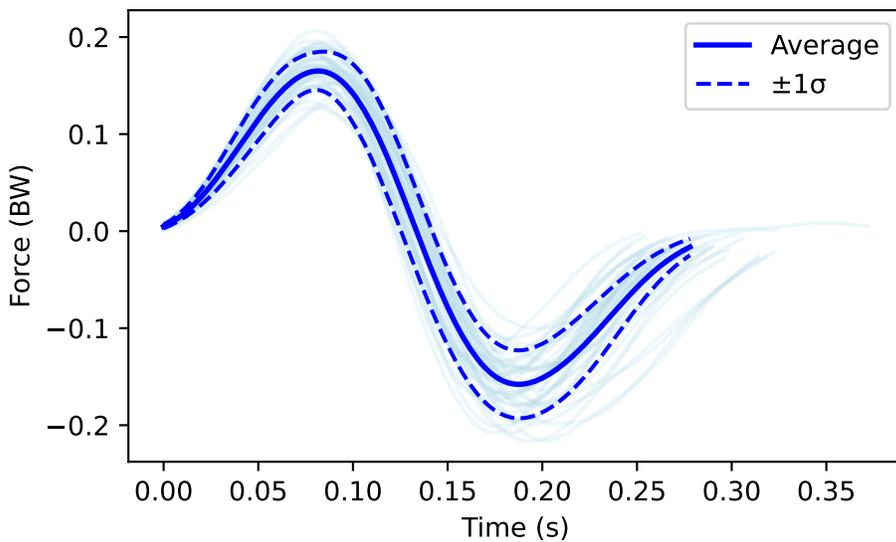
	Median	Standard Deviation
Peak Brake (BW)	0.170	0.0182
Impulse Brake (BW·s)	0.0130	0.00162
Peak Propulsion (BW)	0.164	0.0286
Impulse Propulsion (BW·s)	0.0138	0.00357
Total Impulse (BW·s)	0.000870	0.00334

Vertical Force
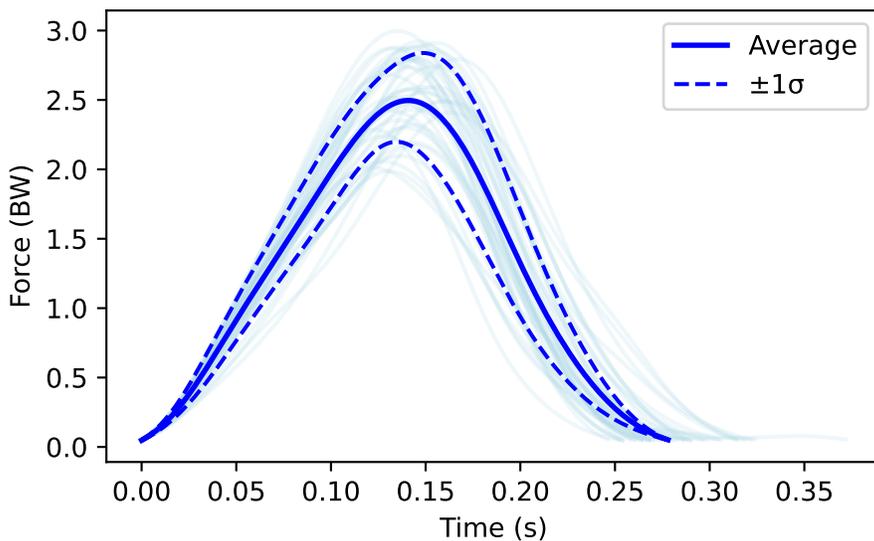
	Median	Standard Deviation
Peak 1 (BW)	2.58	0.275
Impulse (BW·s)	0.360	0.0431
Loading Rate (BW/s)	20.9	2.70
Unloading Rate (BW/s)	-24.2	6.59

Left Running Kinematic Information

Dorsiflexion
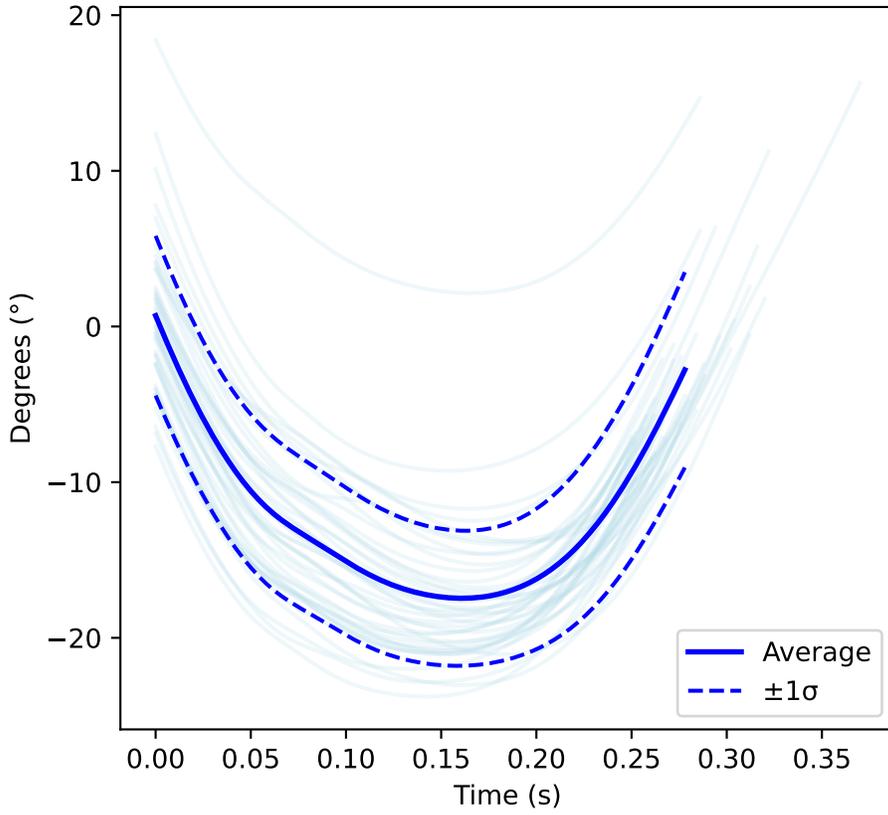
	Median	Standard Deviation
Foot Strike (Deg)	0.0176	5.13

Inversion
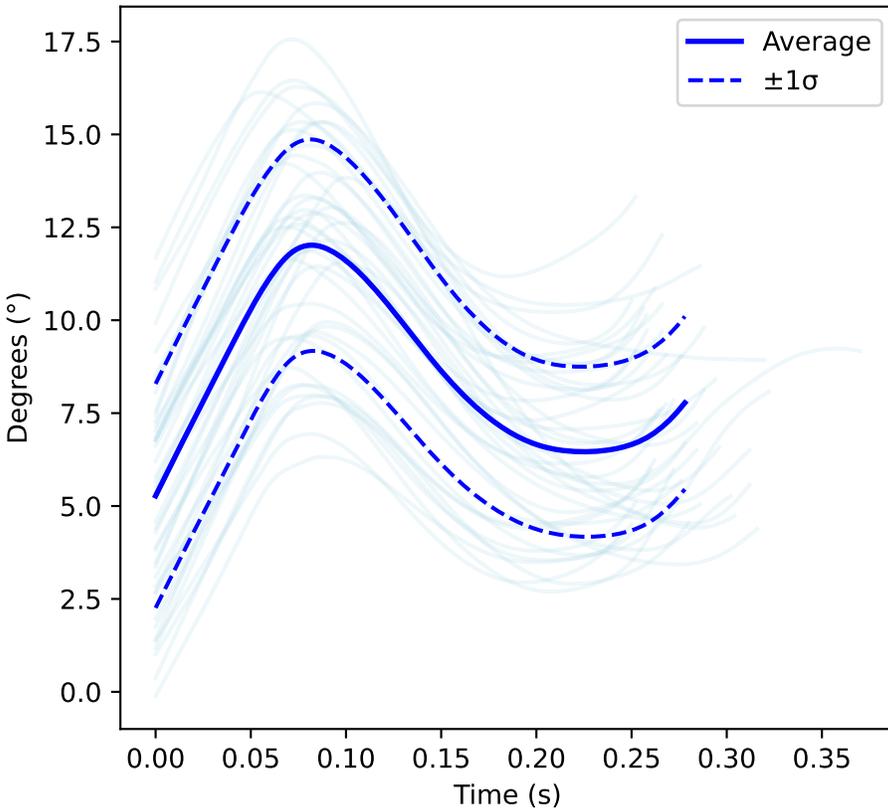
	Median	Standard Deviation
Foot Strike (Deg)	5.54	3.01

Left Jumping Information

Lateral Force
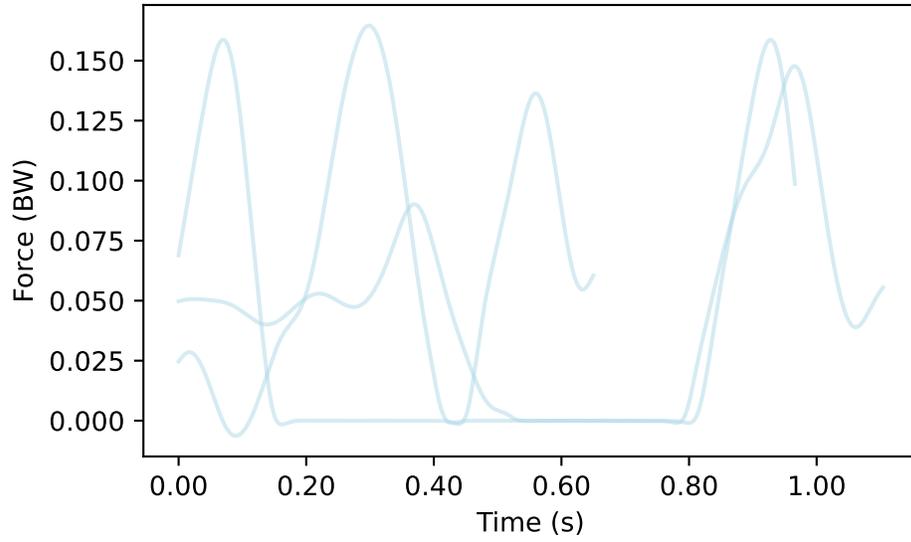
	Median	Standard Deviation
Propulsive Peak (BW)	0.152	0.0314
Landing Peak (BW)	0.129	0.0173

Anterior Force
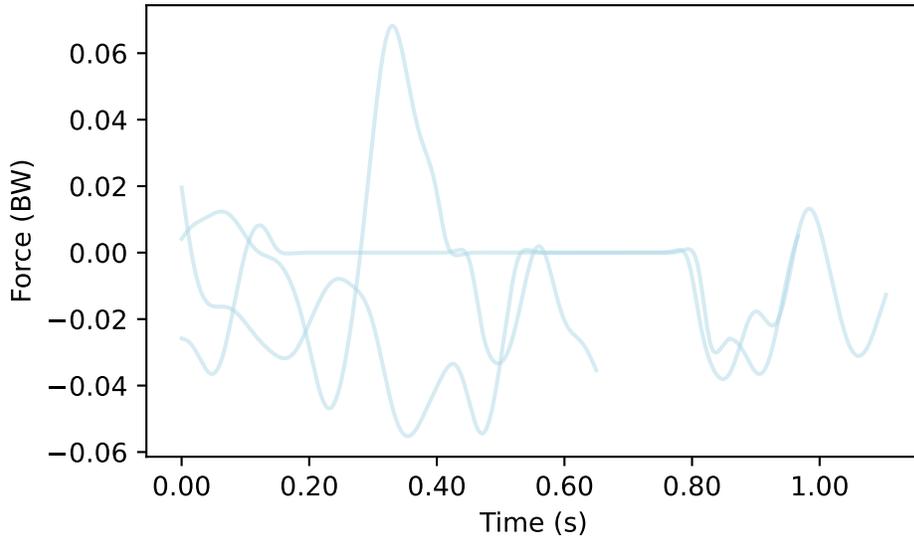
	Median	Standard Deviation
Propulsive Peak (BW)	-0.0352	0.0467
Landing Peak (BW)	-0.0200	0.0131

