

# BODYGRAM<sup>®</sup> PLUS

## BODYSKAN ADD-ON

To discover how, where and when  
the human body changes



Bodyscan



Grid view



Comparison Report



Comparison Pie Report



History Report

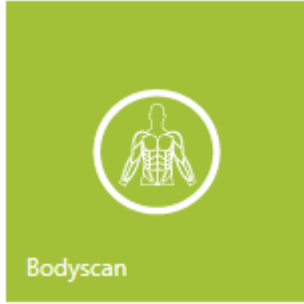


Raw Data Report



Rehab report

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Assessment of muscle mass by region provides considerable added value in a wide range of fields: athletic preparation, physiotherapy and rehabilitation, and sports medicine.

The module is able to assess changes in the muscles of 9 regions of the body (body halves, limbs and trunk).

The Bodyscan technique is mainly used for solving problems relating to muscle depletion (physiotherapy and rehabilitation) and for monitoring muscle development in professional athletic training plans.

## **TABLE OF CONTENTS**

ACCESSING THE BODYSCAN MODULE	4
THE BODYSCAN MAIN SCREEN	5
ENTERING A BODYSCAN ASSESSMENT	7
BODYSCAN ASSESSMENT SCREEN	9
BODYSCAN ASSESSMENT FUNCTIONS	11
REPORTS	12
MODIFYING A BODYSCAN ASSESSMENT	14
DELETING A BODYSCAN ASSESSMENT	14
DATABASE IMPORT / EXPORT	15

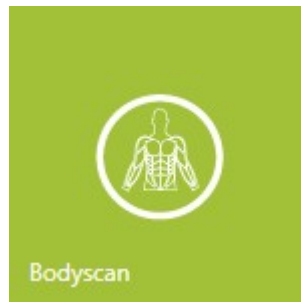
## ACCESSING THE BODYSCAN MODULE

To access the Bodyscan module:

- ✓ Select the group containing the subject for scanning; enter a new group if necessary;
- ✓ Select the subject for scanning if already on file, or enter a new subject.

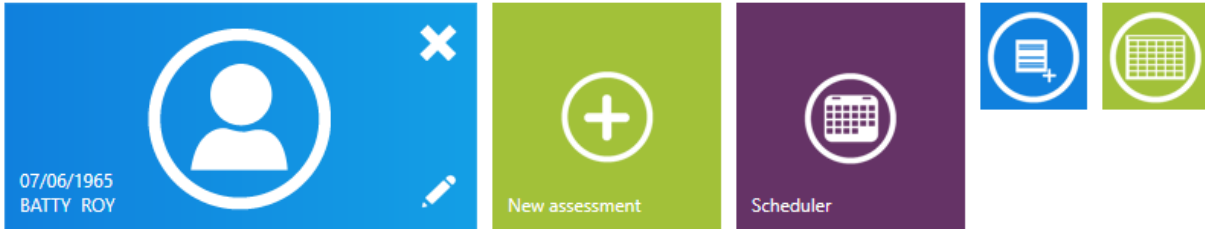


From the subject's main screen, click on:

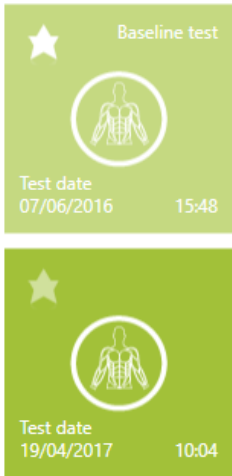


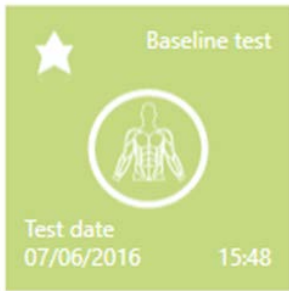
## THE BODYSCAN MAINSCREEN

The Bodyscan screen contains all the Bodyscan assessments performed on the subject and the module's main functions, such as input of a new assessment, setting of a baseline test and display of the assessments in a grid



### Bodyscan Exams





It is possible to select a baseline test for comparison with other assessments performed on the same subject.



