

Manager Manual

- 1) Add a single player or staff member
 - a. Go to the FlexProGrip.com website. Under User Portal, select User Dashboard.
 - b. Login and select "Invite a Player / Staff Member."
 - c. Fill in all necessary fields.
 - d. Click "Create Invitation."

- 2) Add multiple players or staff members
 - a. Go to the FlexProGrip.com website. Under User Portal, select User Dashboard.
 - b. Login and select "Bulk Invite."
 - c. Download and fill out the Excel template.
 - d. Submit file and click "Send Invitations."

- 3) Create a custom protocol
 - a. Two options:
 - 1) Go to the the FlexProGrip.com website. Select User Portal, then User Dashboard. Login and select "Create Custom Protocol Spreadsheet." Fill out the sheet and email it to gkeippstroud@flexprogrip.com, or
 - 2) Call or email us and we will manually create the protocol with your specific instructions.

- 4) Edit player name, MLB ID, dominant hand, player level, RFD access
 - a. Go to the FlexProGrip.com website. Under User Portal, select User Dashboard.
 - b. Login and select your organization.
 - c. Click on the name of the player you wish to edit.
 - d. Click on "Edit" in the top right corner.
 - e. Make desired changes and press "Save."

- 5) Edit staff access to certain levels
 - a. Go to the FlexProGrip.com website. Under User Portal, select User Dashboard.
 - b. Login and select your organization.
 - c. Click "Manage Staff" in the top right corner.
 - d. Click on the staff member's name whose access you want to edit.
 - e. Select all levels that you want the staff member to have access to and press save.

- 6) Player dashboard
 - a. How to access
 - 1) Go to the FlexProGrip.com website. Under User Portal, select User Dashboard.
 - 2) Login and click on the name of your organization.

 - b. Data elements shown in the Player Dashboard
 - 1) Name - last name, first name
 - 2) Level - MLB, AAA, AA, A+, A-, Complex, DSL, Other
 - 3) MLB ID
 - 4) Dominant Hand

- 5) Most Recent Readiness – date of the most recent readiness test
- 6) Readiness Test Variance: 4 Finger Flexion – this number is the difference between the rep with the highest force and the rep with the lowest force from the most recent Readiness Test
- 7) Readiness Test Variance: Ulnar Deviation – this number is the difference between the rep with the highest force and the rep with the lowest force from the most recent Readiness Test
- 8) Days Since Training – the number of days since the player’s last training session on the selected hand
- 9) Sessions Previous 30 days – the total number of training or test sessions performed by the user in the last 30 days, regardless of hand
- 10) Fingertip Flexion Strength, Extension Strength, Ulnar Deviation Strength – all numbers are based on the application of force with 4 fingers. The number is a percentage calculated as follows: peak MVC from the most recent strength test or training session, divided by the average peak MVC from the last rolling 30 days of strength test or training sessions, multiplied by 100.

c. **Green**, **yellow**, **red** color explanations

- 1) Green is considered to be a healthy range.
- 2) Yellow is considered to be a cause for caution and something that should be monitored closely.
- 3) Red may be a cause for concern.
- 4) The default settings listed below for green, yellow, and red color designations are intended merely to serve as a guide and should in no way be construed as FlexPro Grip providing medical advice. Please contact us if you would like us to change the color designations for your organization.

Default settings for green, yellow, and red color designations

Readiness Test Variance: 4 Finger Flexion	Readiness Test Variance: Ulnar Deviation	Days Since Training	Sessions Previous 30 days	Fingertip Flexion Strength	Extension Strength	Ulnar Deviation Strength
<i>High vs lowest of 3 reps</i>	<i>High vs lowest of 3 reps</i>	<i>Regardless of hand</i>	<i>Applies to selected hand</i>	<i>Most recent vs 30 day avg * 100</i>	<i>Most recent vs 30 day avg * 100</i>	<i>Most recent vs 30 day avg * 100</i>
< 8	< 5	< 7 days	> 7 days	> 95%	> 95%	> 95%
8-12	5-8	7-14 days	4-7 days	85-95%	85-95%	85-95%
> 12	> 8	> 14 days	< 4 days	< 85%	< 85%	< 85%

d. Search for a specific player

- 1) You can search for a specific player using the white search bar found next to the dominant and nondominant hand buttons on the team dashboard

- e. View dominant vs non dominant hand player data
 - 1) Select dominant or nondominant hand using the blue buttons on the top right of your screen.

- f. Export a player's training data
 - 1) Click on the player's name.
 - 2) Select the protocol you wish to export.
 - 3) Scroll to the chart on the bottom of the page and click export CSV.

- g. Graph training history
 - 1) The default view graphs the values of all exercises in whatever protocol is selected. To see only the values of a specific exercise, click on the exercise name in the legend to the right of the graph. Hold shift and select another exercise if you want to see more than one at a time.
 - 2) To specify the time frame at 30, 60, 90 days or all training data, use the filter above the graph.