



**MERCYHEALTH**

Orthopaedics and  
Sports Medicine



Introducing Dartfish  
performance analysis

**Improve your  
game from  
all angles**

# Are you ready to take your game to a whole new level? All it takes is a whole new angle.

Mercy Health — Orthopaedics and Sports Medicine now offers Dartfish performance analysis to help you get better at the sport you love. Our licensed athletic trainers will film and analyze your skills from the front, back, side and — most importantly — from overhead.

The overhead angle is the key perspective you've been missing — and the key that could unlock your full athletic potential.

With Dartfish performance analysis, you and your coach will be given the tools to see exactly what you need to improve.



**Show us  
your skills.**

*We'll capture you  
in action from four  
angles: the front,  
back, side and  
overhead.*

# What athletes can benefit?

Are you trying to perfect your tennis, golf or baseball swing? Are you a baseball, football or lacrosse player looking to master your throwing motion? Or perhaps you're a basketball player working on your shot? Dartfish performance analysis is perfect for you. It can even help if you're a cross country or track runner looking to improve your form.

Fine-tune your technique in the following sports:

- Tennis
- Softball
- Golf
- Hockey
- Lacrosse
- Track and field
- Baseball
- Basketball
- Football
- Volleyball
- Cross country



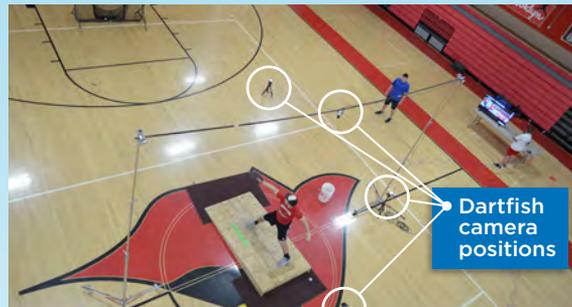
# The Dartfish difference

Unlike the videos you may take on your phone, the Dartfish system captures your performance from four angles: the front, back, side and overhead. Our licensed athletic trainers will set up four cameras to film you from these angles. Then they'll use special software to bring up each view on a laptop or large monitor and highlight your strengths and weaknesses. In this evaluation, you'll see exactly what your swing or motion looks like and how to make the changes needed to perfect your technique.

You'll be given a detailed performance improvement plan to take home. Your coach or one of our trainers will use this blueprint to work with you, if you choose, for eight to 12 weeks to help put these changes into practice. Then comes the proof: We'll film you again from the same four angles and compare to your original swing or motion so you will see your improvement firsthand.

## A team effort

At Mercy Health — Orthopaedics and Sports Medicine, we work with over 50 schools and sports organizations in the Toledo area to help keep local athletes healthy and in peak shape. Our athletic trainers are proud to partner with your school and team to help you achieve your goals and succeed at a high level — safely and efficiently. We're dedicated to helping you thrive.



**Up top.** The overhead angle is key to analyzing your form.



**Breaking it down.** A Mercy Health trainer will evaluate your strengths and weaknesses with you and your coach.



**Time to follow through.** Dartfish technology helps create a plan that shows you how to improve your technique.

# FAQs

## What does the Dartfish performance analysis service include?

This service includes the following, all performed by licensed Mercy Health athletic trainers:

- Filming session
- Skill evaluation
- Creation of performance improvement plan
- One follow-up visit

## How much does it cost?

We'll prepare a price quote that's personalized for your program and needs. Group and team discounts are available.

## Can I use the analysis with my current coach?

During your Dartfish filming and evaluation session, licensed Mercy Health athletic trainers will create a detailed performance improvement plan for you to follow to improve your technique. Your coach will help you make the changes outlined in your improvement plan. If you do not have a coach, for an additional fee our athletic trainers will work with you one-on-one for eight to 12 weeks to help make these changes to your swing or motion.

## Where does the filming take place?

We'll come to you! Or you can come to the Mercy Health Orthopaedics and Sports Medicine office — whichever you prefer.

What's next?

**Call 419-754-PLAY**  
(7529) for more info  
or to sign up for  
this service.

[mercy.com](https://www.mercy.com)



**MERCYHEALTH**

**Orthopaedics and  
Sports Medicine**

A Catholic healthcare ministry  
serving Ohio and Kentucky

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