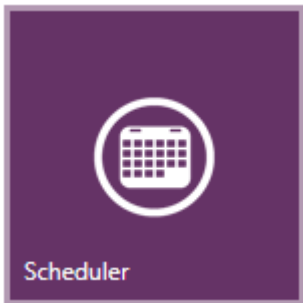
To set a baseline test

The assessment selected as the baseline test appears in a lighter colour and is marked *Baseline Test*



For viewing assessments columns and sorting them by criteria selected by the user.

Allows assessments to be exported as a .csv file compatible with Excel



For accessing the appointment scheduler functions

This function is only active for those who have the *Weight Manager* module



To add a remark to the assessment, which will be displayed in all reports.

This function is only active for those who have the *Weight Manager* module

## ENTERING A BODYSCAN ASSESSMENT

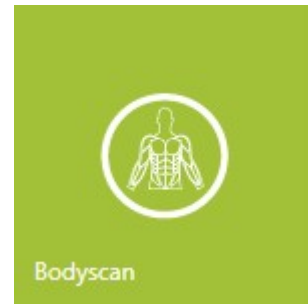
A Bodyscan assessment can be entered either in a new subject or on a subject already on file.

To enter a Bodyscan assessment:

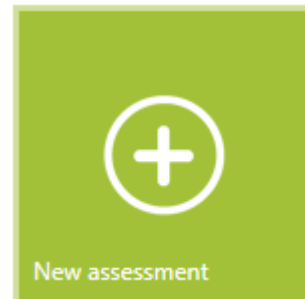
Select the group containing the subject for scanning; enter a new group if necessary;  
Select the subject for scanning if already on file, or enter a new subject.




From the subject's main screen, access the Bodyscan screen by clicking on:






From the subject's Bodyscan screen, click on:



← New assessment

Date:	<input type="text" value="19/04/2017"/>	RZBodyDx	<input type="text" value="0"/>	XCTBodyDx	<input type="text" value="0"/>	
Height:	<input type="text" value="188.0"/>	RZArmDx	<input type="text" value="0"/>	XCArmDx	<input type="text" value="0"/>	
Weight:	<input type="text" value="90.0"/>	RZLegDx	<input type="text" value="0"/>	XCLegDx	<input type="text" value="0"/>	
		RZBodySx	<input type="text" value="0"/>	XCEBodySx	<input type="text" value="0"/>	
		RZArmSx	<input type="text" value="0"/>	XCArmSx	<input type="text" value="0"/>	
		RZLegSx	<input type="text" value="0"/>	XCLegSx	<input type="text" value="0"/>	
		RZBodySup	<input type="text" value="0"/>	XCTBodySup	<input type="text" value="0"/>	
		RZBodyInf	<input type="text" value="0"/>	XCTBodyInf	<input type="text" value="0"/>	
		RZTrunk	<input type="text" value="0"/>	XCTTrunk	<input type="text" value="0"/>	

The software automatically offers the current date. The date can be changed

Enter the subject's height and weight.  
 If there are previous Bodyscan assessments on file, the software automatically offers the weight and height measured at the last assessment.  
 Modify these values if necessary.

The RZ and XC values of the various body regions can be added manually or by USB connection



To acquire data straight from the sensor by via USB connection

Connect the sensor to the computer using the USB cable;

Select the Send data to PC function on the sensor display

(see sensor operating manual);

Click the icon on the Bodyscan assessment data input screen to start the transfer.

Do not switch off your computer or the sensor until the operation is complete.

To save the data after entering and access the Bodyscan assessment screen





The entered assessment appears in the list of assessments on the subject's Bodyscan screen.




