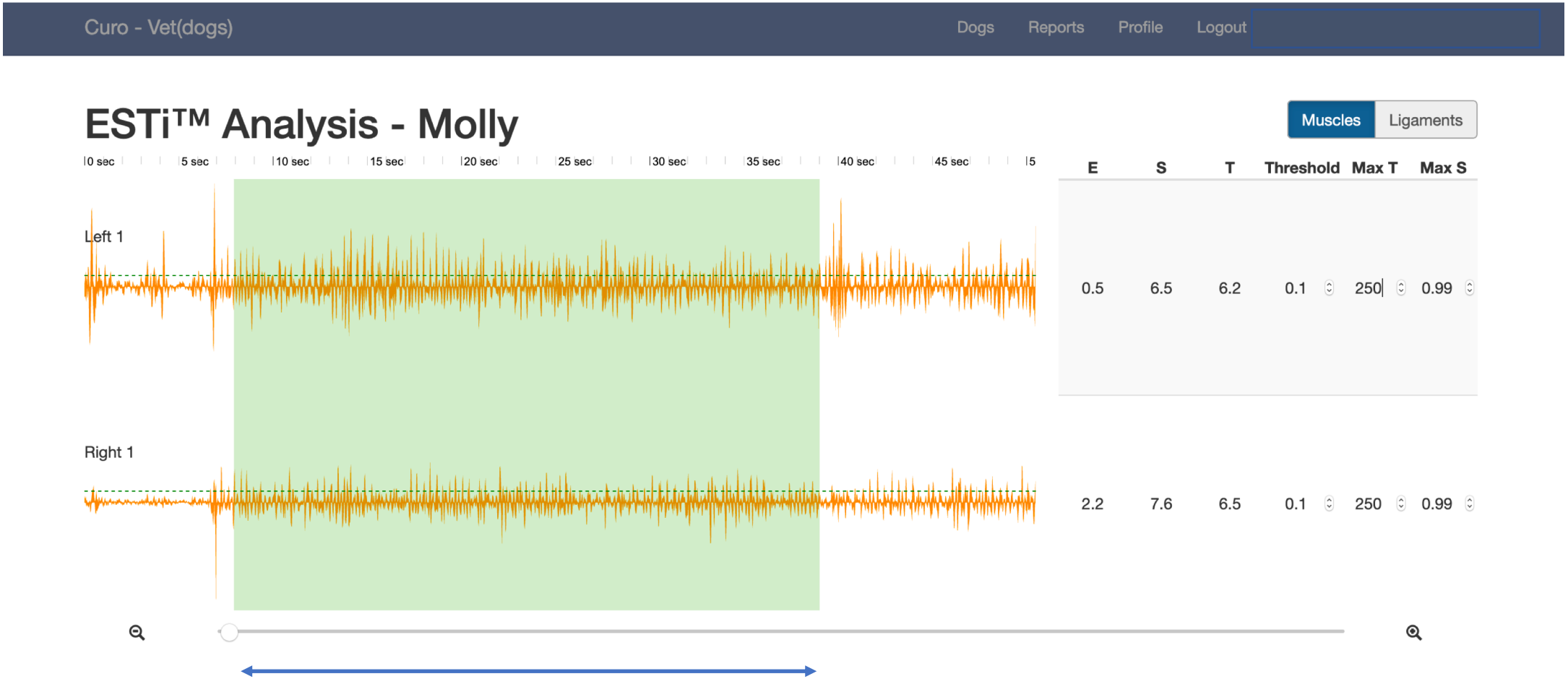


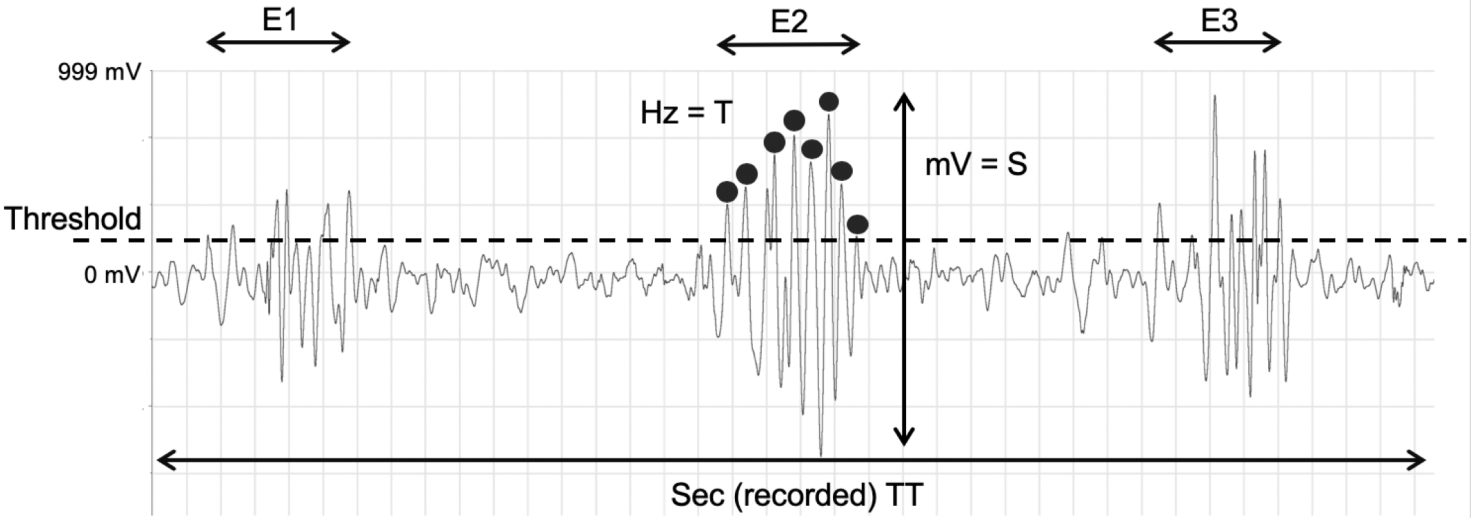
FIRST: Select your reading frame – avoid the start and finish sequences unless you are interested in them ..
Just place the cursor on the edge of the green measuring field to expand or shrink it

