



Healthcare IT  
&  
Services

# Yugamiru cloud

## Users Manual



This manual provides information on how to use this product, including important points to remember in order to prevent any problems.

**Please read this user manual carefully and use this product safely.**

After reading this manual, make sure to store it in an accessible place where you can refer back to it easily.

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# Caution

These guidelines must be adhered to in order to prevent damage to property, or injury to the customer or other parties.

 注意	<p><b>Software Maintenance.</b> →Do not analyze the software by copying or disassembling it.</p>
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# Set Components

This set contains the following components. Please verify that they are all included:

## Measurement belts



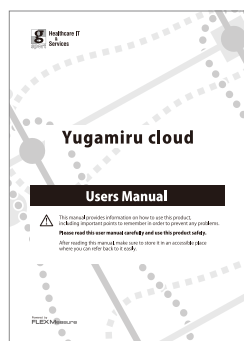
- Hip belt ( big size )
- Hip belt ( small size )
- Knee belts × 2
- Ankle belts × 2

## Foot plate



- Foot plate

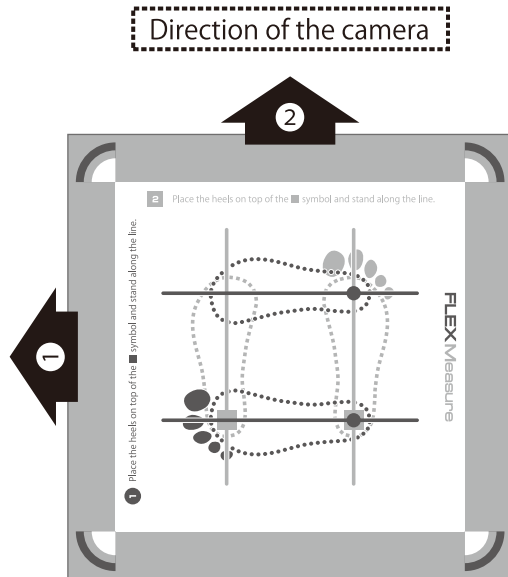
## Manual (this document)



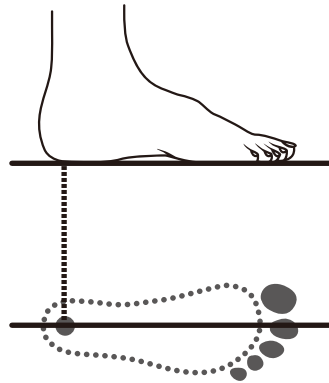
- Manual × 1

## ● Foot plate (optional)

When taking measurements, step onto the foot plate in the right order and direction as designated by the numbers.



### How to stand on the foot plate



#### 1 Align the heels

Place the heels on top of the ● or ■ symbols on the foot plate.

#### 2 Align the feet to fit the feet outlines

Place the feet along the feet outlines so that the index toes are placed on the straight line.



### Caution

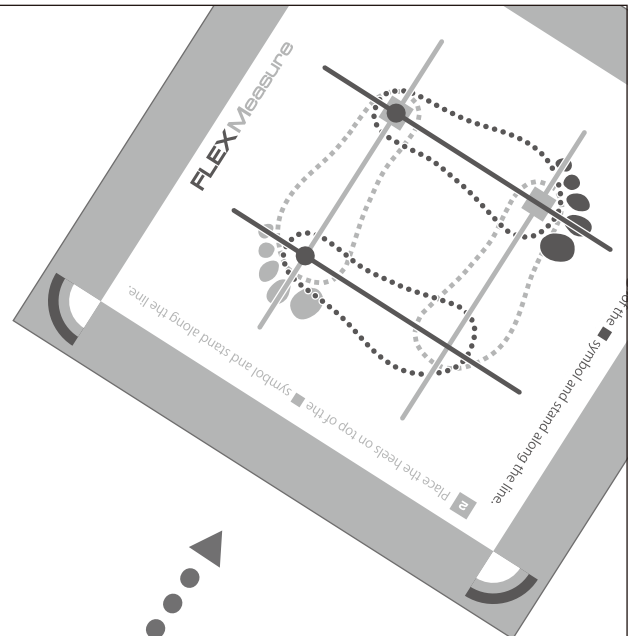
To clean the foot plate, use a clean, soft cloth dampened with water. Do not use detergents. In particular, do not use any alcohol-based organic solvents as this may cause the print to come off from its surface.

# Installation and Use

Follow the instructions below to set up the foot plate (optional), digital camera, and tripod.

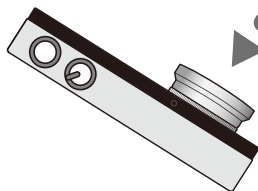
## Foot Plate Setup

Set up the foot plate so that the number **2** is facing towards the camera. Also, make sure to affix the foot plate onto the floor using double-sided tape or similar to prevent it from moving around when stepping onto it.



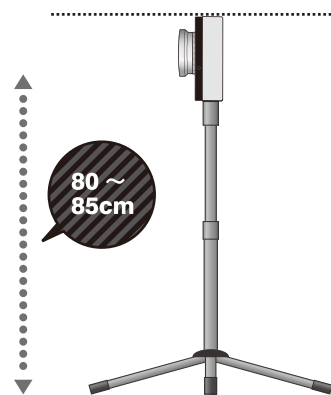
## Camera Setup

Extend the tripod legs using the bottom stoppers and attach the camera to the tripod, ensuring that there is no gap in the connection. Also, verify that the lens and the camera are firmly attached, and use a level meter to ensure that the camera is perfectly horizontal.



Take care to check the direction

Ideally the camera should be horizontal.



Prepare to  
take photo

Take photo  
with camera

Read in image

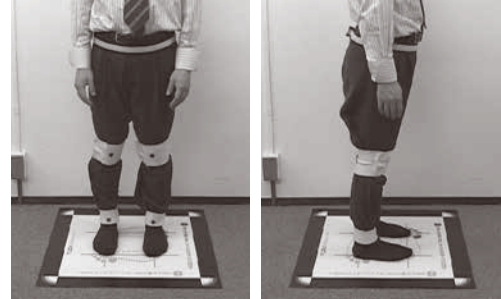
Set markers

Output report

## ● Strap the Belts around the Person

① Wrap the hip belt around the person's hip so that it goes round the anterior superior iliac spine (ASIS) and posterior superior iliac spine (PSIS), the knee belts so that the markers are at the center of the kneecaps, and the ankle belts so that the markers are at the front of the ankles. Make sure the belts are joined at the back so they are not visible.

② Once you have entered the customer's personal information and strapped the belts, you can use the digital camera to take pictures.



### How to Strap the Belts Correctly

While taking measurements, make sure that the measurement belts are not hidden by the person's hands or clothes.

#### Hip Belt

Wrap the hip belt so that it goes round the front and back bones protruding from the hipbone (anterior superior iliac spine).



#### Ankle Belts

Wrap the ankle belts so that the red ● symbols are placed at the front of the ankles; wrap them round so that the belts are placed at the center of the left and right ankles.



#### Knee Belts

Wrap the knee belts so that the red ● symbols are placed in the middle of the kneecaps.



Prepare to  
take photo

Take photo  
with camera

Read in image

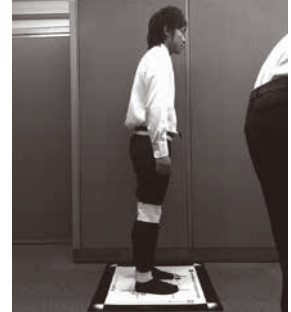
Set markers

Output report

## ● Take Pictures with the Digital Camera

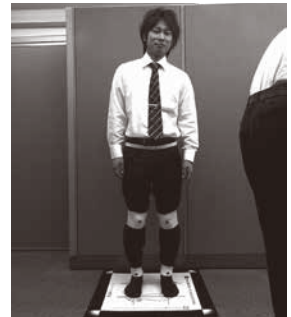
Side  
Photo

- ① Align the heels to the feet outlines along direction **1** on the foot plate and face straight forwards.
- ② Take a photo with the digital camera.