## BODYSCAN ASSESSMENT SCREEN


At the end of the data input, the *Bodyscan Assessment* screen appears, containing the summary of the data entered, the diagram of the regions, the functions and the assessment report

  
 01/11/1974


 Test data ✕

Date: 09/08/2017  
 Height: 181  
 Weight: 84


  
 Add a note


  
 Grid view


Segmental
Left-Right
Upper-Lower




Measured Region						
Show		RZ (Ω)	XC (Ω)	PA (φ)	Muscle Mass (kg)	Muscle Mass (%)
<input type="checkbox"/>	Right Body	488	57	6.7	23.3	51.8
<input type="checkbox"/>	Left Body	506	58	6.5	21.6	48.2
<input type="checkbox"/>	Lower Body	454	56	7.0	24.3	54.1
<input type="checkbox"/>	Upper Body	495	53	6.1	20.6	45.9
<input type="checkbox"/>	Upper Right Limb	236	27	6.5	2.7	6.1
<input type="checkbox"/>	Upper Left Limb	259	27	6.0	2.3	5.1
<input type="checkbox"/>	Lower Right Limb	230	28	6.9	6.0	13.3
<input type="checkbox"/>	Lower Left Limb	225	29	7.3	6.5	14.4
	Trunk	45	7	8.8	27.5	61.2

  
 Comparison Report

  
 Comparison Pie Report

  
 History Report

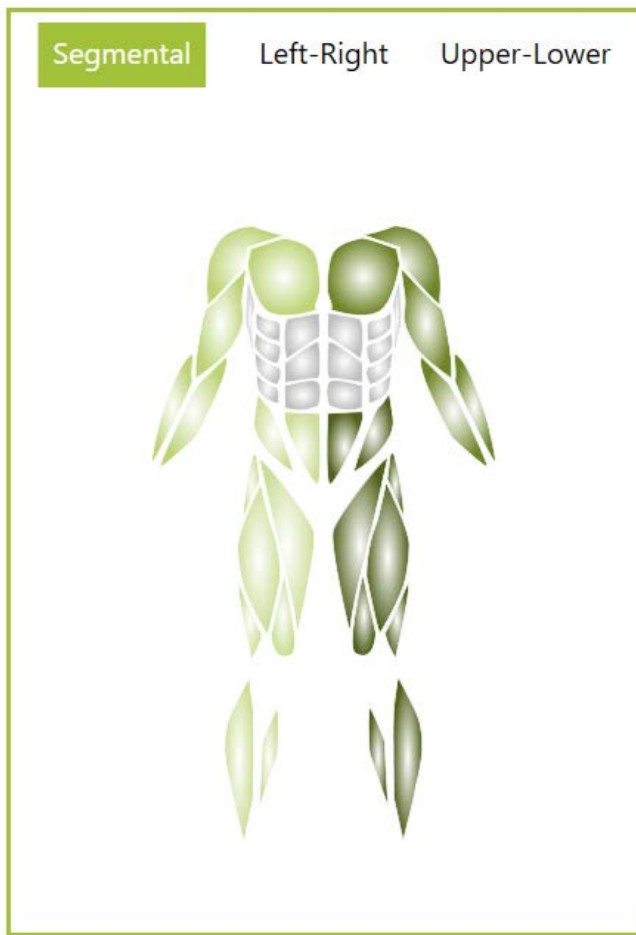
  
 Raw Data Report

The *Measured Region* table contains the data entered.

Measured Region						
Show		RZ (Ω)	XC (Ω)	PA (φ)	Muscle Mass (kg)	Muscle Mass (%)
<input type="checkbox"/>	Right Body	488	57	6.7	23.3	51.8
<input type="checkbox"/>	Left Body	506	58	6.5	21.6	48.2
<input type="checkbox"/>	Lower Body	454	56	7.0	24.3	54.1
<input type="checkbox"/>	Upper Body	495	53	6.1	20.6	45.9
<input type="checkbox"/>	Upper Right Limb	236	27	6.5	2.7	6.1
<input type="checkbox"/>	Upper Left Limb	259	27	6.0	2.3	5.1
<input type="checkbox"/>	Lower Right Limb	230	28	6.9	6.0	13.3
<input type="checkbox"/>	Lower Left Limb	225	29	7.3	6.5	14.4
	Trunk	45	7	8.8	27.5	61.2

The phase angle (PA) and Muscle Mass in kg and as a % of total Muscle Mass are displayed for each body region.