Vertical Force
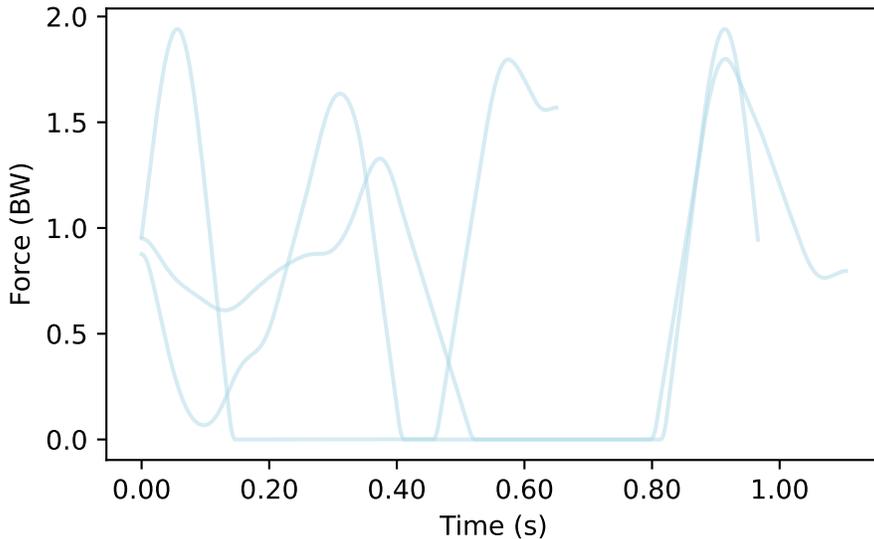
	Median	Standard Deviation
Propulsive Peak (BW)	1.64	0.250
Landing Peak (BW)	1.80	0.0674

Right Walking Information

Lateral Force
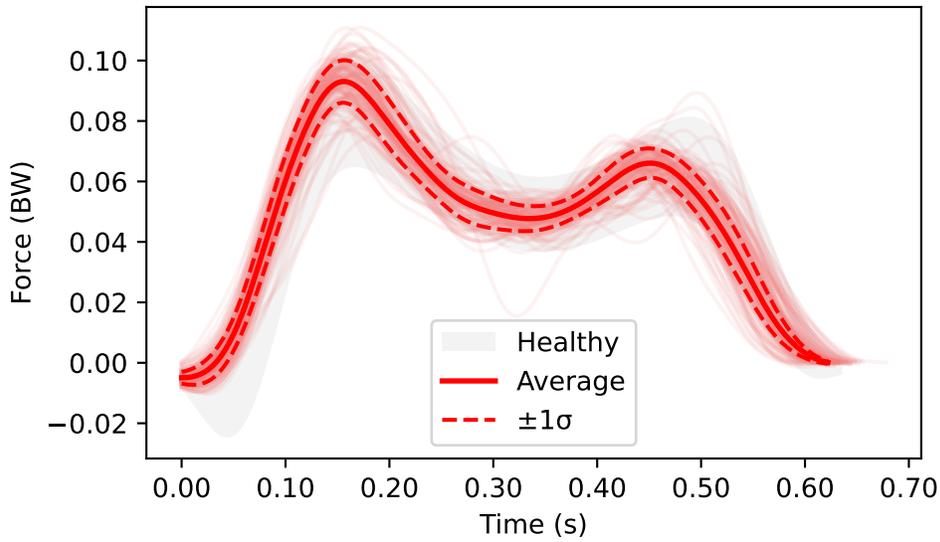
	Median	Standard Deviation
Max Force (BW)	0.0947	0.00684
Impulse (BW·s)	0.0304	0.00156

Anterior Force
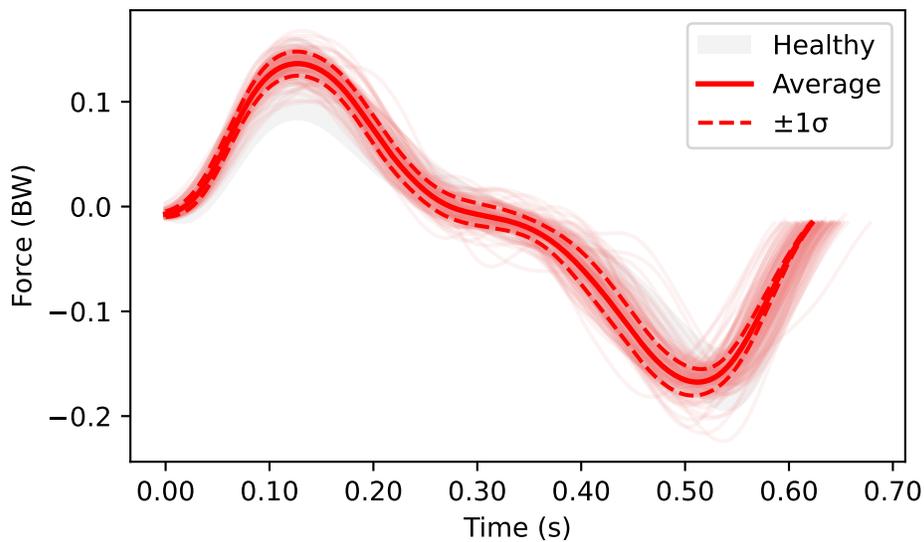
	Median	Standard Deviation
Peak Brake (BW)	0.139	0.0112
Impulse Brake (BW·s)	0.0194	0.00176
Peak Propulsion (BW)	0.168	0.0126
Impulse Propulsion (BW·s)	0.0281	0.00258
Total Impulse (BW·s)	0.00870	0.00333

Vertical Force
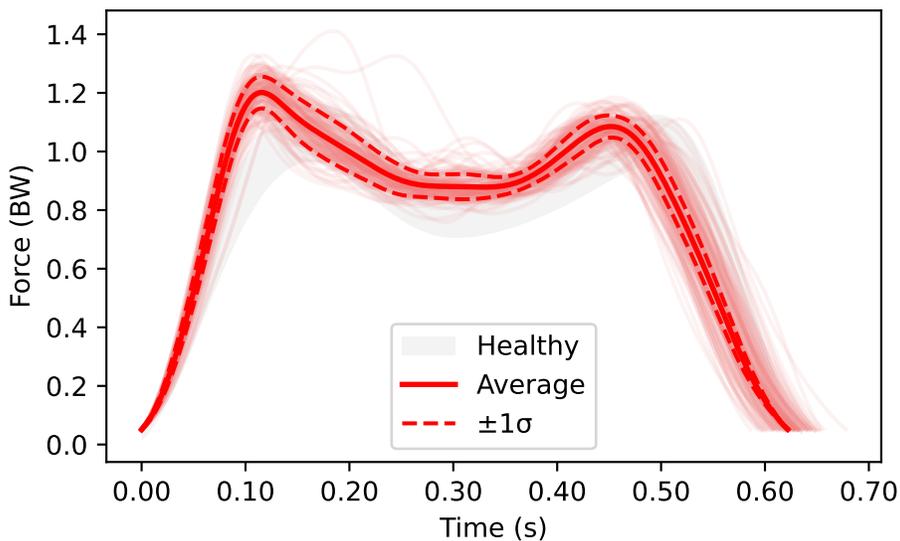
	Median	Standard Deviation
Peak 1 (BW)	1.21	0.0548
Peak 2 (BW)	1.09	0.0365
Valley (BW)	0.858	0.0279
Impulse (BW·s)	0.510	0.0147
Loading Rate (BW/s)	12.9	1.15
Unloading Rate (BW/s)	-7.58	0.686

Right Walking Kinematic Information

Dorsiflexion
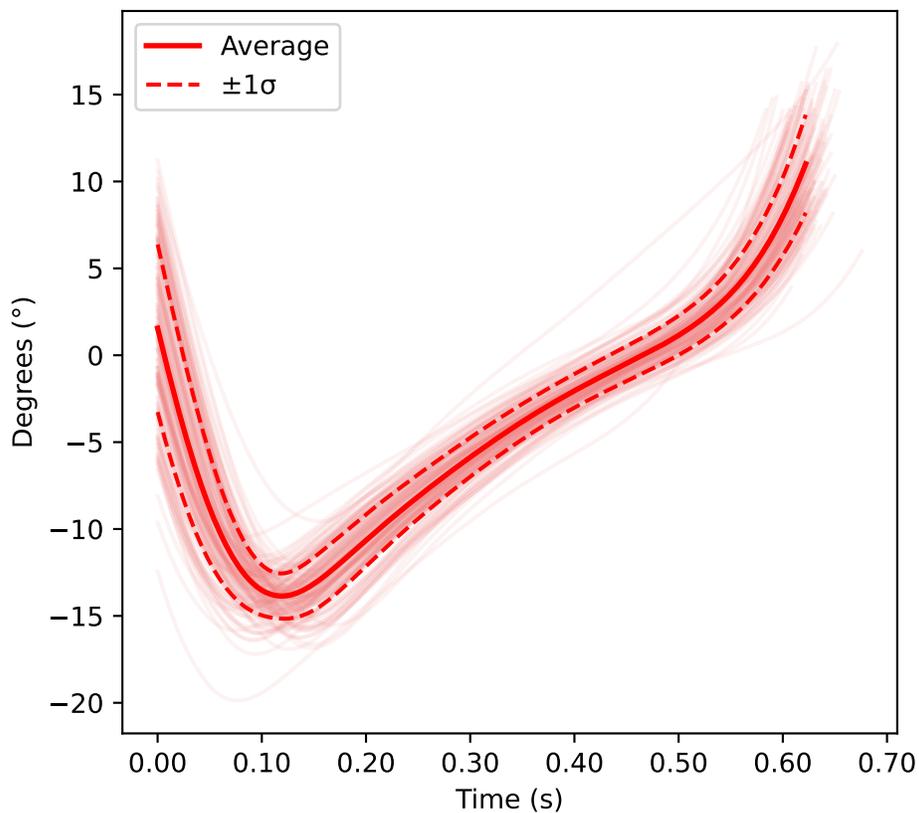
	Median	Standard Deviation
Foot Strike (Deg)	1.56	4.82

Inversion
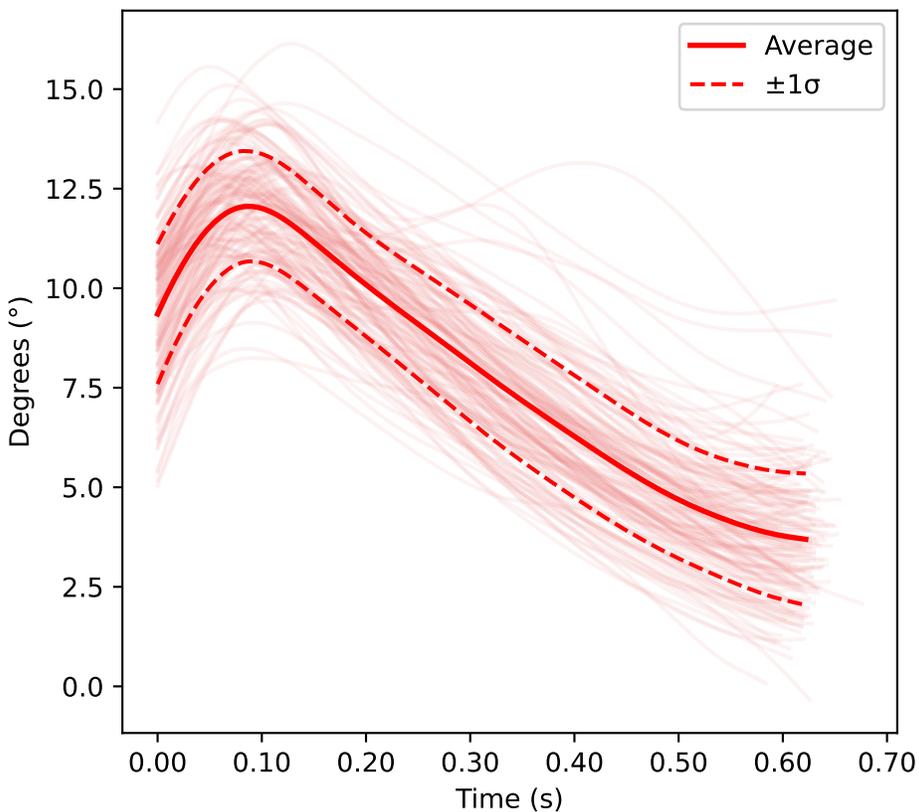
	Median	Standard Deviation
Foot Strike (Deg)	9.58	1.76

Right Running Information

Lateral Force
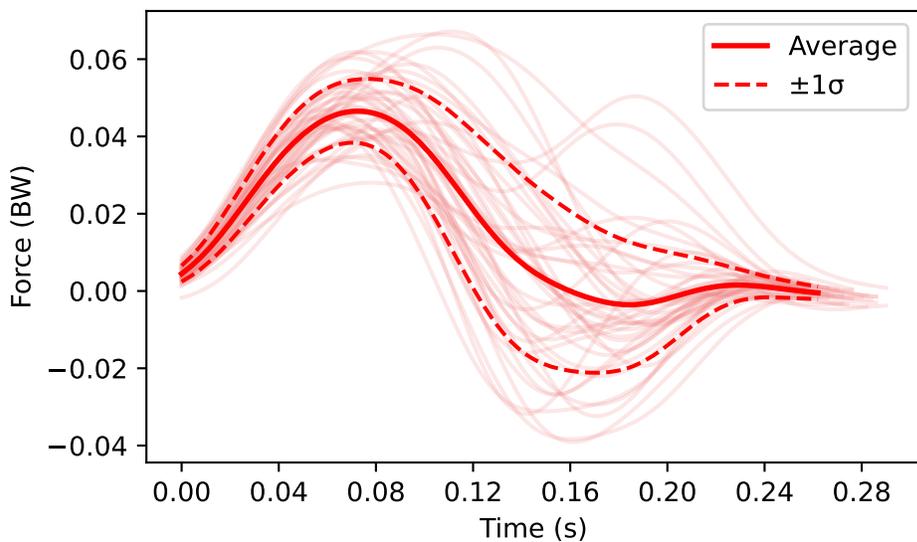
	Median	Standard Deviation
Max Force (BW)	0.0490	0.00864
Impulse (BW·s)	0.00395	0.00210