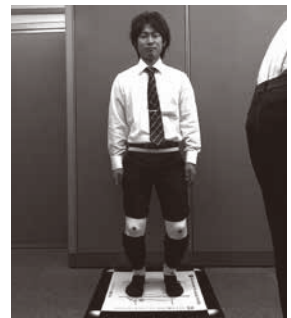
Front  
Photo

- ① Align the heels to the feet outlines along direction **2** and face straight forwards.
- ② Take a photo with the digital camera.



Bending  
Photo

- ① From the standing position, bend the knees and lower the hips down slowly. Take a photo at some point where the knees are bent (with the weight resting on the legs and hips).





Prepare to  
take photo

Take photo  
with camera

Read in image

Set markers

Output report

## ● Yugamiru Cloud

- ① Install the trial version into a PC.
- ② Run Yugamiru Cloud and press the 'Start Measurement' button.



## ● Enter Customer Information

- ① Press the measurement button on the main screen.
- ② Enter the ID, name and other information about the customer being measured. You can also take measurements without entering any information.

Customer Information Input Screen

Any entered data can be edited afterwards.

**Step:1**  
Enter unique alphanumeric characters within 10 characters

Prepare to take photo

Take photo with camera

Read in image

Set markers

Output report

## ● Connect Digital Camera to PC

Connect the digital camera to the PC using a USB cable, or insert an SD card or similar into the PC.

### ⚠ Caution

Please refer to your digital camera's user manual for details on how to transfer photos from your digital camera to a PC.

## ● Read in Images

Read in Side Image

① Press the 'Read in Image' button and select 'Side Image.' Select the side photo; it will then be displayed under 'Read-in Image.'

② Press the 'Rotate Image to Right' button to rotate the image to the right and show the person standing up vertically. Drag the red frame with the mouse to place the frame in the middle of the frame.



Read in Front Image

① Similarly as with the side image, read in the 'Front Image,' make sure it looks correct and then press 'Next.'



Read in Bending Image

① Similarly, read in the 'Bending Image,' make sure it looks correct and then press 'Next.'



Prepare to take photo

Take photo with camera

Read in image

**Set markers**

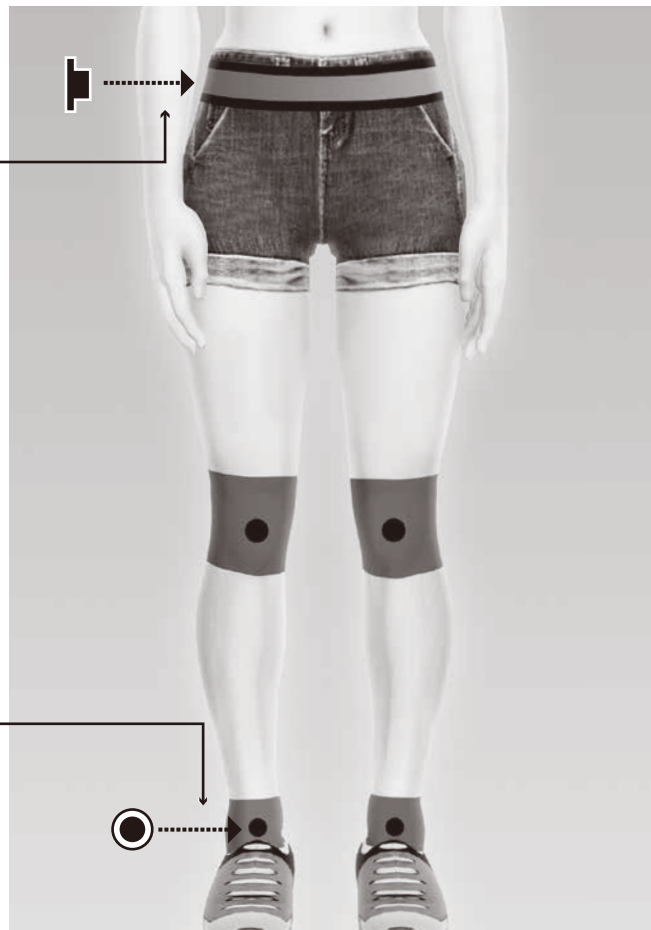
Output report

## ● Belt and Ankle Markers (Front Standing and Bent Positions)

- ① Drag the belt markers to align them to the edges of the belt, and then release the mouse.
- ② Drag the ankle markers to place them over the ● symbol on the ankles, and then release the mouse.

### Belt Markers

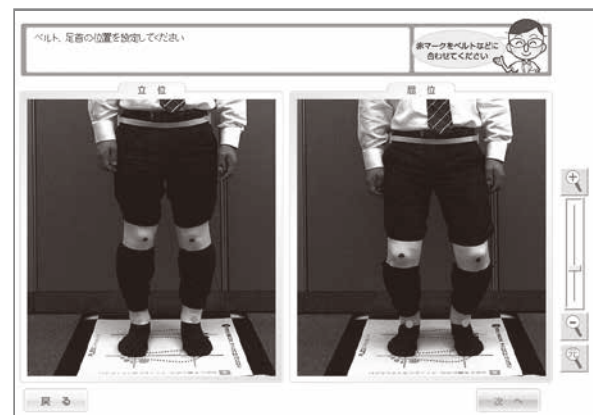
Place both belt markers to the left and right edges of the measurement belt.



### Ankle Markers

Place both ankle markers at the center of the round symbols on the ankle belts.

- ③ Similarly to the front position, line up the markers on the bent position and click on the 'Next' button.



Prepare to take photo

Take photo with camera

Read in image

**Set markers**

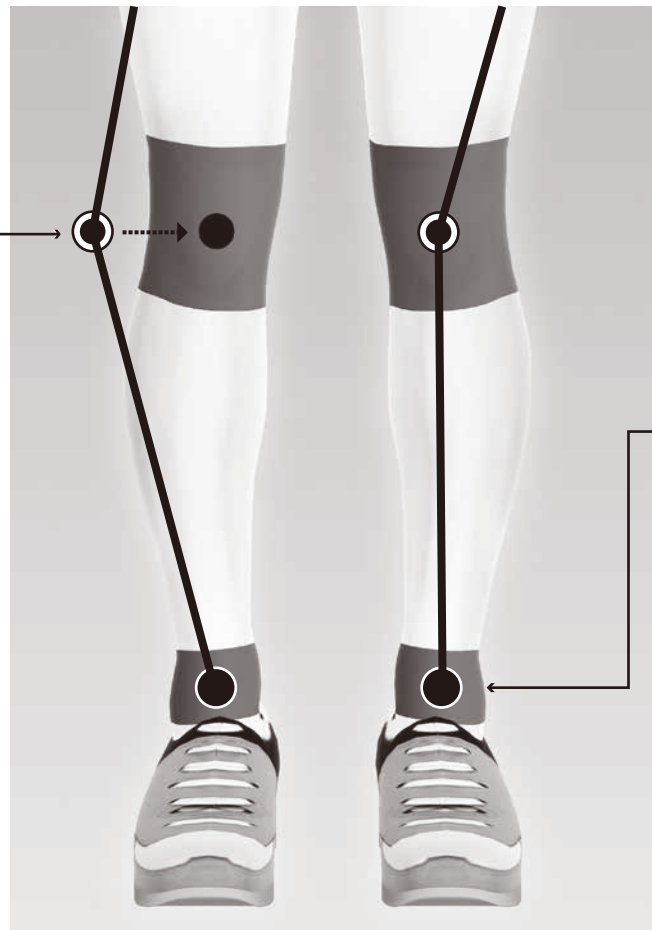
Output report

## ● Knee Markers (Front Standing and Bent Positions)

① Drag the knee markers to place them over the center of the ● symbol on the belts, and then release the mouse.

### Knee Markers

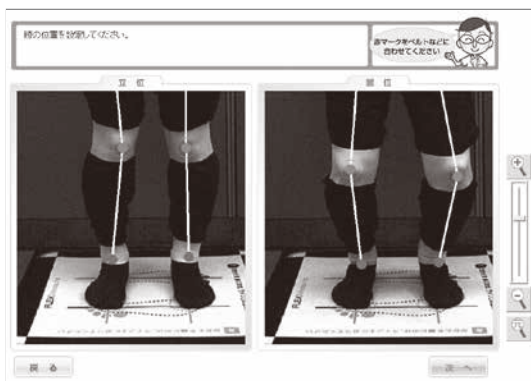
Place both knee markers at the center of the round symbols on the knee belts.