Click *Show* to highlight the region on the diagram.  
The diagram shows the various body regions.



The region with the most Muscle Mass appears in a darker colour.  
The diagrams available include the segmental view (limbs) and the left/right and upper/lower halves of the body and can be selected in the top of the screen.

When the mouse is passed over the diagram, the corresponding region appears in the *Measured Region* table.

← Back

01/11/1974  
Tulluri Jacopo

Test data

Date: 09/08/2017  
Height: 181  
Weight: 84

Add a note

Grid view

Segmental
Left-Right
Upper-Lower

Measured Region					
Show	RZ (kg)	XC (kg)	PA (g)	Muscle Mass (kg)	Muscle Mass (%)
<input type="checkbox"/> Right Body	488	57	6.7	23.3	51.8
<input type="checkbox"/> Left Body	506	58	6.5	21.6	48.2
<input type="checkbox"/> Lower Body	454	56	7.0	24.3	54.1
<input type="checkbox"/> Upper Body	495	53	6.1	20.6	45.9
<input type="checkbox"/> Upper Right Limb	236	27	6.5	2.7	6.1
<input checked="" type="checkbox"/> Upper Left Limb	259	27	6.0	2.3	5.1
<input type="checkbox"/> Lower right limb	230	28	6.9	6.0	13.3
<input type="checkbox"/> Lower Left Limb	225	29	7.3	6.5	14.4
Trunk	45	7	8.8	27.5	61.2

Comparison Report

Comparison Pie Report

History Report

Raw Data Report

## BODYSCAN ASSESSMENT FUNCTIONS

The *Bodyscan Assessment* screen contains access to the Bodyscan assessment functions and reports, and allows the assessment to be modified or deleted.



To return to the subject's screen



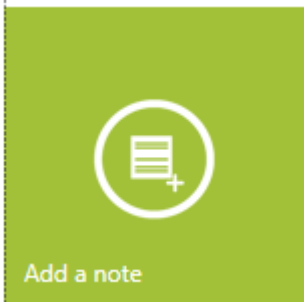
Bodyscan assessment summary



Modifies the data entered

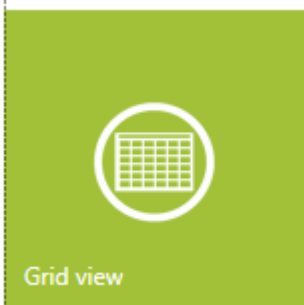


Deletes the assessment



A note can be added.  
The text entered appears in all reports.

This function is only active for those who have the *Weight Manager* module



For viewing assessments columns and sorting them by criteria selected by the user.

Allows assessments to be exported as a .csv file compatible with Excel

The function can also be accessed from the subject's main Bodyscan screen, by clicking on the following icon