Anterior Force
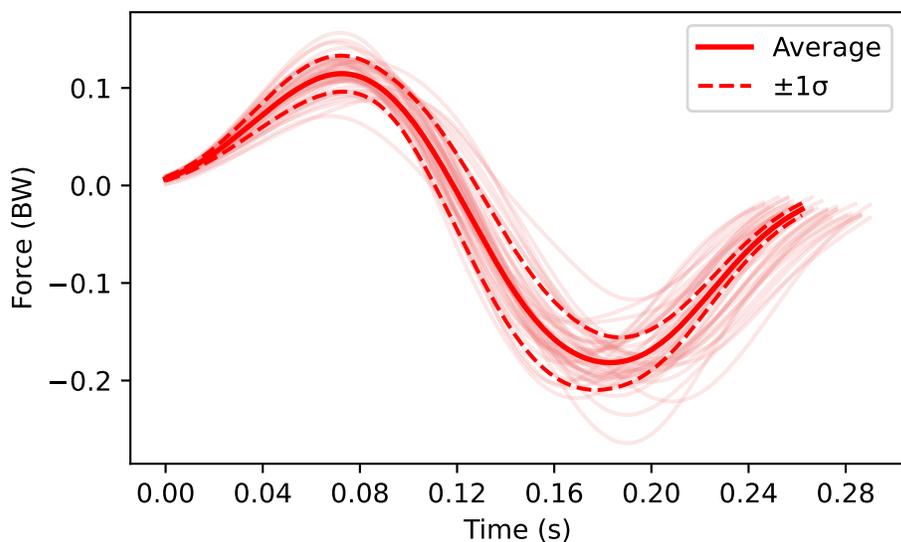
	Median	Standard Deviation
Peak Brake (BW)	0.117	0.0172
Impulse Brake (BW·s)	0.00831	0.00120
Peak Propulsion (BW)	0.186	0.0253
Impulse Propulsion (BW·s)	0.0166	0.00340
Total Impulse (BW·s)	0.00801	0.00388

Vertical Force
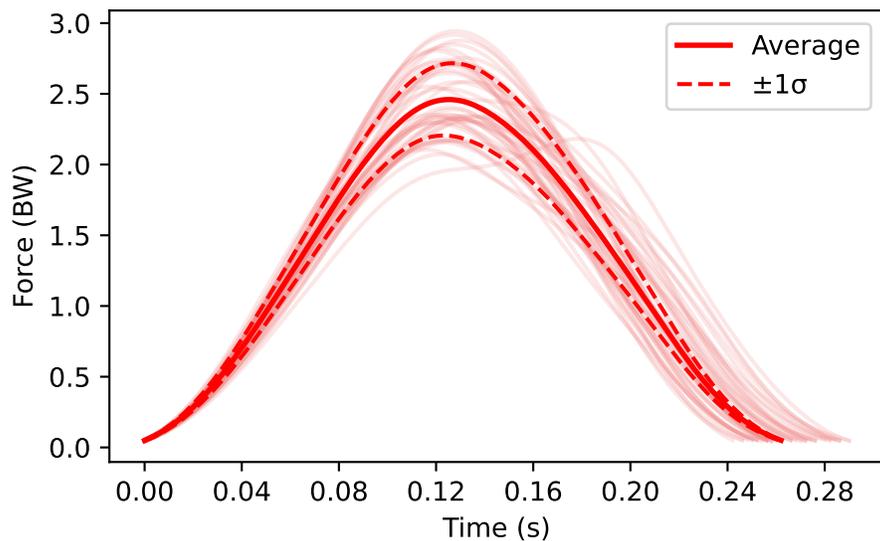
	Median	Standard Deviation
Peak 1 (BW)	2.40	0.244
Impulse (BW·s)	0.346	0.0284
Loading Rate (BW/s)	23.9	3.09
Unloading Rate (BW/s)	-22.5	3.69

Right Running Kinematic Information

Dorsiflexion
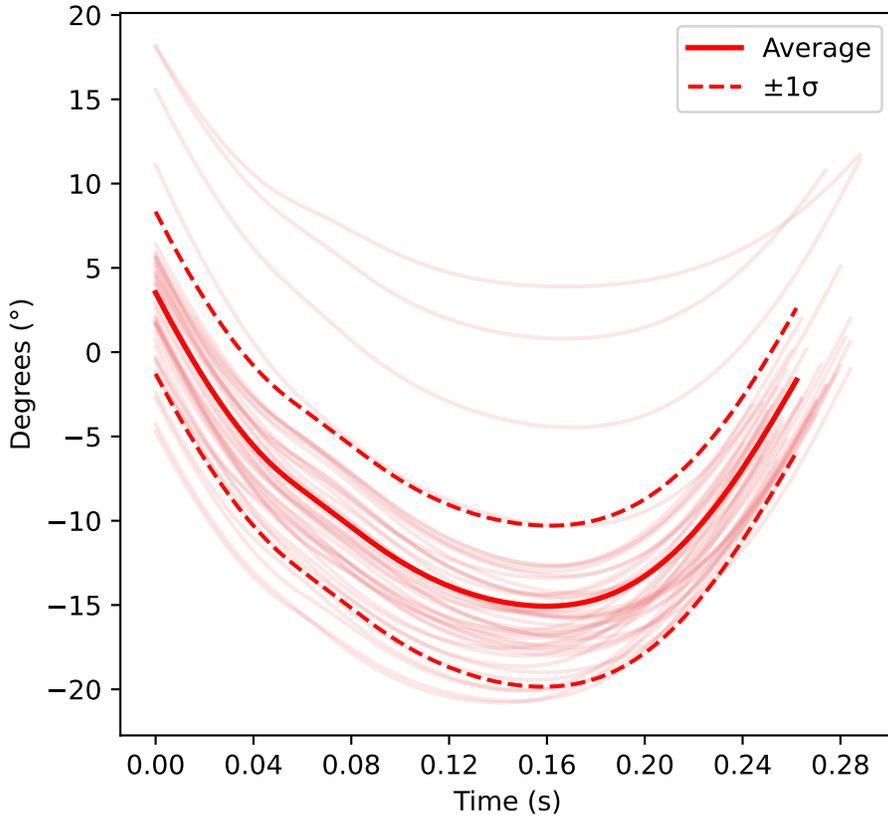
	Median	Standard Deviation
Foot Strike (Deg)	3.19	4.81

Inversion
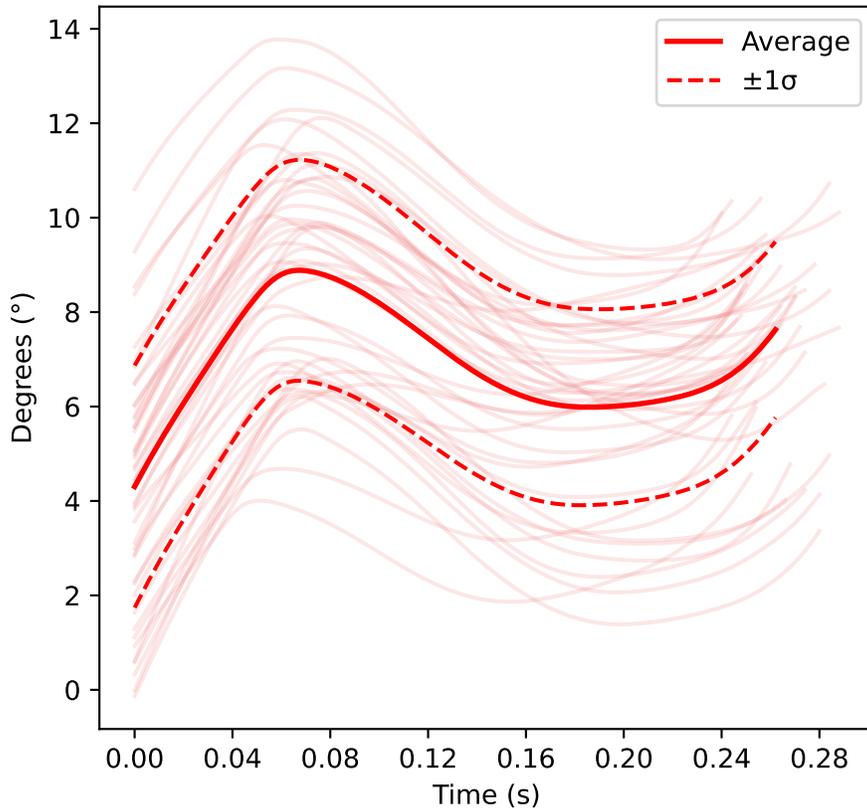
	Median	Standard Deviation
Foot Strike (Deg)	4.56	2.56

Right Jumping Information

Lateral Force
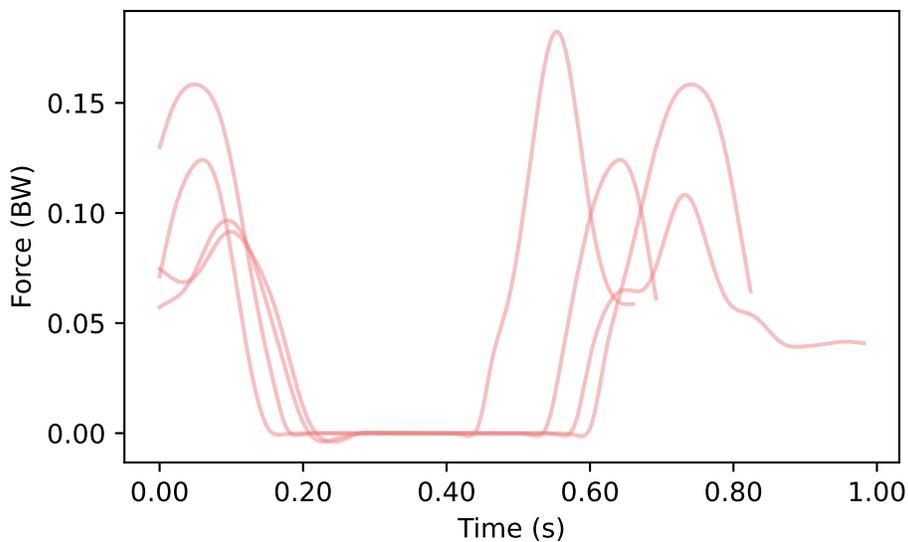
	Median	Standard Deviation
Propulsive Peak (BW)	0.110	0.0241
Landing Peak (BW)	0.136	0.0403

Anterior Force
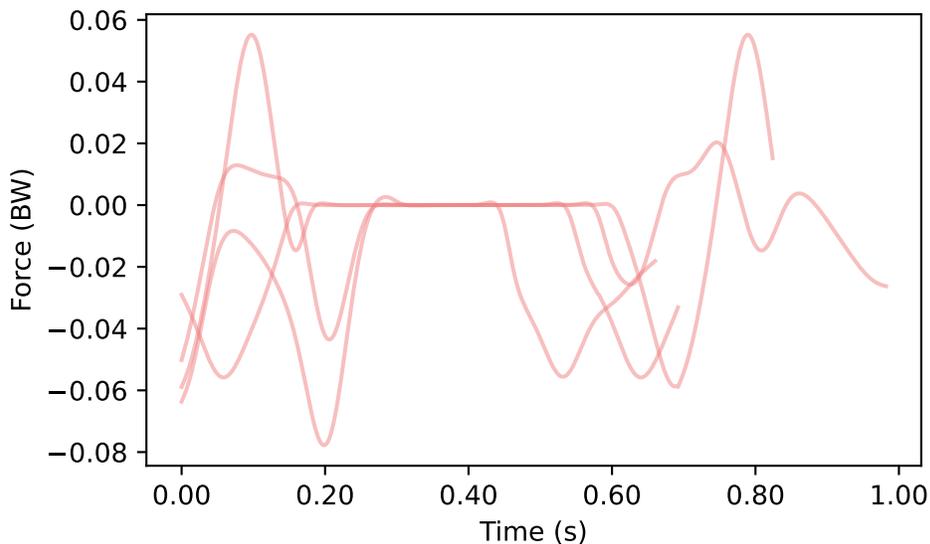
	Median	Standard Deviation
Propulsive Peak (BW)	-0.00184	0.0359
Landing Peak (BW)	-0.0195	0.0388

