*APPLICATION:*

Muscle and Motion

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# Application Overview

Muscle & Motion is a muscular anatomy index that allows for the visual display of various exercises and anatomical positions.

## Usage

Sun Health uses this software for something that will be explained here

## Application Details and Ownership

Application Manager: Alex Stark

Vendor: Muscle & Motion

Vendor POC Name: N/A

Vendor POC Contact Information: info@muscleandmotion.com

License Type: Annual Subcription

Subject matter expert(S): Alex Stark

Current Release of Software: 1.5.0.68

Application Location: Online/Cloud

# Access

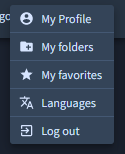
## Permissions and Login

Sun Health has 1 subscription to Muscle & Motion. To request access contact SME for log in details

Application login is accessed via the url:   
<https://www.muscleandmotion.com/log-in_page_strength_training/>

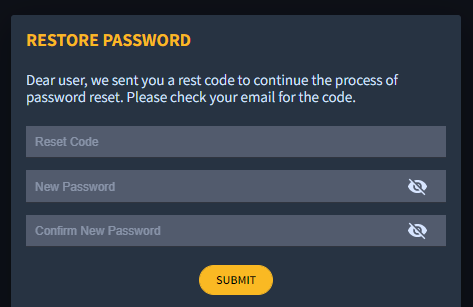
## How to change your password

Password can be changed when logged in by visiting the my profile section



and selecting the change/forgot password or by selecting change/forgot password below login input.

Once selected a reset code will be sent to the Application manager which can be used to change the password by filling in the passcode and new password



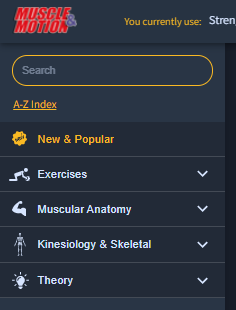
Please ensure that the Application Manager is aware of any password changes to ensure streamline access.

The password requires at least one capital when changing.

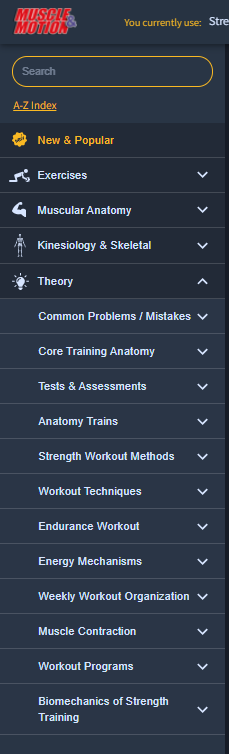
# User Guide

Once logged in, the Muscle & Motion program contains various images and videos which can be accessed to help educated patients and members.

The contents can be browsed via the side tab



By selecting categories on the side bar more option will become available to filter content or direct search with the search bar above.



Introduction – Muscle & Motion is a muscular anatomy index that allows for the visual display of various exercises and anatomical positions. It can be used to display exercises and anatomical positions for both appointments and presentations.

Purpose- Sun Health uses this program as a resource in the Center for Health and Wellbeing and as a resource in Community Education Lectures.

# Application Known Issues / Limitations

Muscle and motion is more easily navigated from the App available on both Android and iOS but can be accessed via PC and Mac all from the link provided under Permissions and Login.