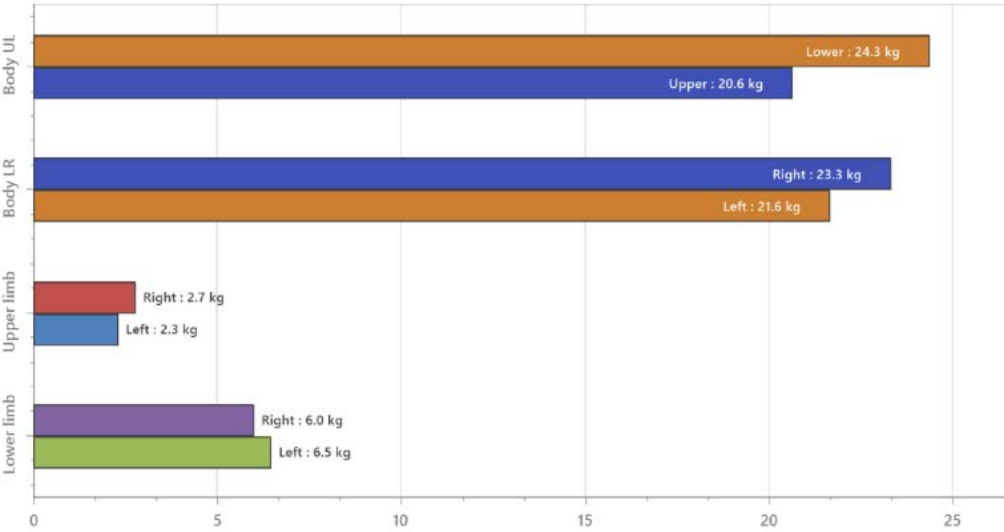
**REPORTS**



For viewing the Bodyscan assessment and printing it on paper or on file.

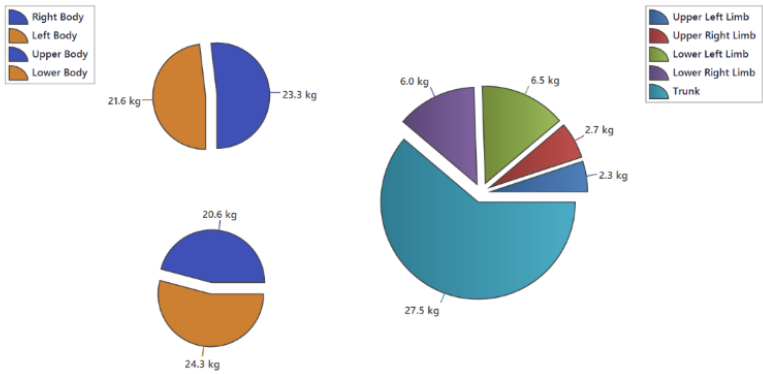
The report contains the *Measured Region* table

The bar graph contains the Muscle Mass of the various body regions, in kg.

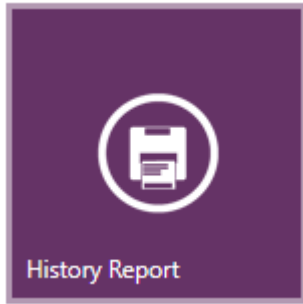


For viewing the Bodyscan assessment and printing it on paper or on file. The report contains the *Measured Region* table

The pie graph contains the Muscle Mass of each body regions, in kg.