Vertical Force
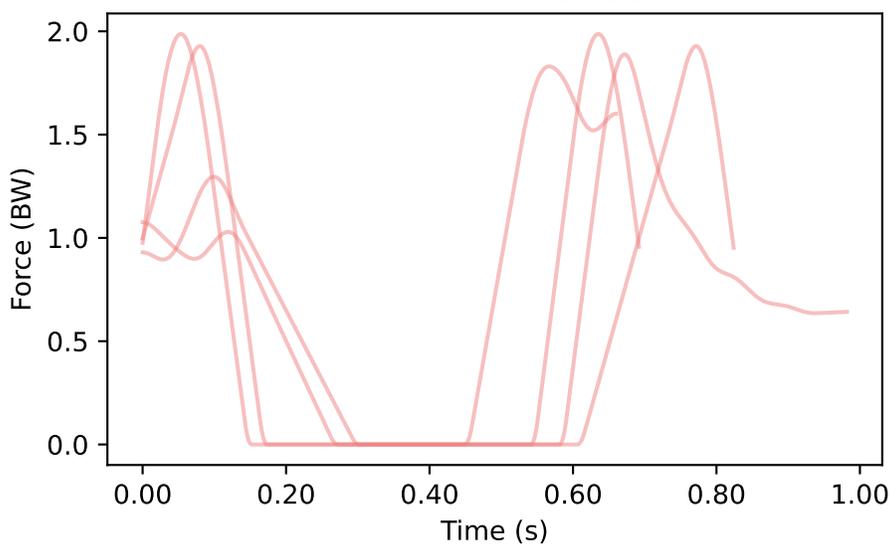
	Median	Standard Deviation
Propulsive Peak (BW)	1.61	0.409
Landing Peak (BW)	1.91	0.0572

Combined Jumping Information

Lateral Force
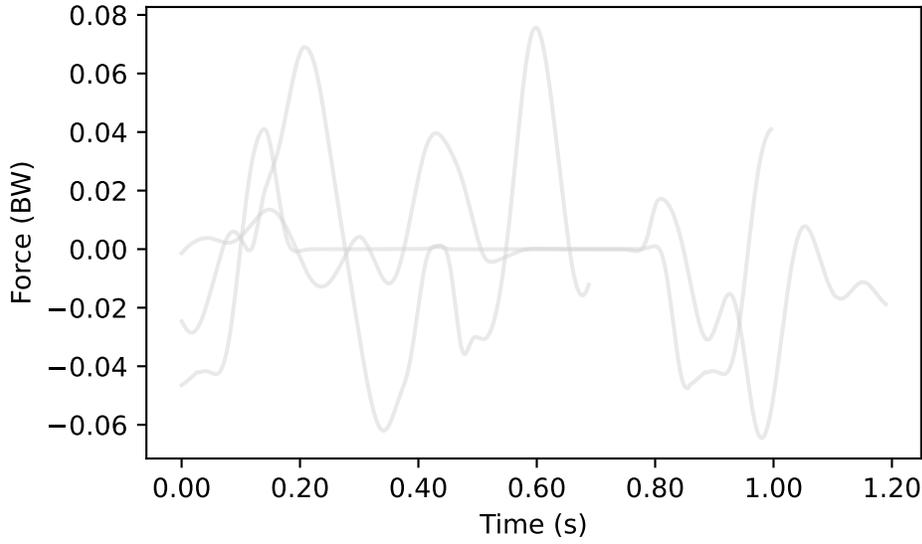
	Median	Standard Deviation
Propulsive Peak (BW)	0.275	0.0515
Landing Peak (BW)	0.275	0.0553

Anterior Force
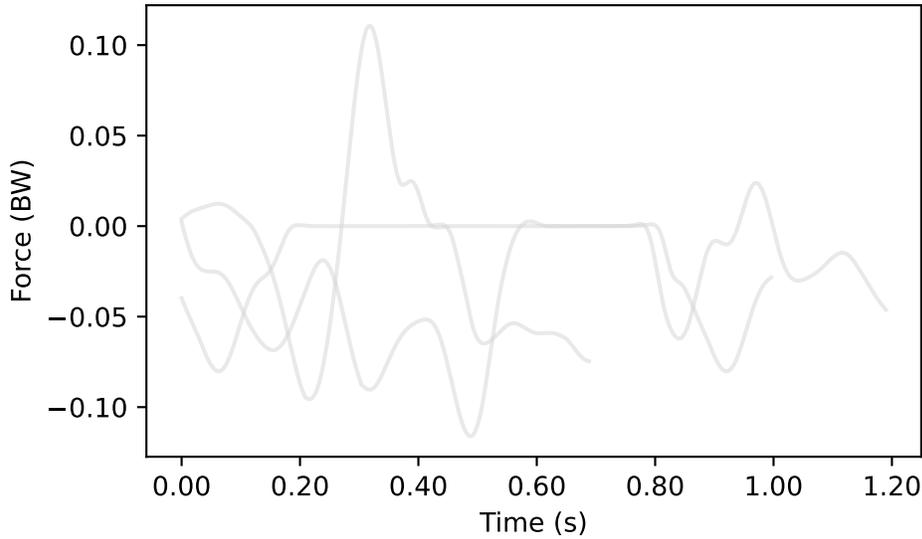
	Median	Standard Deviation
Propulsive Peak (BW)	-0.0643	0.0836
Landing Peak (BW)	-0.0444	0.0302

Vertical Force
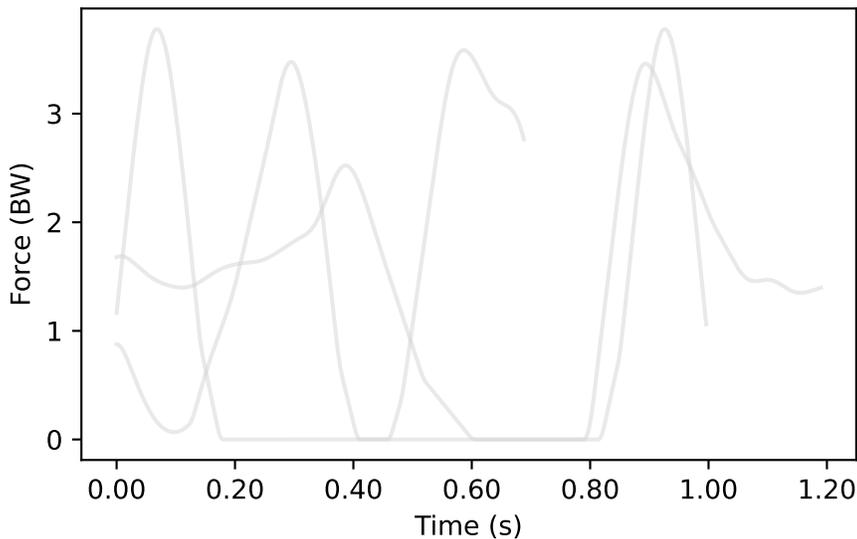
	Median	Standard Deviation
Propulsive Peak (BW)	3.56	0.549
Landing Peak (BW)	3.69	0.130

Left Ground Reaction Forces
Lateral
Anterior
Vertical
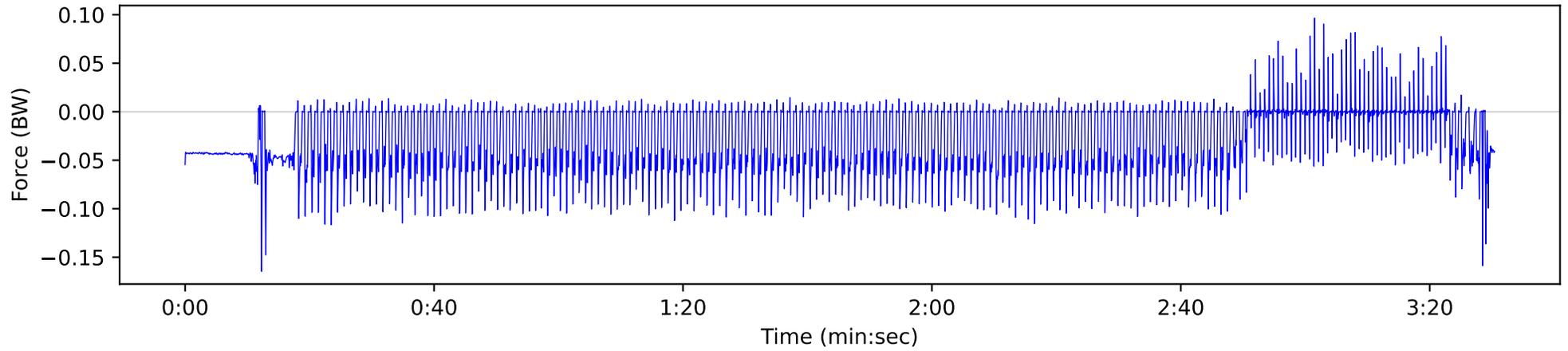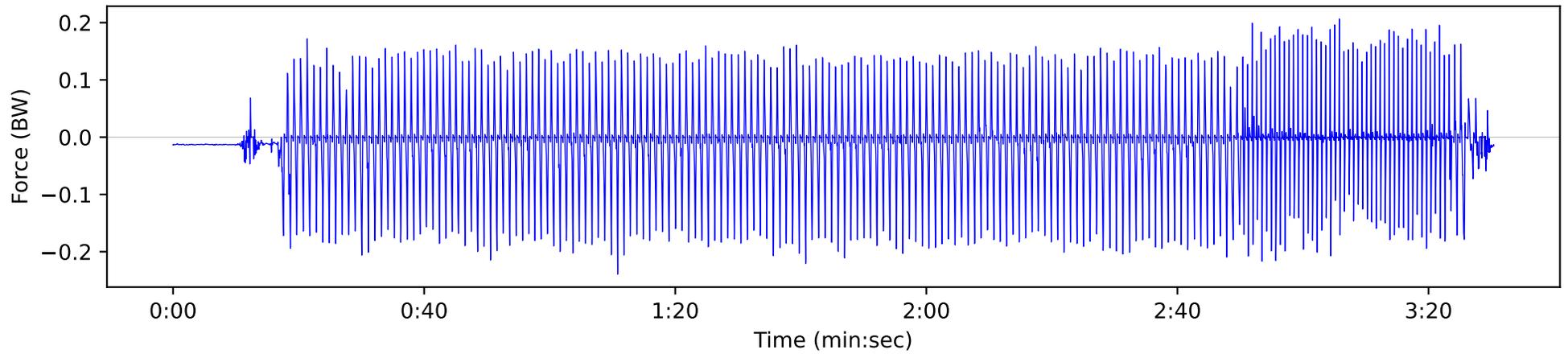
Right Ground Reaction Forces
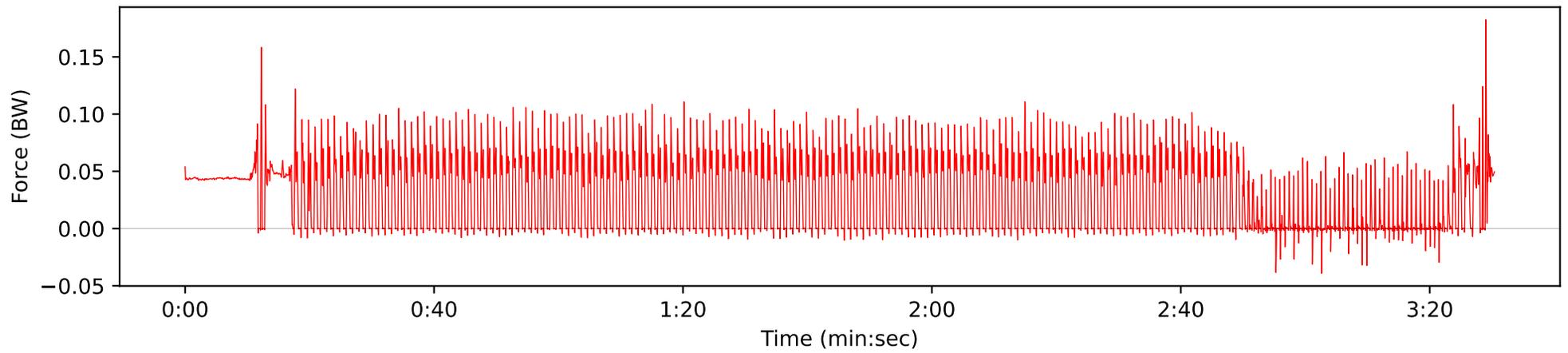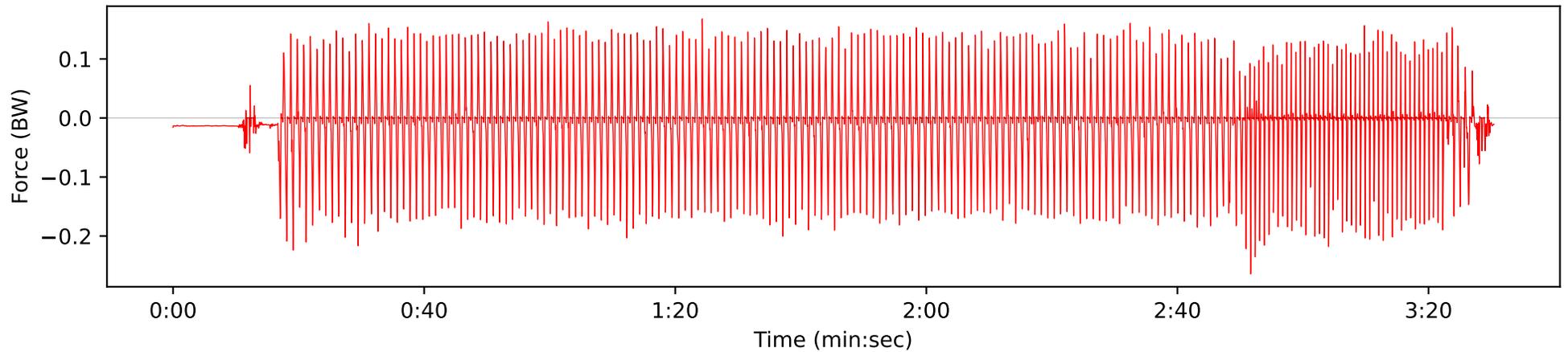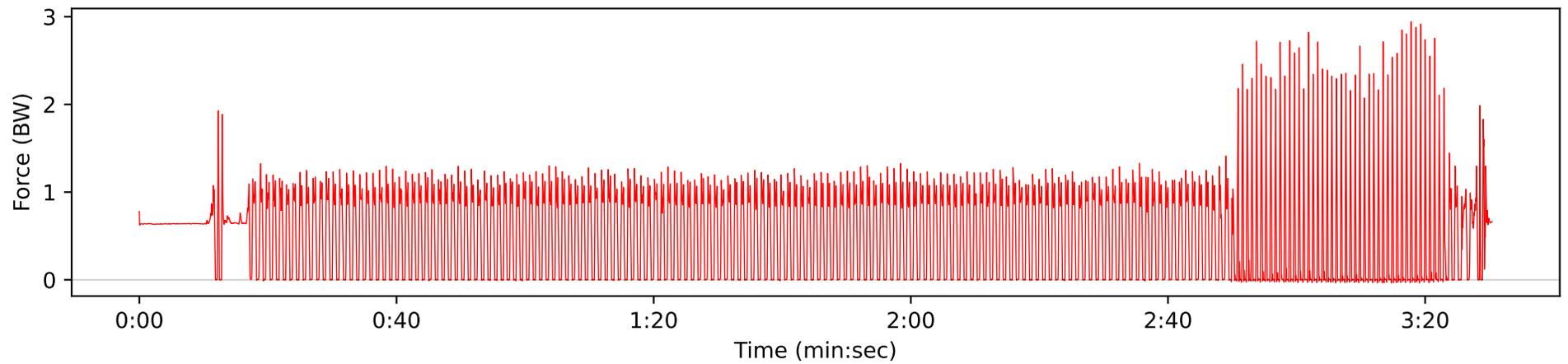
Advanced Walking Information