### Ankle Markers

These markers have already been fixed and cannot be moved.

② Once all the markers have been placed correctly, click on 'Next.'



Prepare to take photo

Take photo with camera

Read in image

**Set markers**

Output report

## ● Ear, Chin to Forehead, and Shoulder Markers (Front Standing and Bent Positions)

① Drag the ear, chin to forehead, and shoulder markers to match the positions as shown in the picture below; release the mouse once they are in the correct positions.

### Ear Markers

Align the ● symbol with the holes of the ears so that the ear-shaped curves line up with the person's ears.

### Forehead Marker

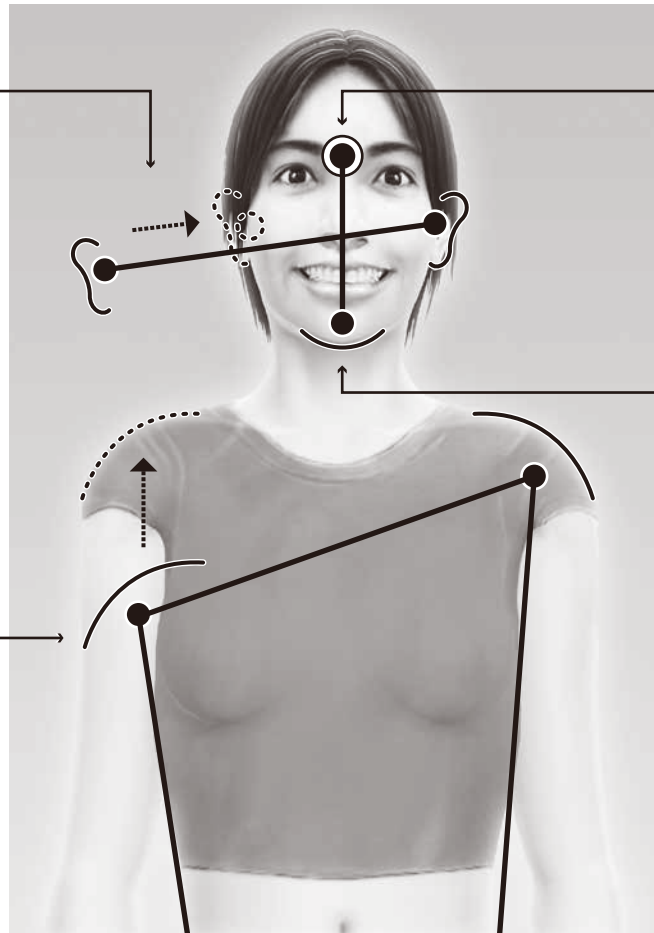
Align the ● symbol with the person's forehead.

### Chin Marker

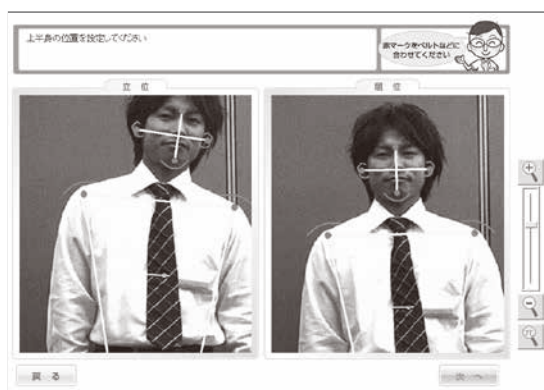
Line up the chin-shaped curve with the person's chin line.

### Shoulder Markers

Line up the shoulder-shaped curves with the person's shoulder lines.



② Once all the markers have been placed correctly, click on 'Next.'



Prepare to take photo

Take photo with camera

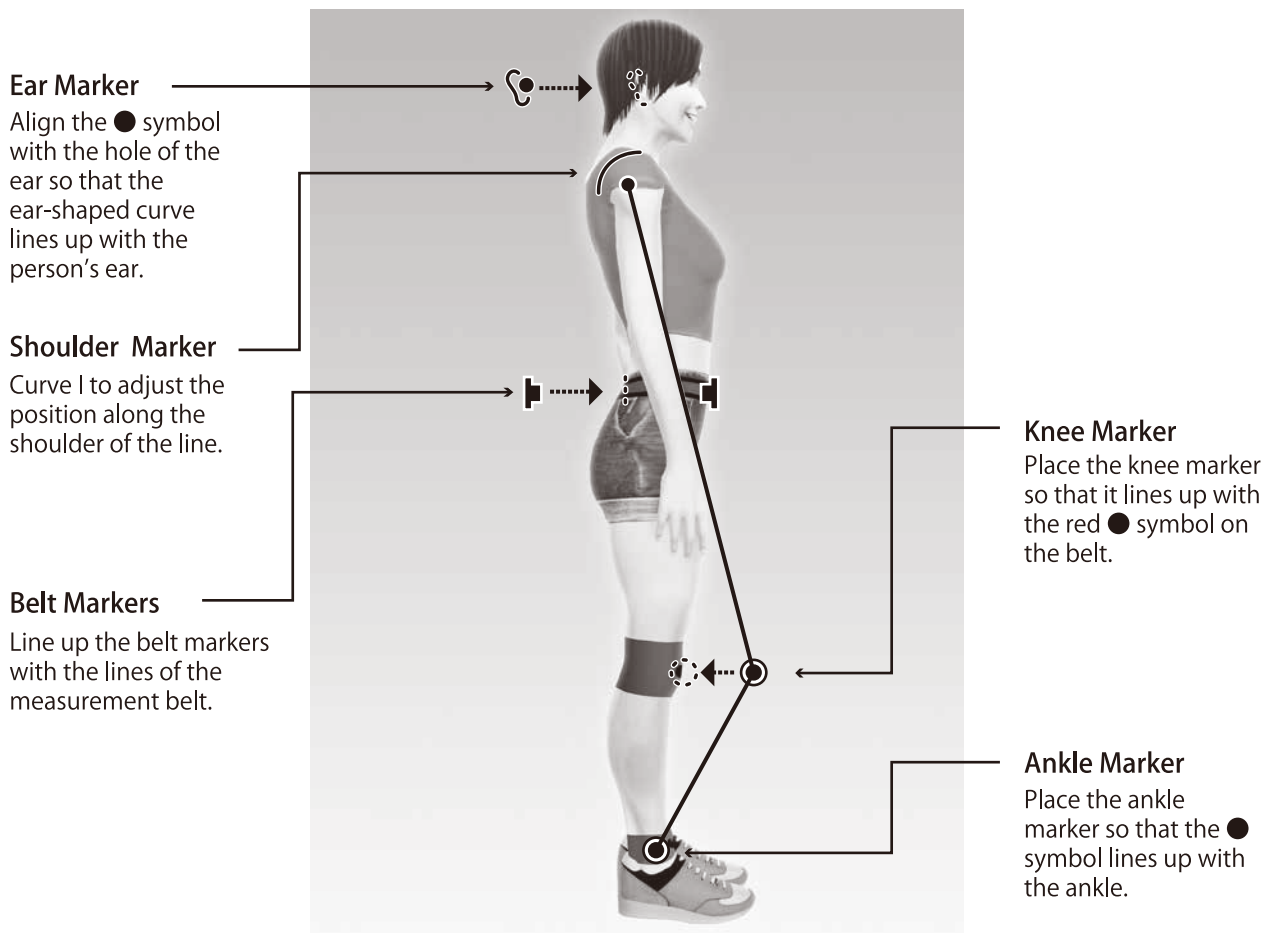
Read in image

**Set markers**

Output report

## ● Side Markers (Side Position)

① Drag the ankle, knee, shoulder, ear and belt markers to match the positions as shown in the picture below; release the mouse once they are in the correct positions.



② Once all the markers have been placed correctly, align the left and right green arrows to the positions with a known distance (e.g., corners of the foot plate, etc.).

③ Enter the distance of the known points in the picture (distance between two points of reference). (The distance in the foot plate picture is 70cm.)

④ Click the 'Finish' button.



