

3D MATRIX SELECTION CHART

MATRIX 1 PATIENT PROFILES

WEIGHT (lb)	ACTIVITY	LENGTH
220-275	SELECT MATRIX 3	
180-220	LOW	M to L
140-180	LOW	ALL

MATRIX 1 - EXT./FLEX RESISTANCE MATRIX									
IMPACTION *	<40	1	2	3	3	4	4	5	5
	<80	2	2	3	3	4	4	5	5
	<120	3	3	3	4	4	5	5	6
	<160	3	4	4	5	5	5	6	6
	≥160	4	5	5	5	6	6	6	7
	GAIT m/s VELOCITY	0.0-0.3	0.3-0.6	0.6-0.65	0.65-0.7	0.7-0.8	0.8-0.9	0.9-1.0	>1.0
		SLOW		MODERATE			FAST		

MATRIX 2 PATIENT PROFILES

WEIGHT (lb)	ACTIVITY	LENGTH
220-275	SELECT MATRIX 3	
180-220	LOW	SHORT
140-180	LOW	LONG

MATRIX 2 - EXT./FLEX RESISTANCE MATRIX									
IMPACTION *	<40	1	2	3	3	4	4	5	6
	<80	2	3	3	3	4	5	6	6
	<120	3	4	4	4	5	5	6	7
	<160	4	5	5	5	6	6	7	8
	≥160	5	5	6	6	6	7	8	8
GAIT m/s VELOCITY	0.0-0.3	0.3-0.6	0.6-0.65	0.65-0.7	0.7-0.8	0.8-0.9	0.9-1.0	>1.0	
		SLOW		MODERATE			FAST		

MATRIX 3 PATIENT PROFILES

WEIGHT (lb)	ACTIVITY	LENGTH
220-275	MODERATE	SHORT
180-220	MODERATE	S to M
140-180	MODERATE	LONG

MATRIX 3 - EXT./FLEX RESISTANCE MATRIX									
IMPACTION *	<40	2	2	3	4	5	5	6	7
	<80	2	3	3	5	5	6	6	7
	<120	3	4	5	5	6	6	7	8
	<160	4	5	5	6	7	7	8	8
	≥160	5	5	6	6	7	8	8	8
GAIT m/s VELOCITY	0.0-0.3	0.3-0.6	0.6-0.65	0.65-0.7	0.7-0.8	0.8-0.9	0.9-1.0	>1.0	
		SLOW		MODERATE			FAST		

MATRIX 4 PATIENT PROFILES

WEIGHT (lb)	ACTIVITY	LENGTH
220-275	MOD/HIGH	M to L
180-220	MOD/HIGH	LONG
140-180	MOD/HIGH	M to L

MATRIX 4 - EXT./FLEX RESISTANCE MATRIX									
IMPACTION*	<40	3	4	4	5	5	6	7	7
	<80	4	4	5	5	6	7	7	8
	<120	4	5	6	6	7	7	8	8
	<160	5	5	6	6	7	8	8	8
	≥160	5	6	7	7	8	8	8	8
GAIT m/s VELOCITY	0.0-0.3	0.3-0.6	0.6-0.65	0.65-0.7	0.7-0.8	0.8-0.9	0.9-1.0	>1.0	
	SLOW			MODERATE			FAST		

MATRIX 5 PATIENT PROFILES

WEIGHT (lb)	ACTIVITY	LENGTH
220-275	HIGH	ALL
180-220	HIGH	M to L
140-180	HIGH	LONG

MATRIX 5 - EXT./FLEX RESISTANCE MATRIX									
IMPACTION *	<40	4	5	5	5	6	6	7	7
	<80	5	5	6	6	7	7	8	8
	<120	5	6	6	7	7	8	8	8
	<160	6	6	7	7	8	8	8	8
	≥160	7	7	7	8	8	8	8	8
	GAIT m/s VELOCITY	0.0-0.3	0.3-0.6	0.6-0.65	0.65-0.7	0.7-0.8	0.8-0.9	0.9-1.0	>1.0
	SLOW			MODERATE			FAST		

*Impaction is an algorithmic representation of velocities in 3 planes.



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