Ground Contact Time

Mediolateral Max Force
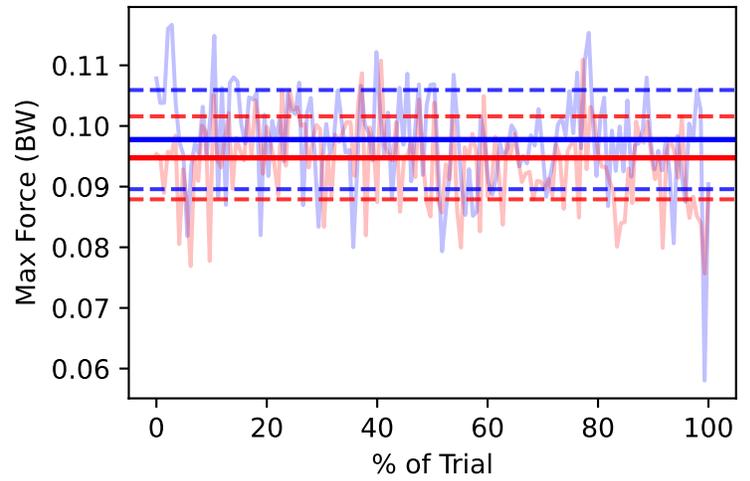
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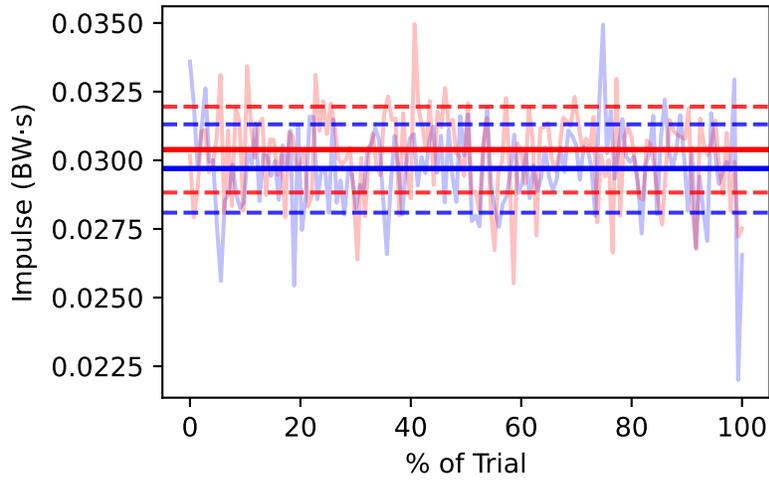
Anteroposterior Peak Brake
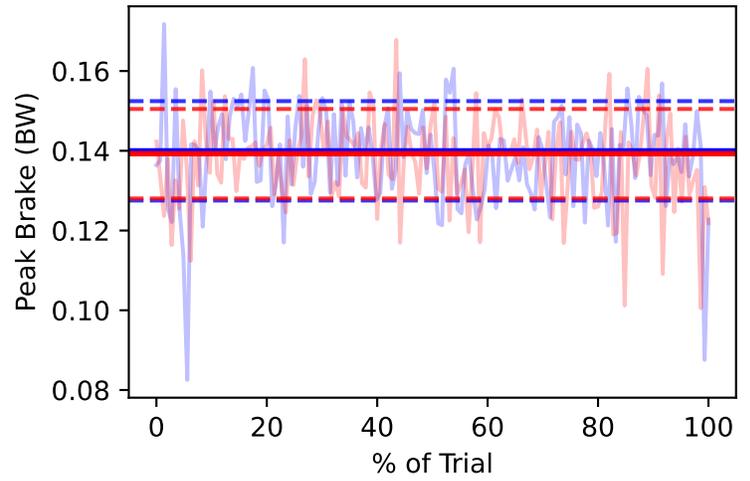
Anteroposterior Impulse Brake
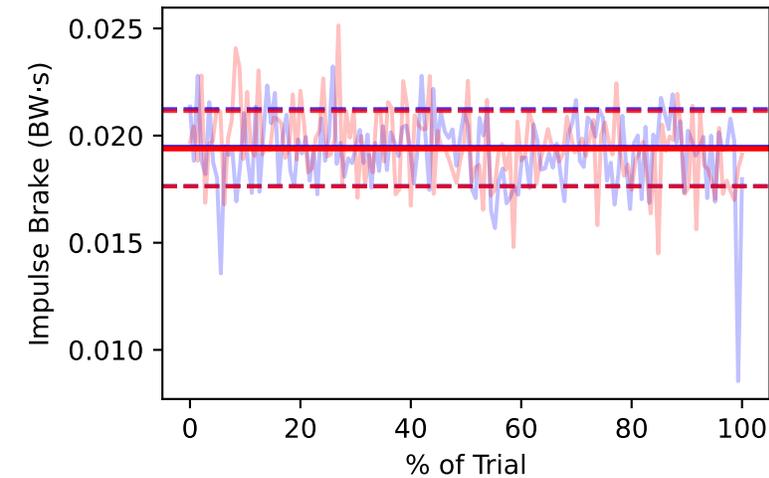
Anteroposterior Peak Propulsion
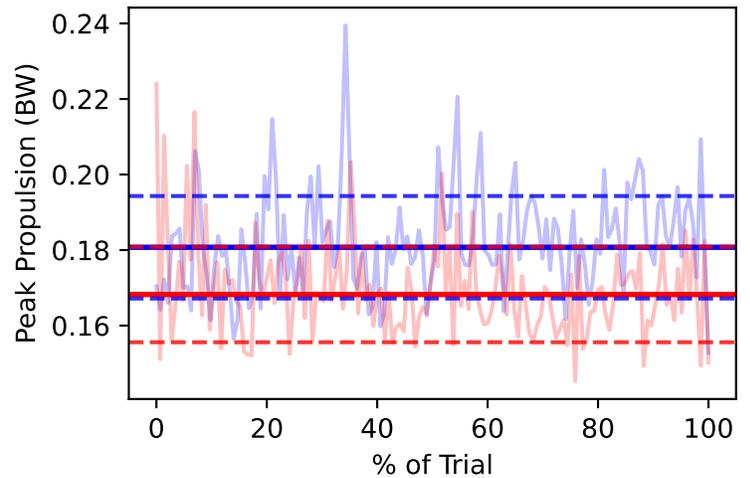
Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right

Advanced Walking Information

Anteroposterior Impulse Propulsion
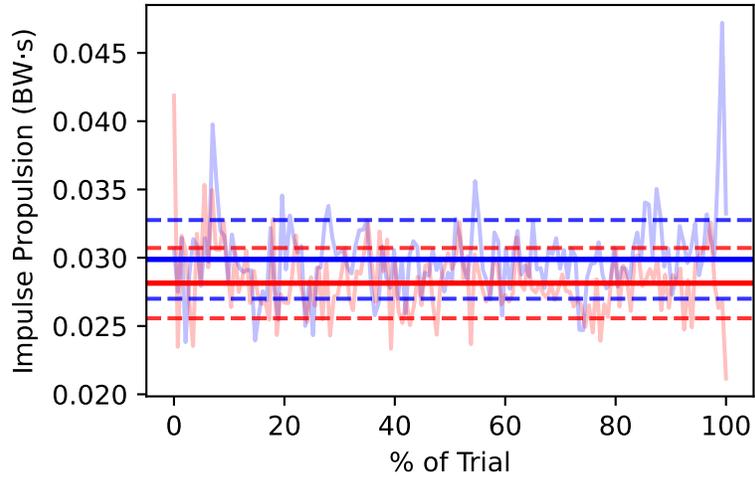
Anteroposterior Total Impulse
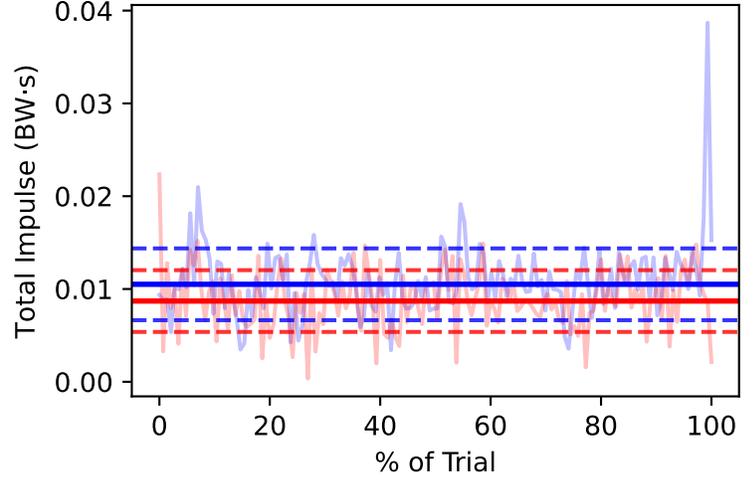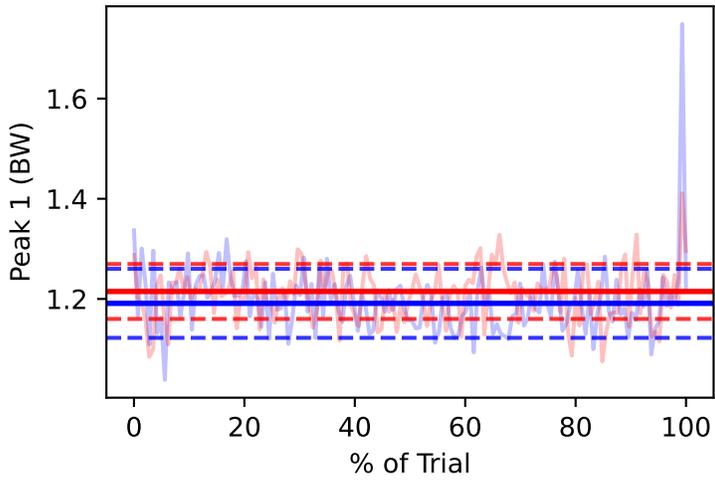
Vertical Peak 1