Prepare to take photo

Take photo with camera

Read in image

Set markers

Output report

## Display Results

- Once all the markers have been set, the results screen displays the arrow results of the standing and bent positions.
- Enter comments for the customer in the empty section on the bottom left. These comments will then be included in the comments section of the final report.
- Click on 'Display Report' to display the report.

### Edit Personal Information

Goes back to the customer information screen (page 8).

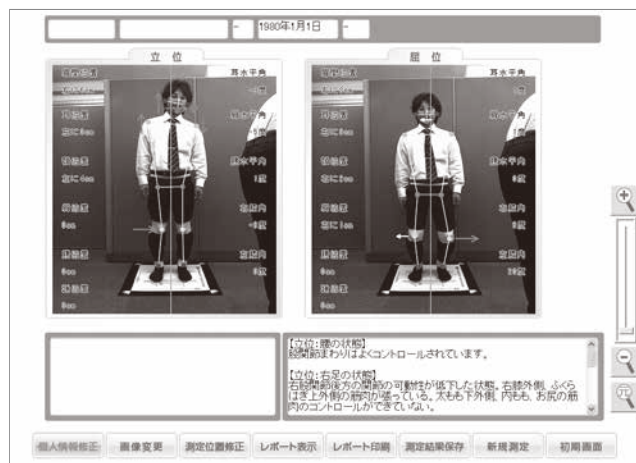
### Edit Measurement Positions

Goes back to the markers setting screen (page 10).

### Display Report

Goes to the report verification screen (next section).  
Print Report

### Buttons Functionality



Prints the report.

### Save Measurement Results

Allows you to select a filename and save your measurement results.

### New Measurement

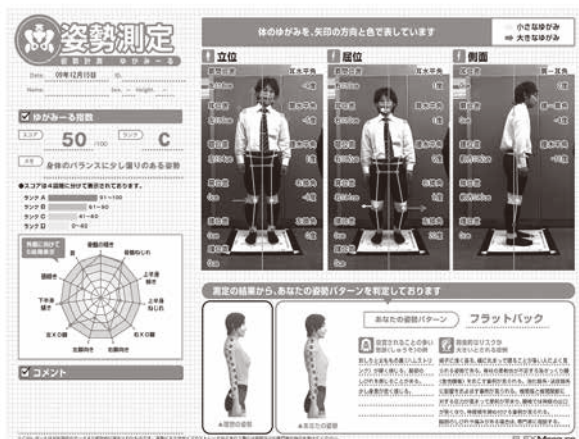
Starts a new measurement (page 8).

### Start Screen

Goes back to the start screen.

## Display Report

- Displays the Posture and Muscle Report.
- To print the report, click the 'Print' button.
- To check the report before printing, click the 'Print Preview' button.



'Display Report' screen

### Print

Prints the report.

The print format for the report is based on the Windows print configuration.

## Save and Print Data

The read-in images and measurement results from Yugamiru Cloud can be saved into a file (extension \*.yga). From the start screen, you can read the report back in again using the 'Read in Measurement Report' button. The report will then be displayed on the 'Display Results' screen, from where you can print the report and perform other functions.

Please perform periodic backups of measurement results.





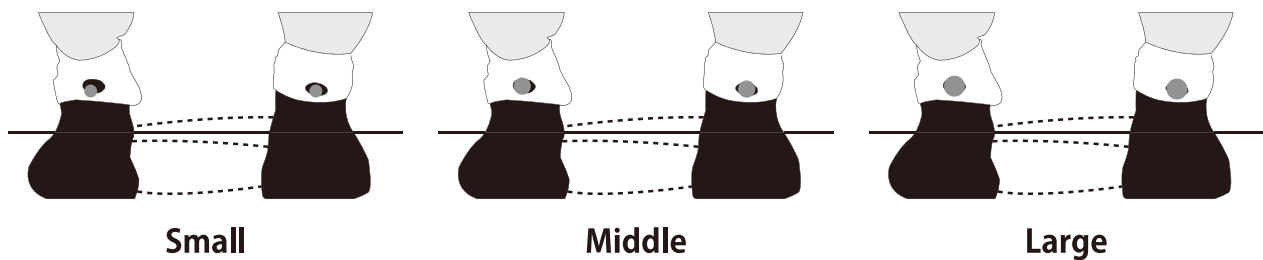
# Setting

Go to Settings screen from initial screen, then you can set the display.



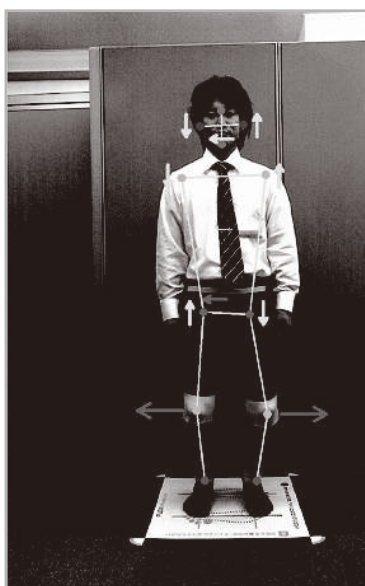
## ● Change the marker size

Marker size is the red marks you fit to ankle or knee. You can choose from 3 size.

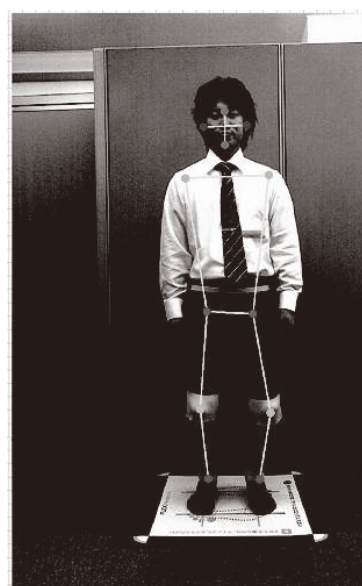


## ● Display arrows

When you choose "ON" in this item, arrows will be displayed in the results display.



ON

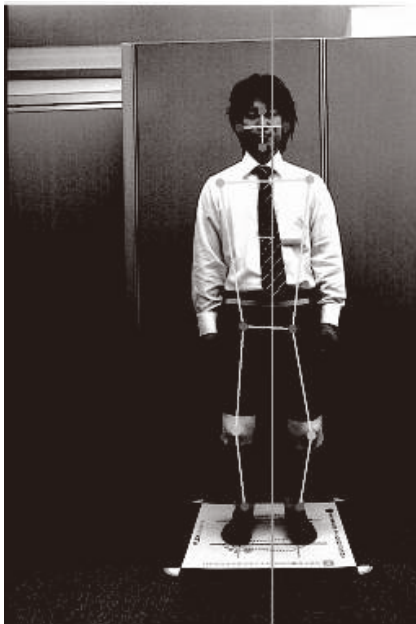


OFF

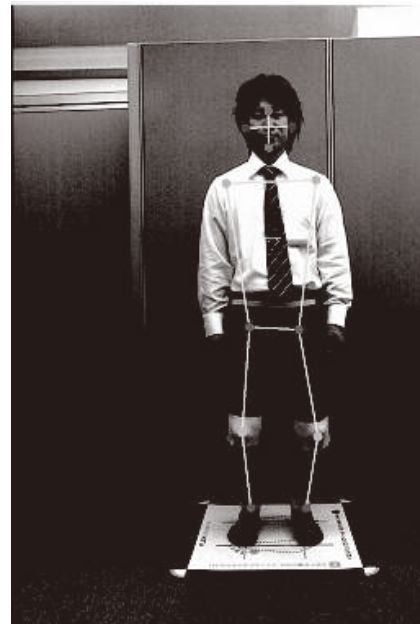
## ◎ Display the median line

---

If you choose "ON" in this item, median line will be displayed in pink when you go the results display.



