



The ArmCare.com device is a handheld dynamometer and inclinometer designed to assess and enhance the arm strength and range of motion of athletes, particularly baseball players. This device is integral to the ArmCare Assessment Package and works in conjunction with the ArmCare App to provide personalized training programs aimed at improving performance and reducing injury risk.

Key Functions of the ArmCare.com Device:

- **Strength Measurement:** The device accurately measures peak and average force exerted by the shoulder muscles, allowing for the assessment of muscular strength and identification of potential imbalances.
- **Range of Motion Assessment:** It evaluates both active and passive range of motion (AROM & PROM) of the shoulder joint, providing insights into flexibility and joint health.
- **Data Integration with ArmCare App:** The collected strength and range of motion data are transmitted to the ArmCare App via Bluetooth. The app utilizes this information to create individualized arm care training programs, monitor fatigue, and track recovery, thereby helping athletes maximize arm strength and velocity.

By regularly using the ArmCare.com device and following the app's tailored training recommendations, athletes can work towards improving their throwing velocity and maintaining arm health.