Vertical Peak 2
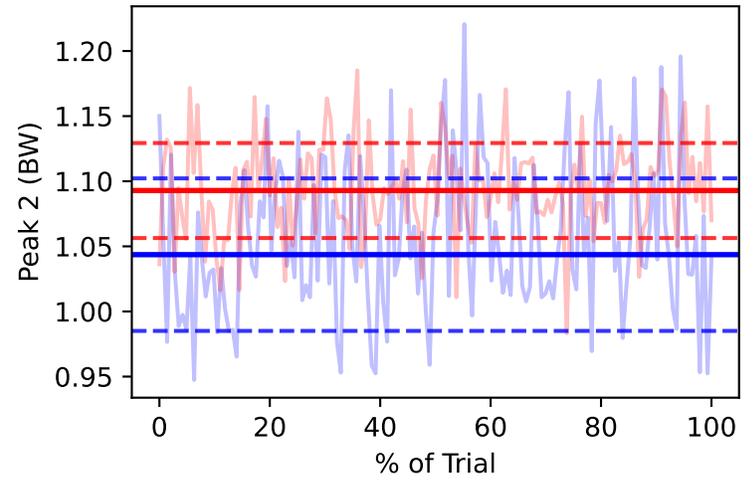
Vertical Valley
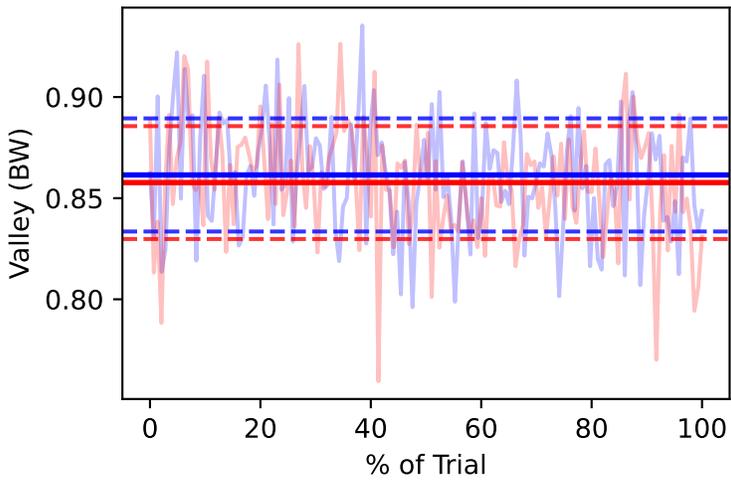
Vertical Impulse
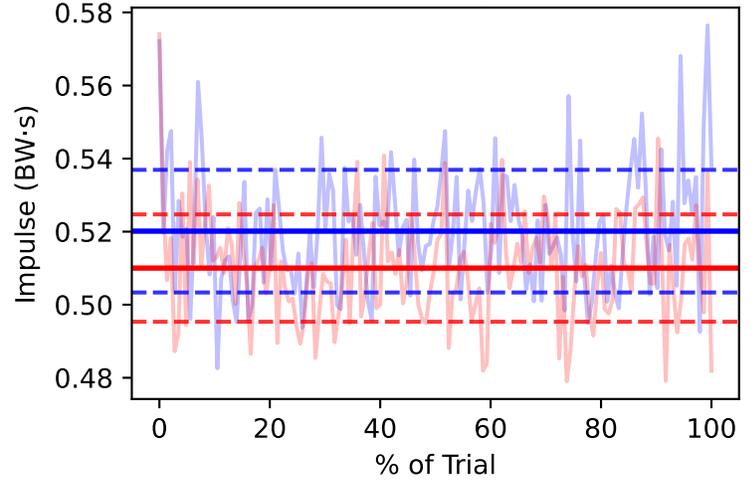
Left Values   Right Values   Left Median   Right Median   ±1σ Left   ±1σ Right

Advanced Walking Information

Vertical Loading Rate
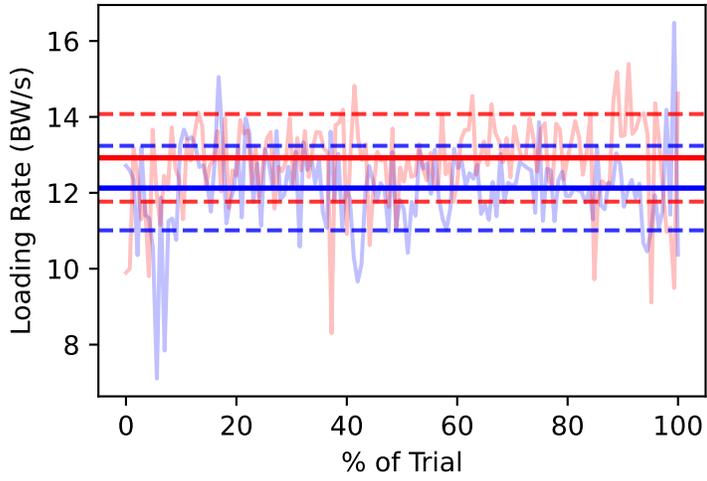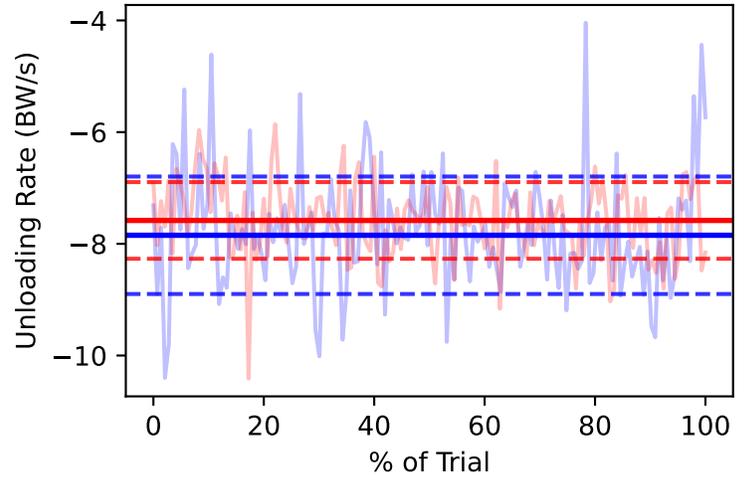
Vertical Unloading Rate

Dorsiflexion Foot Strike
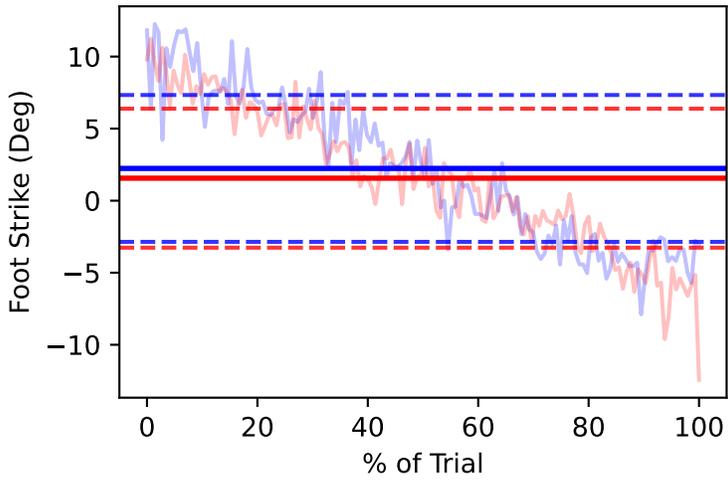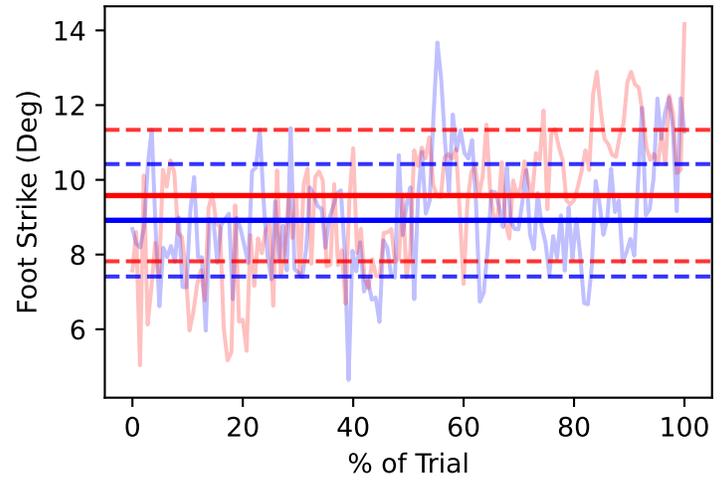
Inversion Foot Strike

Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right

Advanced Running Information

Ground Contact Time
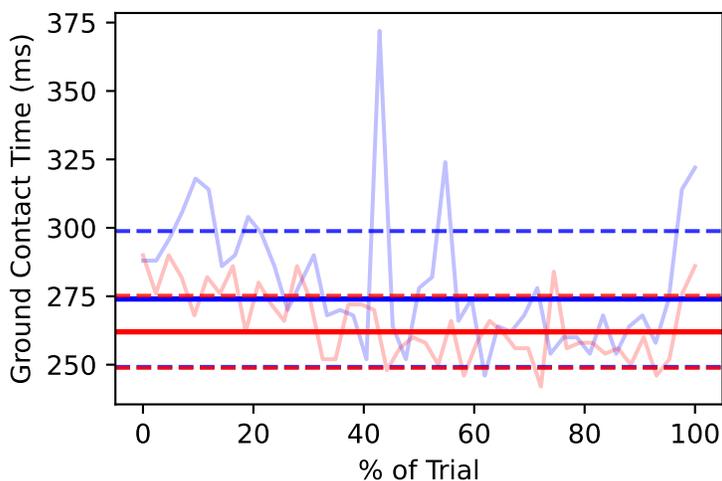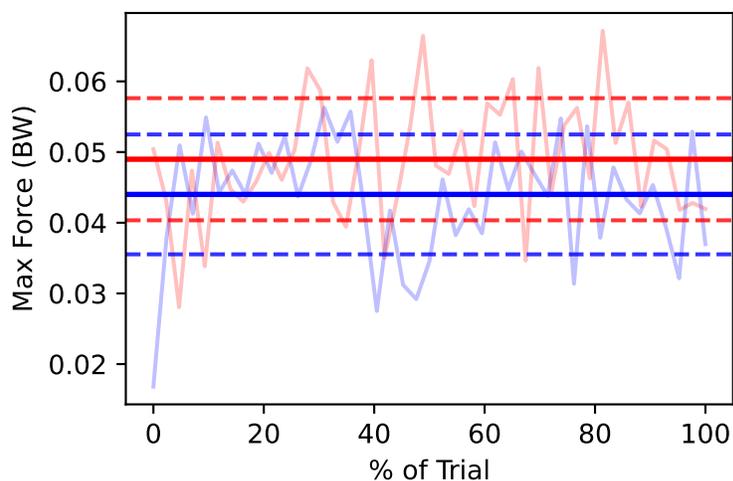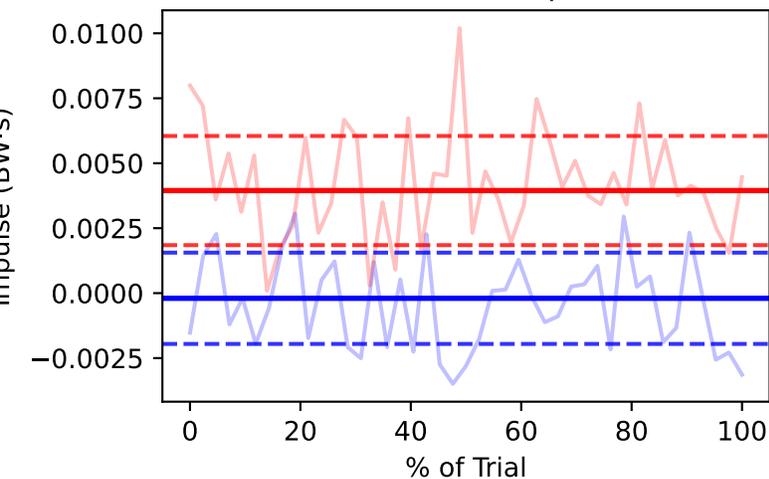
Mediolateral Max Force