ON

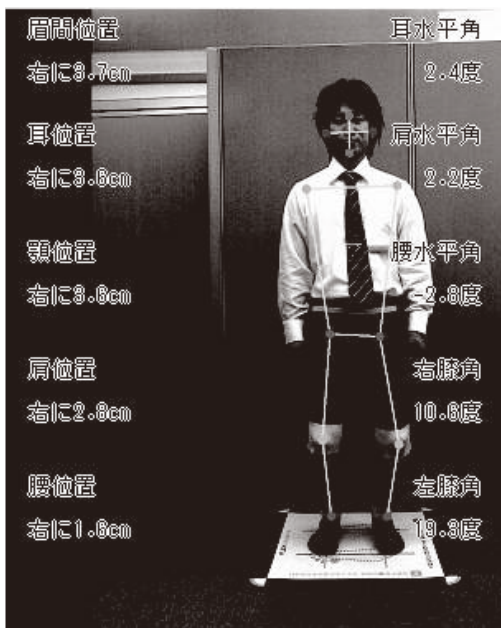


OFF

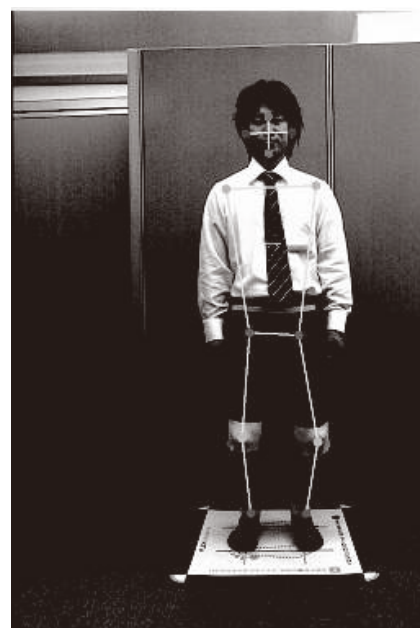
## ◎ Display position and angle

---

When you choose "ON" in this item, you can check digitized position and angle of your body in the results display.



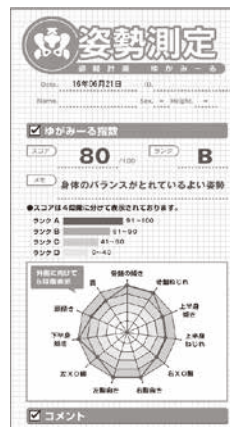
ON



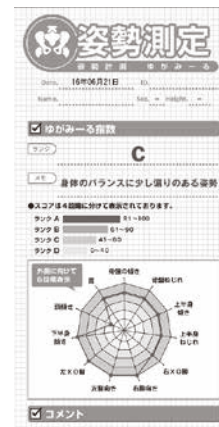
OFF

## ● Display the score

When you choose “ON” in this item, you can check your score in the report.



ON



OFF

## ● Display muscle report

When you choose “ON” in this item, you can check muscle report in addition to posture report.



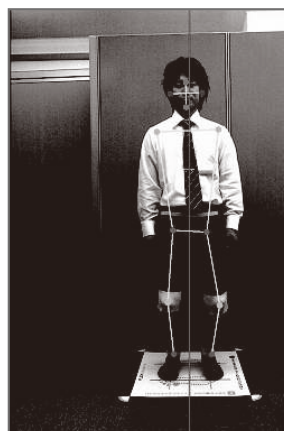
ON



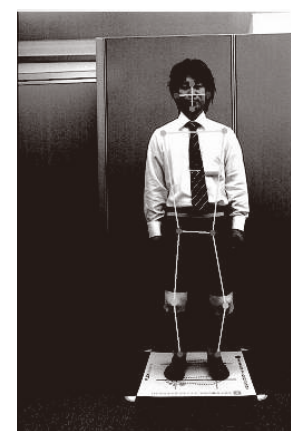
OFF

## ● Display the score

When you choose “ON” in this item, the center of gravity line will be displayed in the results display.



ON



OFF

# Report Contents

## POSTURE REPORT

Date: 07. 30 12 ID: GSPORT  
 Name: YUGAMIRU SEX: F Height: 170.0

### Results by FlexMeasure

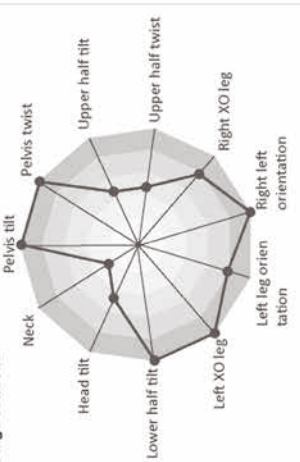
Score **51** /100 Rank **C**

Notes Slightly imbalanced body posture

### Score is divided into four levels.

Rank A 91~100  
 Rank B 61~90  
 Rank C 41~60  
 Rank D 0~40

### Outward-facing 5-stage readout

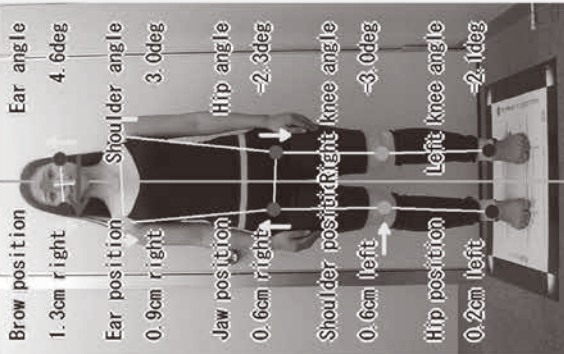


### Comments

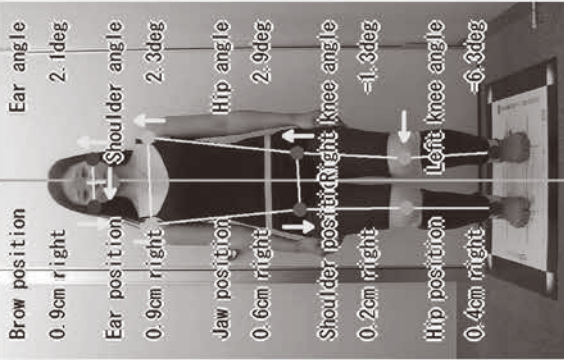
Body distortion is shown using arrows and colors

↑ Minor distortion  
 ↑ Major distortion

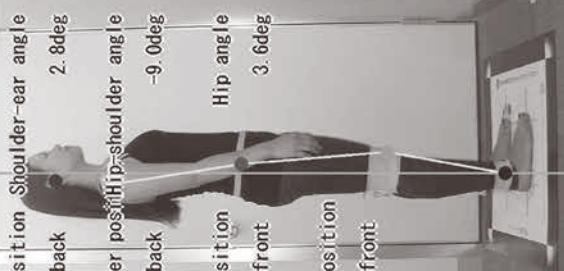
### Upright



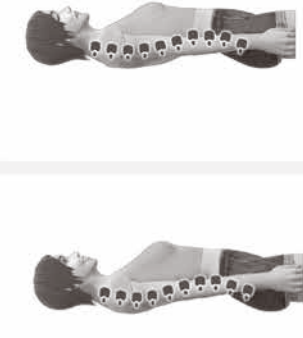
### Crouched



### Side



### Your posture pattern, based on measurement results:



### Flat back

**Your posture pattern**  
**Typical complaints describing the problem**  
 The buttocks and rear thigh area (hamstring) feel stiff. Numbness in the legs is sometimes reported. The body feels somewhat shorter in height.  
**Symptoms suggesting potential future risk**  
 This posture is often seen in people who sit hunched or sleep on their side in a curled up position. Due to insufficient flexibility in the spinal column, there are cases of strained back (acute lower back pain). Digestive and urinary organs may also be affected. There are cases where increased pressure on intervertebral disks and joints causes them to wear faster, leading to narrower spinal nerve exits and squeezed nerve roots. In case of leg numbness or pain, consult a medical professional.

This report is compiled on the basis of statistical estimates. Before attempting any training, consult with a physician or other health care expert

# MUSCLE REPORT

Date. 07. 30 12 ID. GSPORT  
 Name. YUGAMIRU SEX. F Height. 170. 0

## Measurement of Posture

- The head is thrust forward.
- Back muscles are loosened.

### Upper body

- Lumbar vertebrae are flat with little curving.
- Abdominal muscles are contracted.
- Pelvis feels tilted backwards.

### Pelvis and low back

- Gluteal and rear thigh muscles are contracted.
- Knee joints are excessively stretched.