NEXT: Adjust your threshold .. It should be above the background noise and nicely in the data

Adjust T-max if needed (250 = 250Hz) – if you have a fast contracting muscle then the pre-set T-max may be too low and will therefore give you 0 values if not raised

You can adjust the S-max too if you have a small amplitude signal .. this just alters the amplitude scale 0.99 = 1 volt, so 0.50 = 0.50 volt etc

Now you can read your E, S & T-scores for the left side and right side. The S and T scores are inverted .. that is to say that a large amplitude signal will give a low S-score and a high firing frequency a low T-score



For a signal duration of 105(E1)+120(E2)+75(E3) =300 mSec over a recording timeframe (TT) of 900 mSec the E-score would be:

$$E = \frac{900-300}{900} * 10 = 6.6$$

For an amplitude of 450 mV in relation to a full 999 mV signal (6 dB), the S-score would be:

$$S = \frac{999-450}{999} * 10 = 5.5$$

For a signal frequency of 53 Hz (16 spikes per 300 mSec) in relation to a maximum level of 120 Hz, the T-score would be:

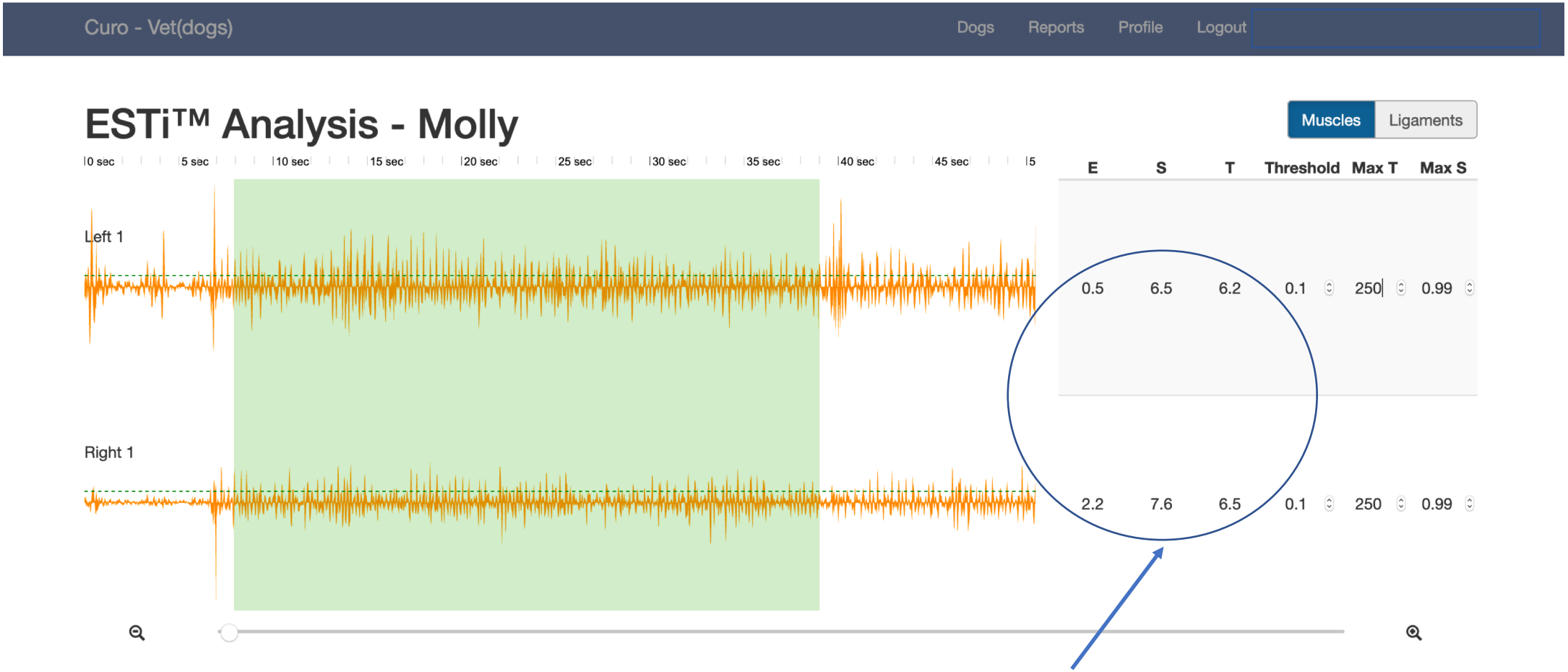
$$T = \frac{120-53}{120} * 10 = 5.6$$

Thus the overall ESTi-score would be calculated as:

$$ESTi = \frac{6.6+5.5+5.6}{3} * 10 = 5.9$$

Here is how the E, S and T scores are calculated using the amplitude and the frequency settings (S-max and T-max)

The E-score is calculated knowing the total recording frame time and calculating the periods of time the muscle is active during that total time.



Using the Left E,S,T and the Right E,S,T scores you can calculate the muscle balance …

((0.5+6.5+6.2)-(2.2-7.6-6.5)) = 13.2-16.3 = -3.1 (this means the left side is working slightly more than the right side)

Hope this helps .. have fun ☺