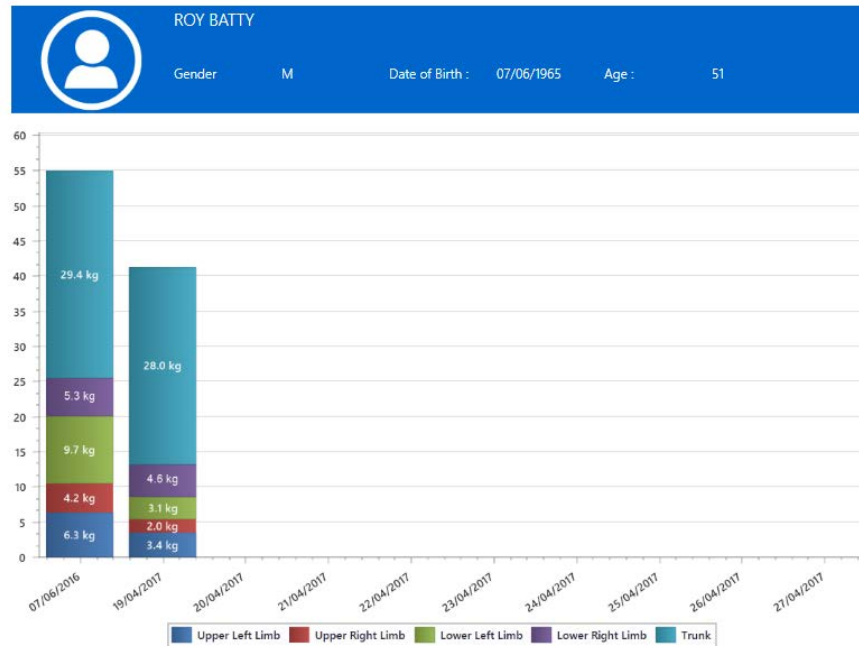


Measured Region	RZ (Ω)	XC (Ω)	PA (°)	Muscle Mass (kg)	Muscle Mass (%)
Right Body	488.0	57.0	6.7	23.3	51.8
Left Body	506.0	58.0	6.5	21.6	48.2
Lower Body	454.0	56.0	7.0	24.3	54.1
Upper Body	495.0	53.0	6.1	20.6	45.9
Upper Right Limb	236.0	27.0	6.5	2.7	6.1
Upper Left Limb	259.0	27.0	6.0	2.3	5.1
Lower Right Limb	230.0	28.0	6.9	6.0	13.3
Lower Left Limb	225.0	29.0	7.3	6.5	14.4
Trunk	45.0	7.0	8.8	27.5	61.2



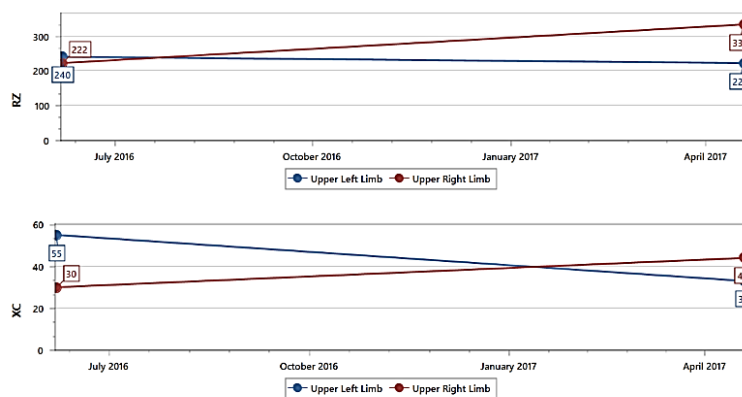
For viewing the Bodyscan assessment history report and printing it on paper or on file.

The report shows the baseline test and the subsequent assessments in chronological order, including up to 10 assessments.

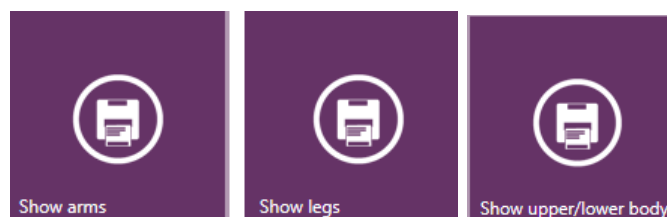


For viewing the raw data of a series of assessments and printing them on paper or on file.

The report contains the Resistance (Rz), the Reactance (Xc) and the phase angle (PA) of each region and their trends over time, starting from the baseline test.



To select the region to be shown, click the corresponding icon on the right of the screen.



## MODIFYING A BODYSCAN ASSESSMENT

To modify a Bodyscan assessment:

- ✓ Select the group containing the subject;
- ✓ Select the subject;
- ✓ Access the subject's Bodyscan screen;
- ✓ Select the assessment on which the changes are to be made.



From the *Assessment Screen*

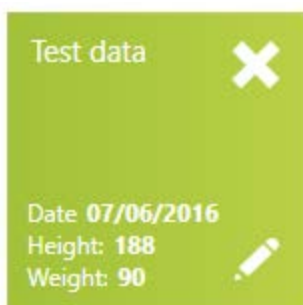


Modifies the data entered

## DELETING A BODYSCAN ASSESSMENT

To delete a Bodyscan assessment:

- ✓ Select the group containing the subject;
- ✓ Select the subject;
- ✓ Access the subject's Bodyscan screen;
- ✓ Select the assessment for deletion.