### Lower body

Muscle tension and looseness, based on distortion data



**Upright** (muscle state in everyday life) **Crouched** (muscle state during exercise)



Achieve "ideal posture" by proactively following the recommended training routine!

## Recommended routine

### Cat exercise

With your hands and feet on the floor, push your hips upwards while inhaling. Hold your hips in the raised position for 10 seconds, then slowly lower them back down as you exhale. Repeat 10 times. During the exercise, make sure to keep your knees and elbows steady. Also, while your hips move up and down, they should not be moving forward or backwards.



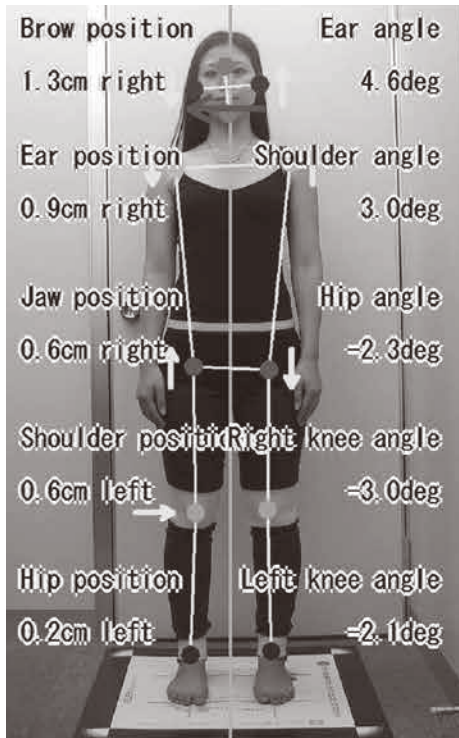
This report is compiled on the basis of statistical estimates. Before attempting any training, consult with a physician or other health care expert

FLEX MEASURE

# Report Description

## ● Measurement position and angle of Standing • Flexion

### 【Upright】



### Brow position

..... Distance of the left and right from the reference

### Ear position

..... Distance of the left and right from the reference

### Ear angle

..... Angle display

### Shoulder position

..... Distance of the left and right from the reference

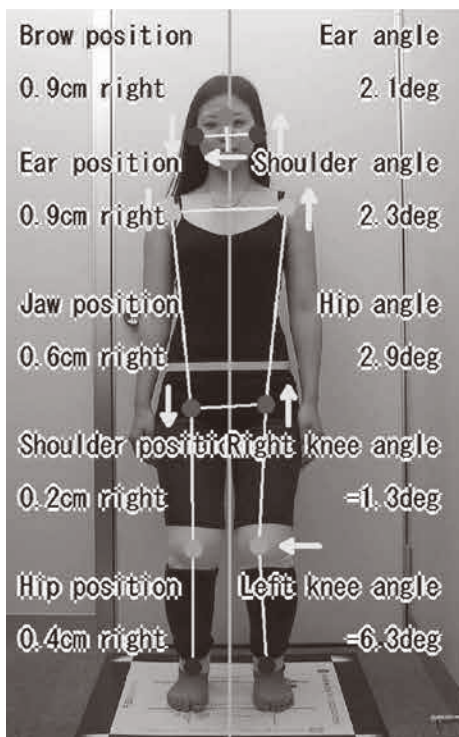
### Shoulder angle

..... Distance of the left and right from the reference

### Jaw position

..... Angle display

### 【Crouched】



### Hip position

..... Distance of the left and right from the reference

### Ankle position

..... Angle display

### Hip angle

..... Angle display

### Right knee angle

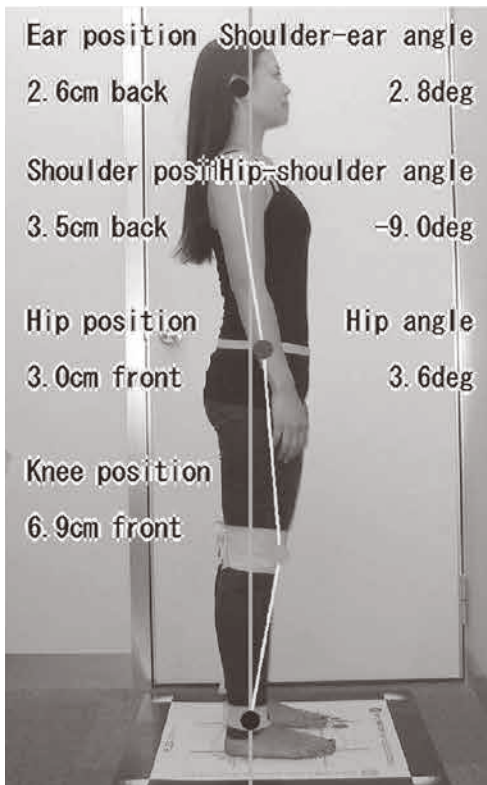
..... Angle display

### Left knee angle

..... Standard(Always displays 0)

● Measurement position and angle of the side

【Side】



Ear position

..... Distance of the left and right from the reference

Shoulder position

..... Distance of the left and right from the reference

Hip position

..... Angle display

Knee position

..... Distance of the left and right from the reference

Ankle position

..... Angle display

Shoulder-ear angle

..... Angle display

Hip-shoulder angle

..... Distance of the left and right from the reference

Hip angle

..... Angle display

## ● The definition of the position

### Upright

Brow position

0.2 cm to the left from the ear

Ear position

0.2 cm to the left with reference to the jaw

Jaw position

0.6 cm to the right with reference to the shoulder

Shoulder position

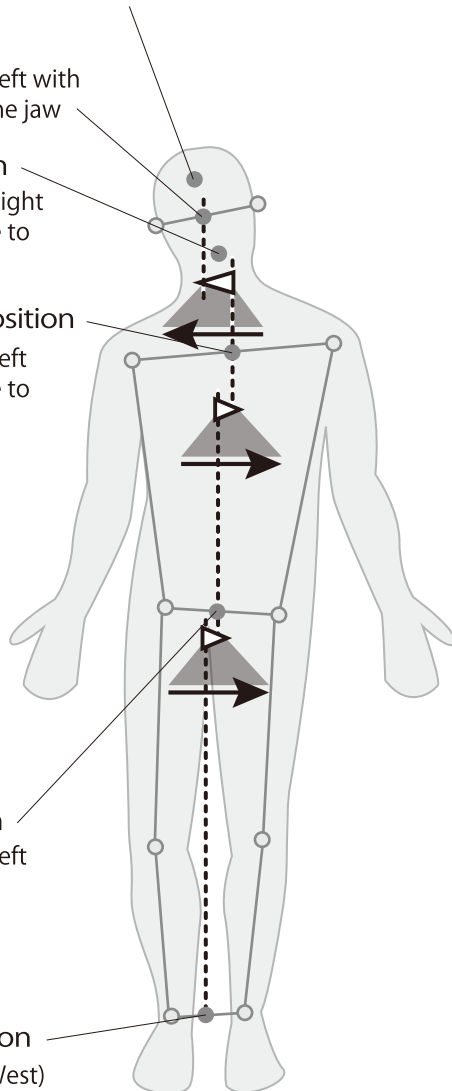
0.6 cm to the left with reference to the waist

Hip position

0.2 cm to the left from the heel

Ankle position

(Standard of West)



### Crouched

Brow position

0.2 cm to the left from the ear

Ear position

0.2 cm to the left with reference to the jaw

Jaw position

0.6 cm to the right with reference to the shoulder

Shoulder position

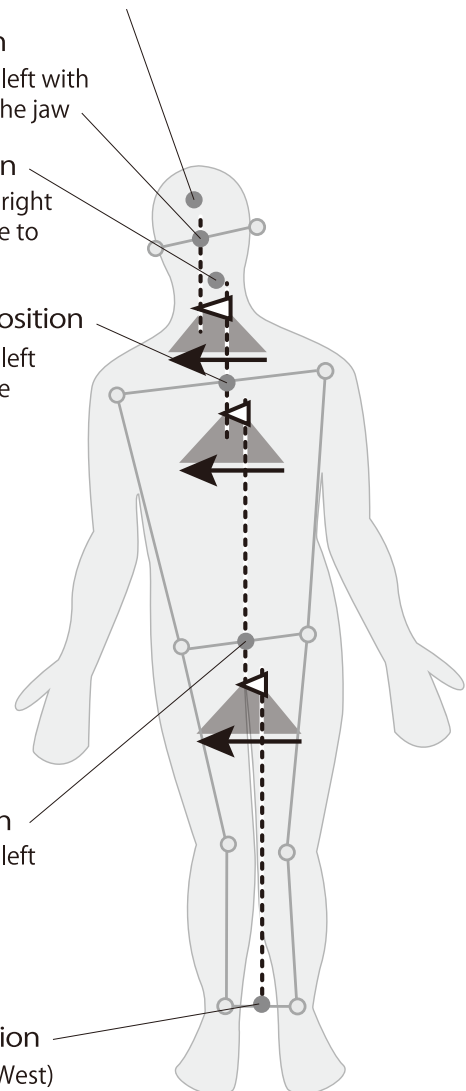
0.6 cm to the left with reference to the waist

