BioSensr™

See muscle activity as movement happens.

For sport teams



What BioSensr measures.

Electromyography (EMG) measures muscle electrical activity in response to nerve signals. BioSensr records muscle activity during isometric holds for hamstrings or other supported muscles. Compare sides and follow each athlete's own baseline over time.



BioSensr Software - recorded 12 December 2025 example

Isometric hold

Repeat the same hold in regular strength and conditioning sessions, ideally the same day each week. Compare each side with the athlete's own baseline.

Other movements

Record suitable movements with Left, Both or Right. Review each sensor's complete trace, including rest; results cover the full recording and are not compared with an isometric baseline.

Saved reviews

Check signal quality and measurement validity. Review activity and baseline trends. Keep notes and available sensor IDs and firmware with each measurement.

Two-month team pilot

Start with your team.

Research and team pilots explore how muscle activity and force measures may help teams follow athletes' progress back toward their usual training and performance. Agree which athletes and isometric holds to include, how often to repeat them, and when to review results together.

Discuss a pilot

For sports-performance observation. EMG does not directly measure force or strength, diagnose injury or determine return-to-sport clearance. Read the Instructions for Use before use.

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