Mediolateral Impulse

Anteroposterior Peak Brake
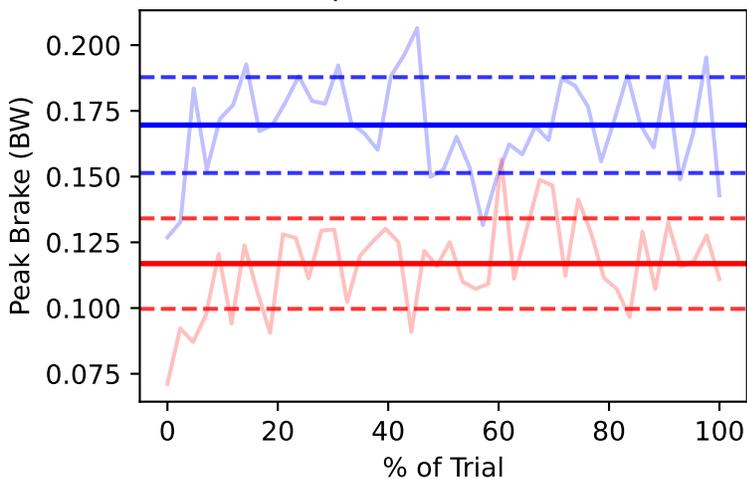
Anteroposterior Impulse Brake
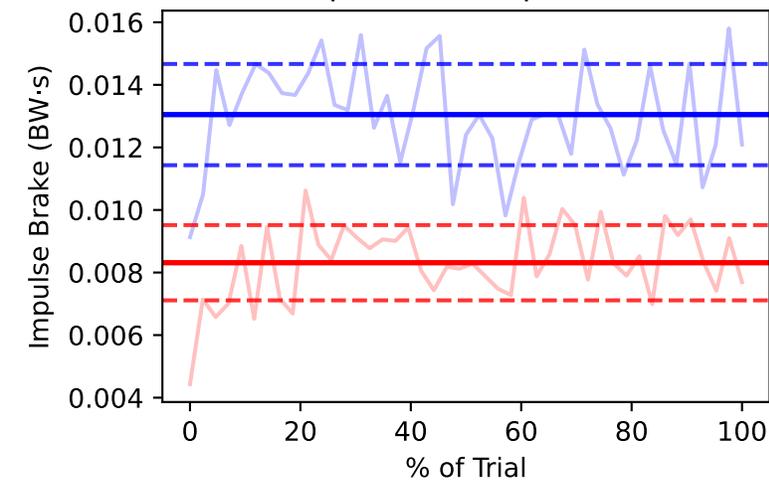
Anteroposterior Peak Propulsion
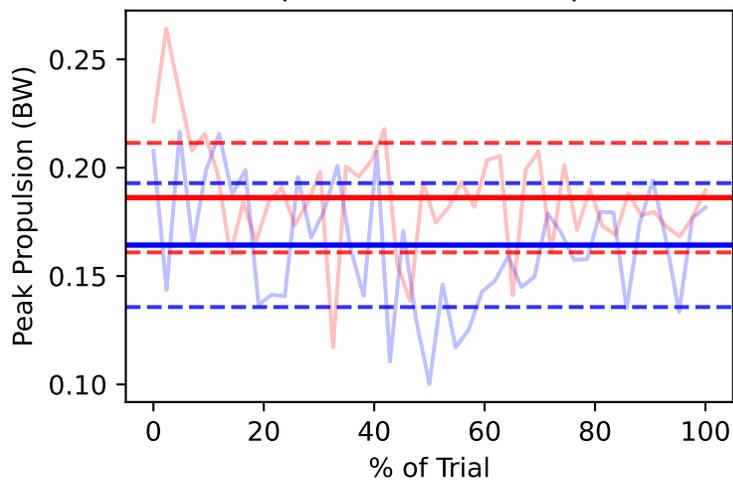
Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right

Advanced Running Information

Anteroposterior Impulse Propulsion
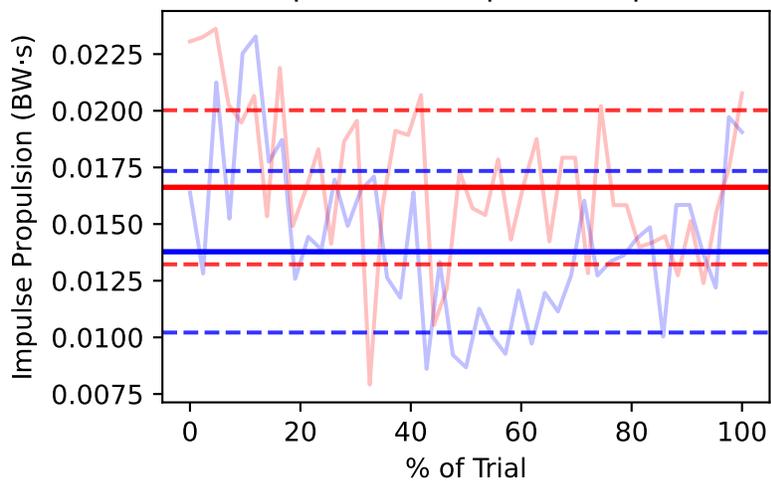
Anteroposterior Total Impulse
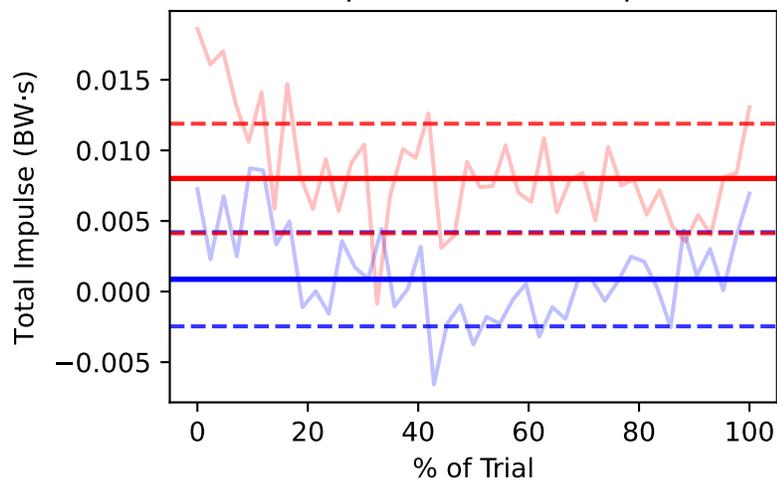
Vertical Peak 1
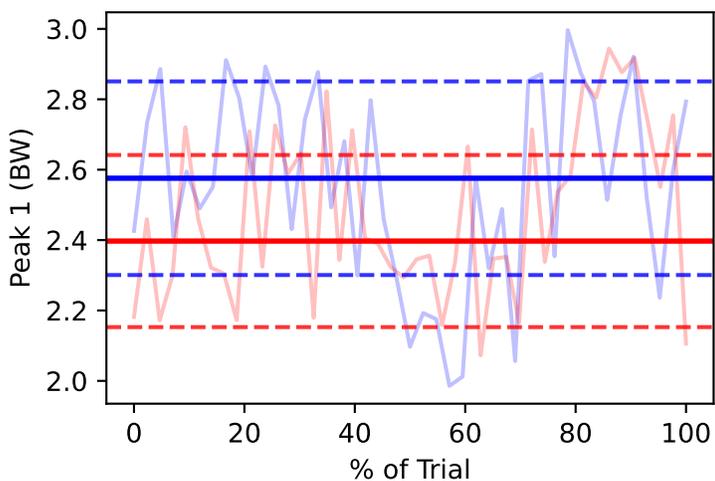
Vertical Impulse
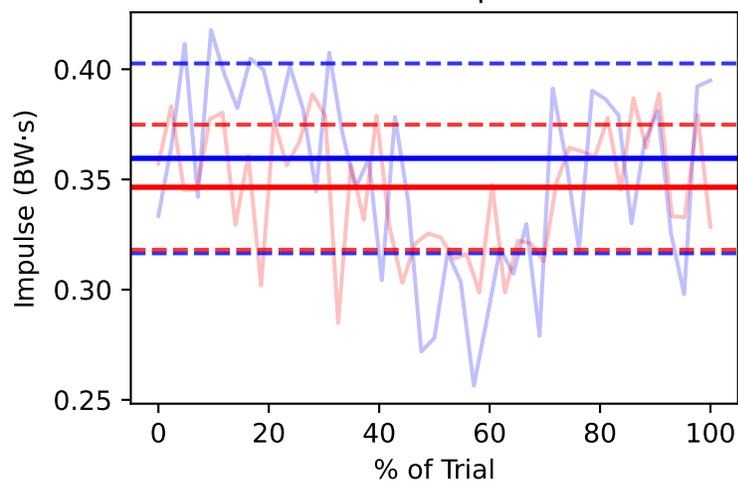
Vertical Loading Rate
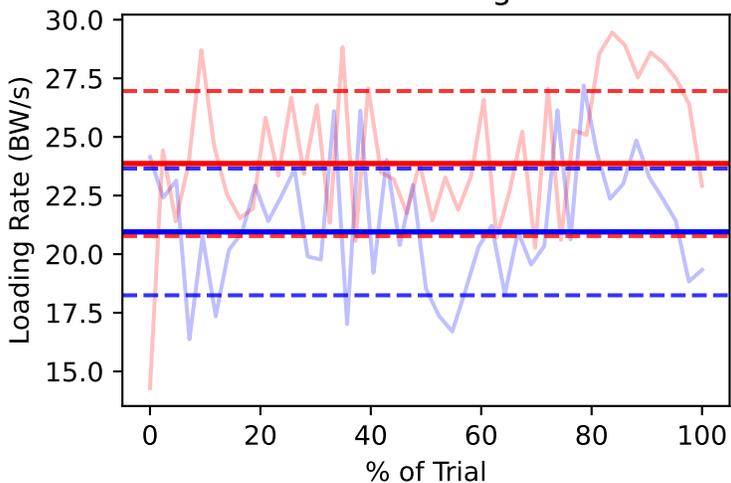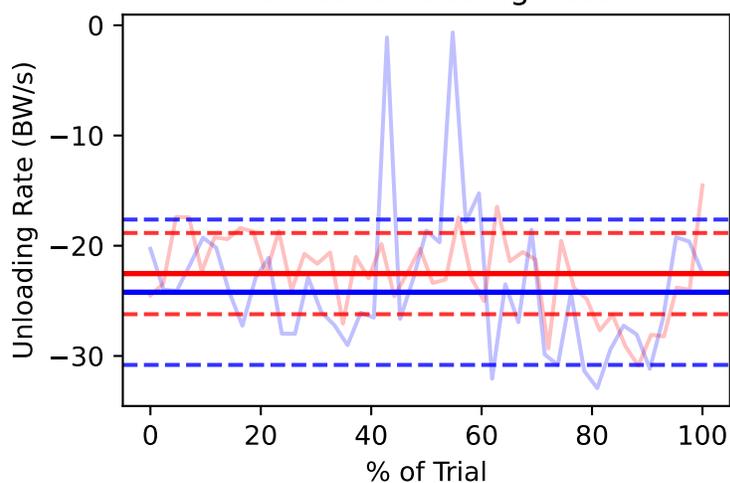
Vertical Unloading Rate

Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right

Advanced Running Information

Dorsiflexion Foot Strike
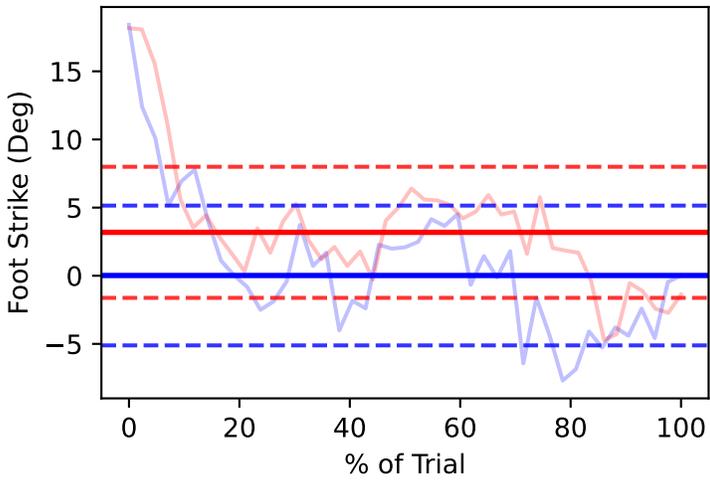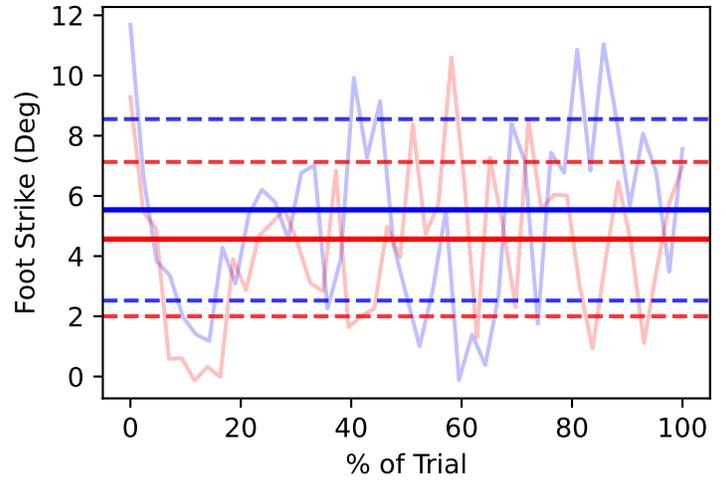
Inversion Foot Strike

Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right

Advanced Combined Jumping Information

Advanced Combined Jumping Information

Anteroposterior Propulsive Peak

Anteroposterior Landing Peak
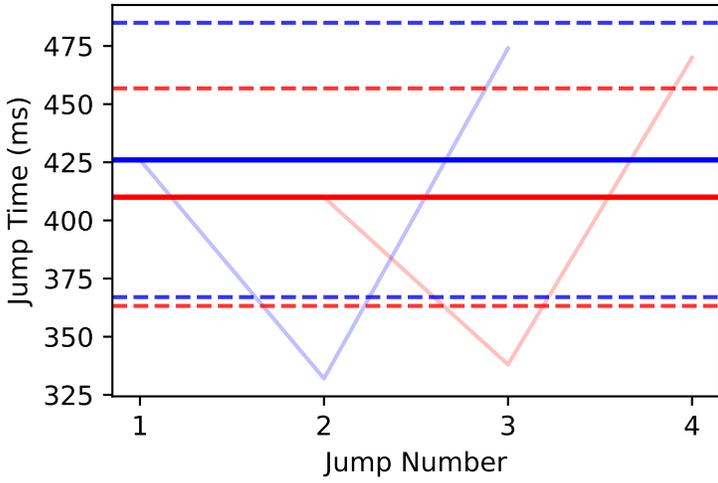

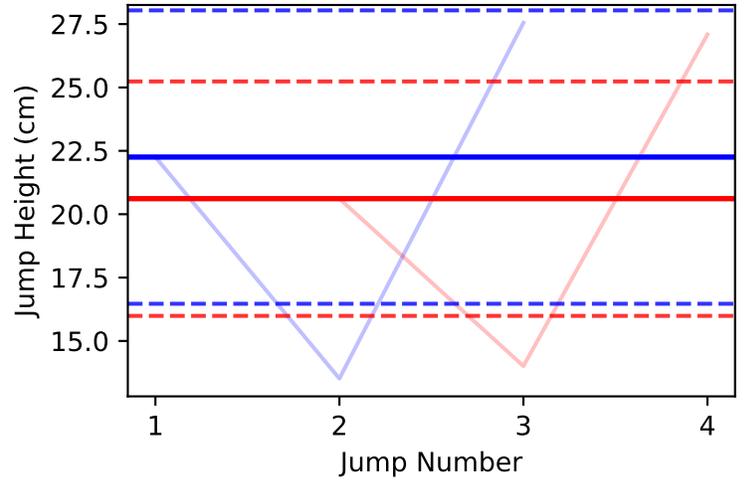## Vertical Propulsive Peak

Vertical Landing Peak

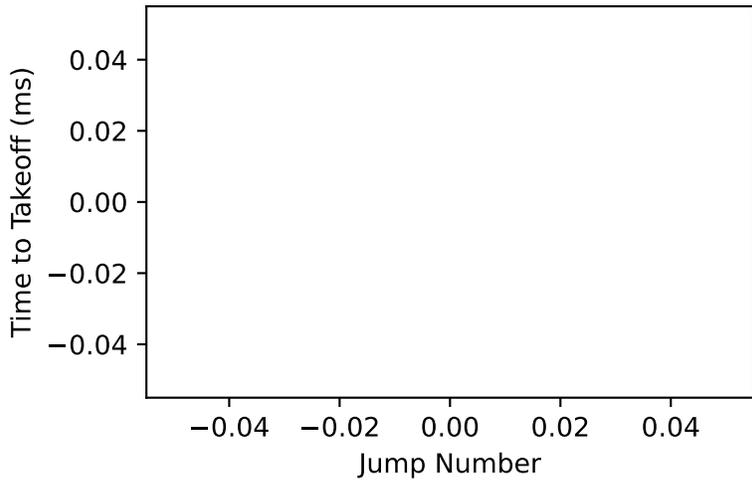—— Values   —— Median   - - - ±1σ
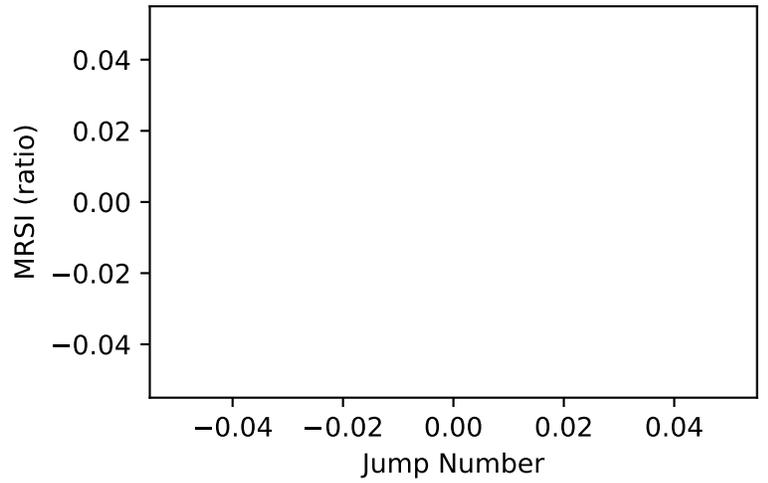
Advanced Jumping Information
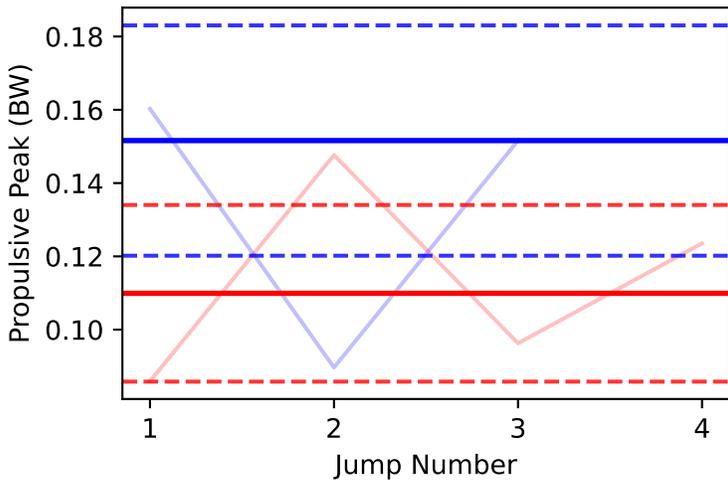
Jump Time

Jump Height

Time to Takeoff
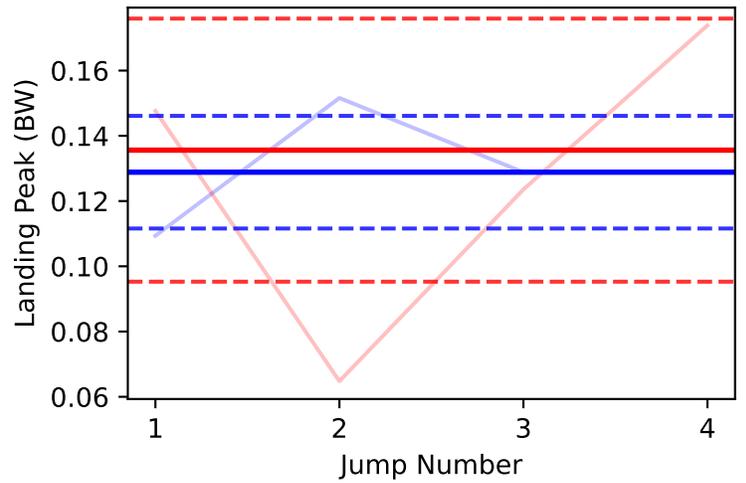

MRSI

Mediolateral Propulsive Peak
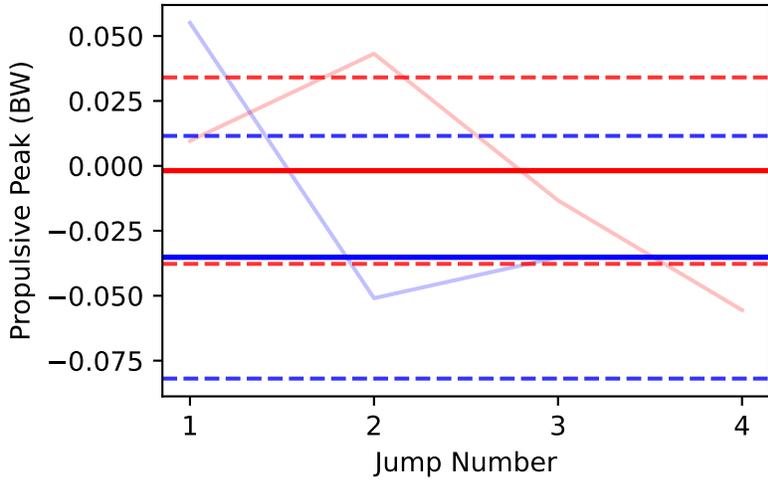

Mediolateral Landing Peak
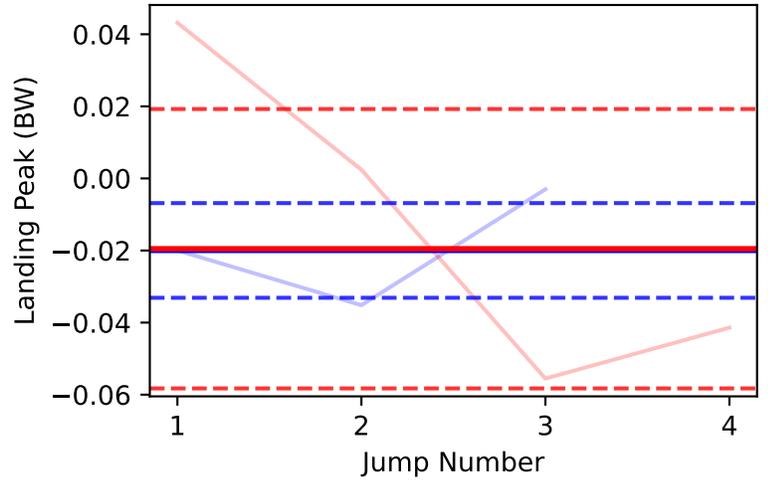

Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right
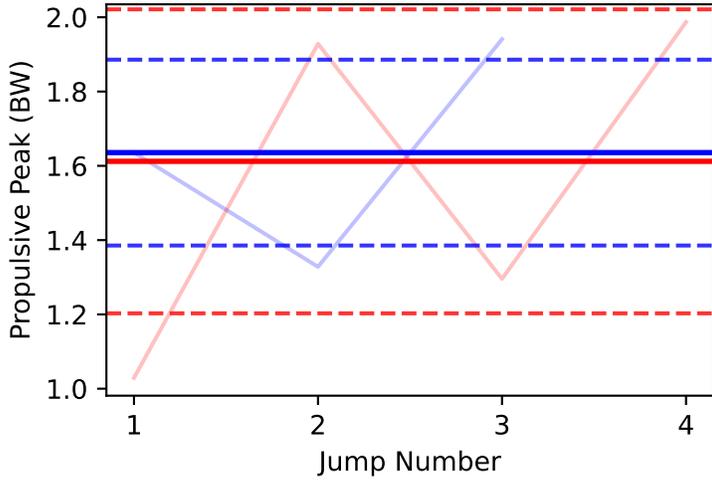
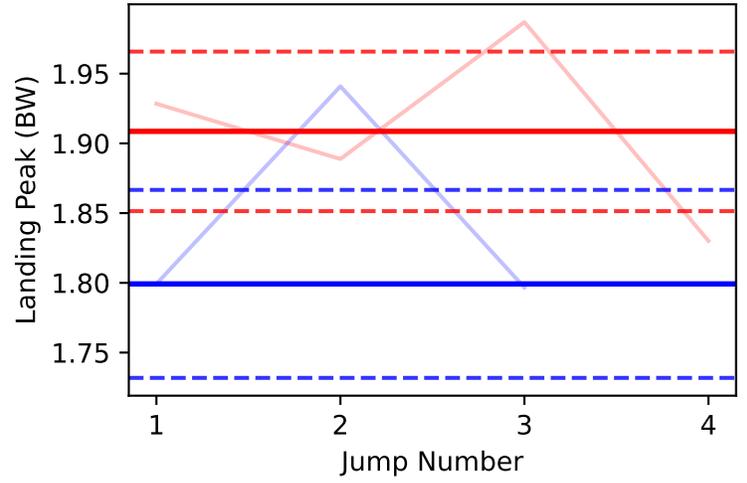# Advanced Jumping Information

Anteroposterior Propulsive Peak

Anteroposterior Landing Peak

Vertical Propulsive Peak

Vertical Landing Peak

Left Values — Right Values — Left Median — Right Median — ±1σ Left — ±1σ Right