Hip position

0.2 cm to the left from the heel

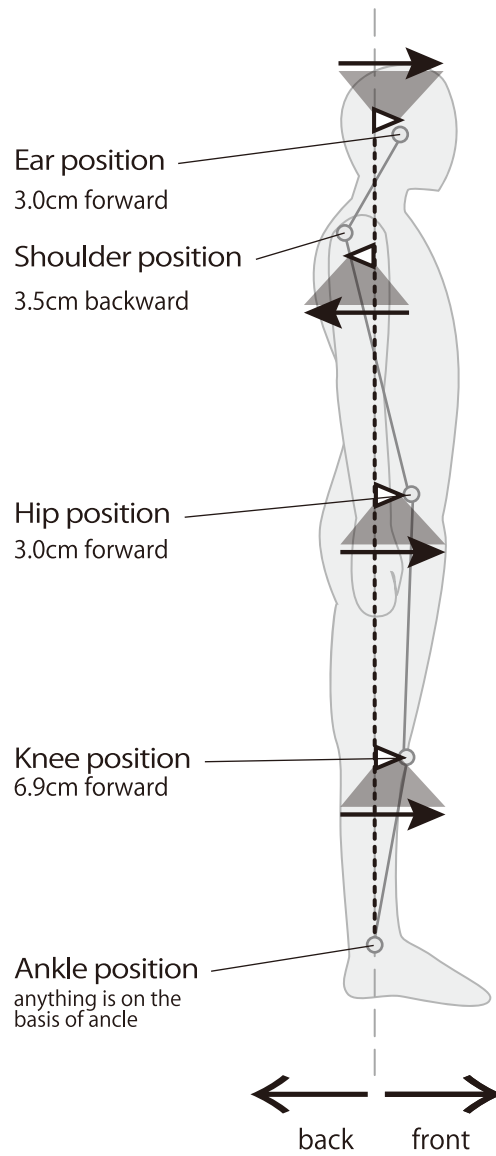
Ankle position

(Standard of West)



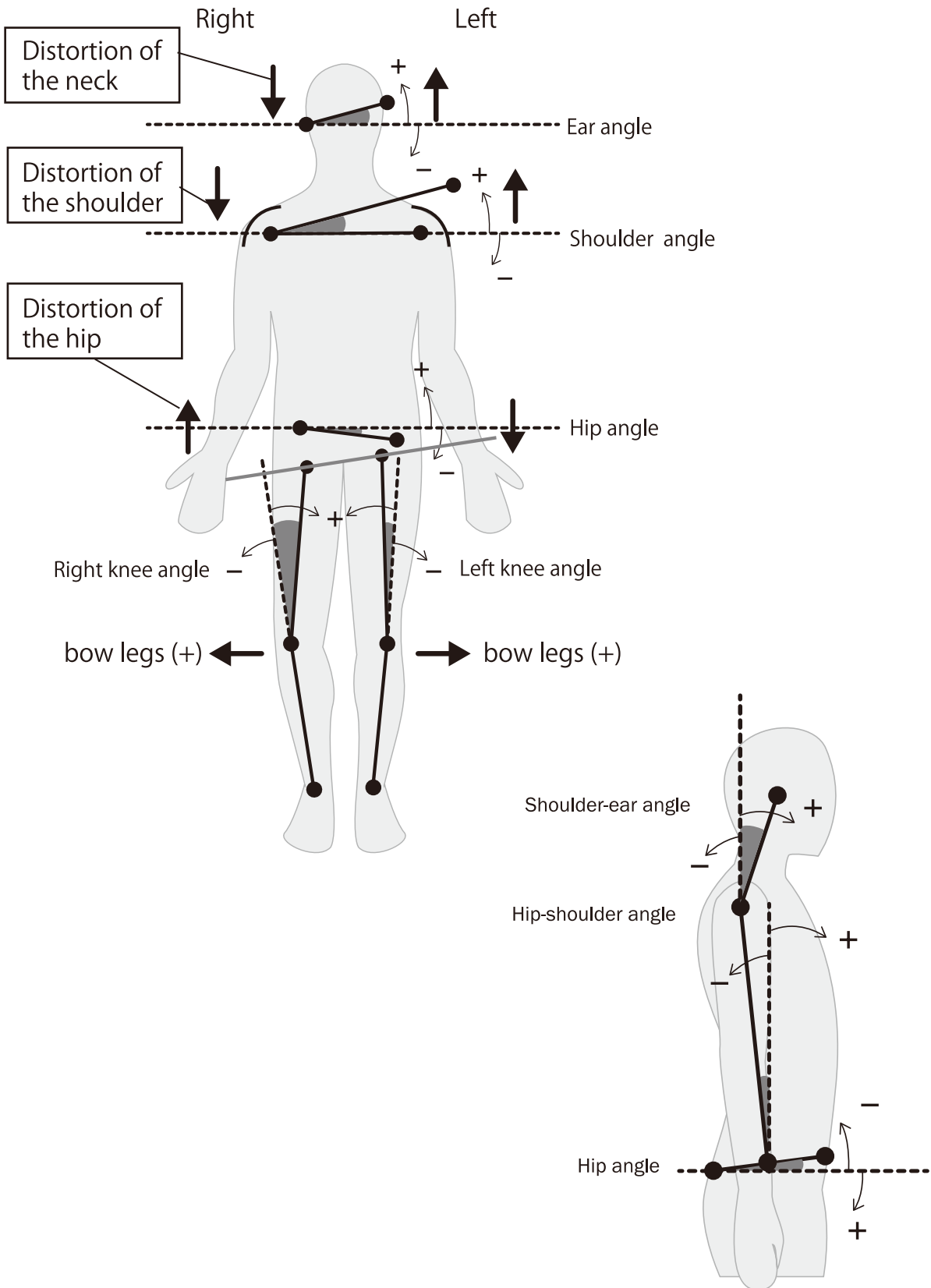


## Side



※The arrow on the side will not be displayed.

● The definition of the angle



## ● Posture pattern

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【Warp hip】



【Flat back】



【Stoop+Warp hip】



- It is based on posture classification of Staffel.
- Posture pattern from side is displayed as "Typical complaints describing the problem" or "Symptoms suggesting potential future risk", but it's not reflected in the score.

## ● Results by FlexMeasure

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### Results by FlexMeasure

**Score** \_\_\_\_\_ /100

**Rank** \_\_\_\_\_

**Notes** \_\_\_\_\_

#### **Score is divided into four levels.**

Rank A		91~100
Rank B		61~90
Rank C		41~60
Rank D		0~40

Yugamiru index

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Score : It shows the score out of 100. The average is 50–60.