From the *Assessment Screen*




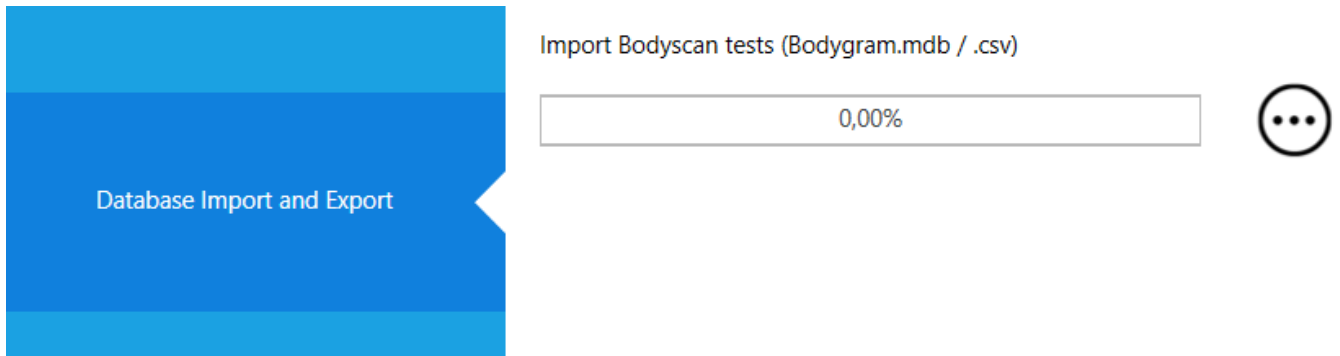
Deletes the assessment


## DATABASE IMPORT/EXPORT

### 1. Importing from Bodyscan PRO to Bodygram PLUS software

Copy the database file "Bodyscan.mdb" the Bodyscan folder (default path is Documents > Bodyscan2009UI> BodyScan.mdb)

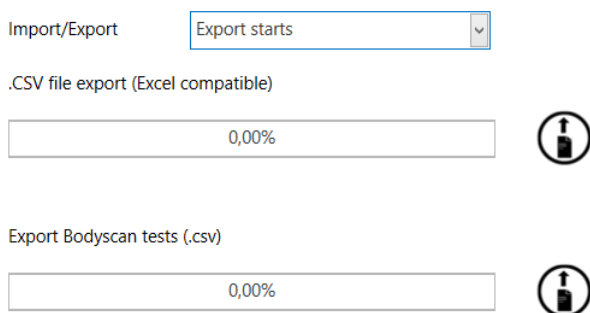
Open Bodygram PLUS >  click on settings icon. Click on Database Import/export




Click on  browse icon near "import Bodyscan test" and select the Bodyscan.mdb file from Bodygram PRO. Import will start immediately. Do not shut down Bodygram PLUS nor the PC until the procedure has finished.

### 2. Exporting / Importing a Bodyscan database into or out from Bodygram PLUS software

Open Bodygram PLUS > click on settings icon. Click on Database Import/export  
From Import/export dropdown menu select "export starts" click on export button near "export Bodyscan test (.csv)" rename the default file if necessary and save. The export file is a csv file Excel compatible.



To import the Bodyscan .csv file in a Bodygram PLUS, click on  browse icon near "import Bodyscan test" and select the Bodyscan.csv file from Bodygram PLUS. Import will start immediately. Do not shut down Bodygram PLUS nor the PC until the procedure has finished.

✓ If 2 databases hold tests from a shared patient, import procedure will automatically allocate all tests in one single subject.

A shared patient is a subject that has the same name, surname and date of birth.

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