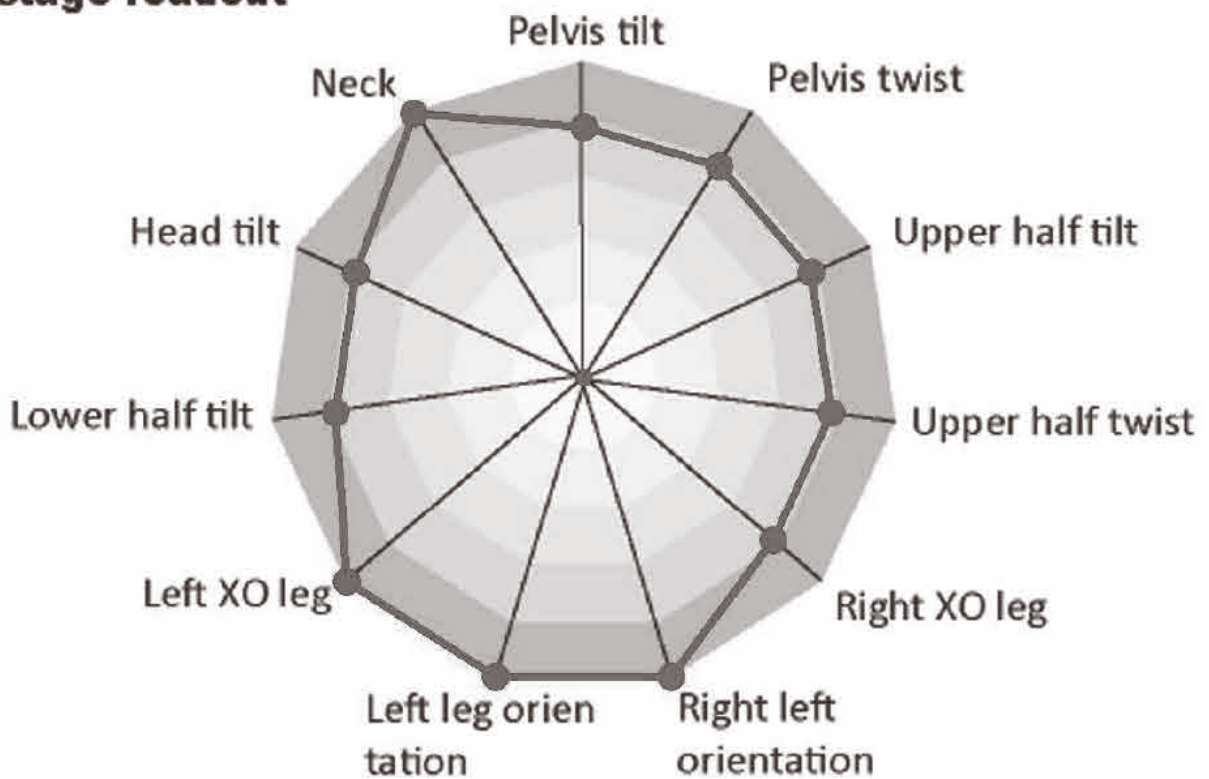
Rank : It shows the rank from 4 levels of A–D.

Notes : It shows the comment about your current posture.

● Radar chart

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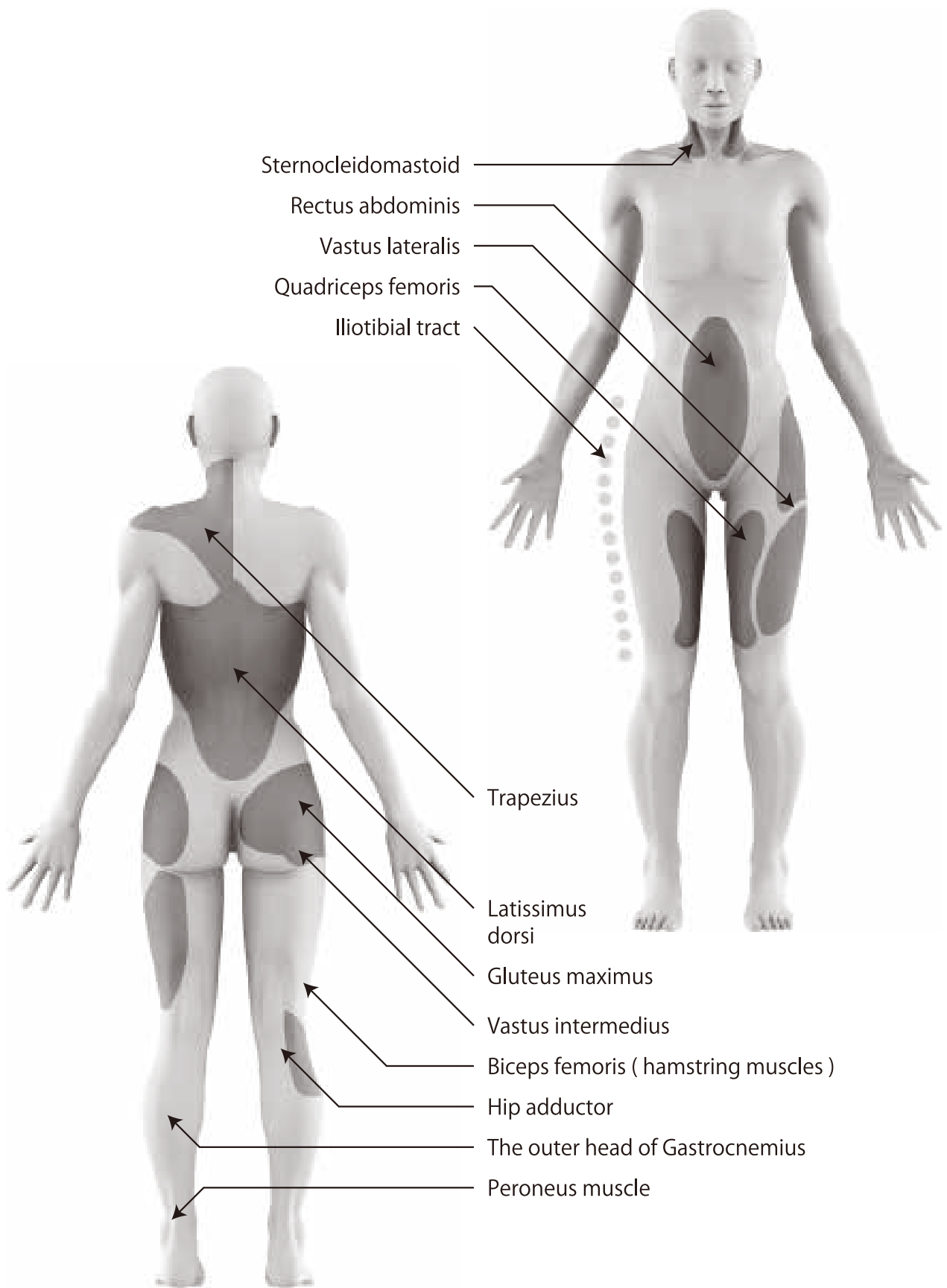
**Outward-facing  
5-stage readout**



Radar chart shows the score of each region in a line. Is goes as high scores on the outside. The total score is your result. Low score region is the point of posture improvement.

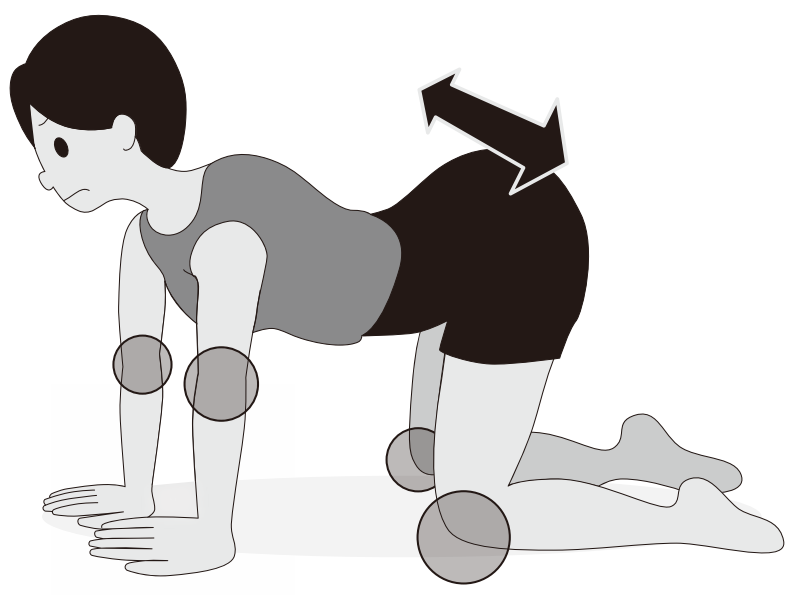
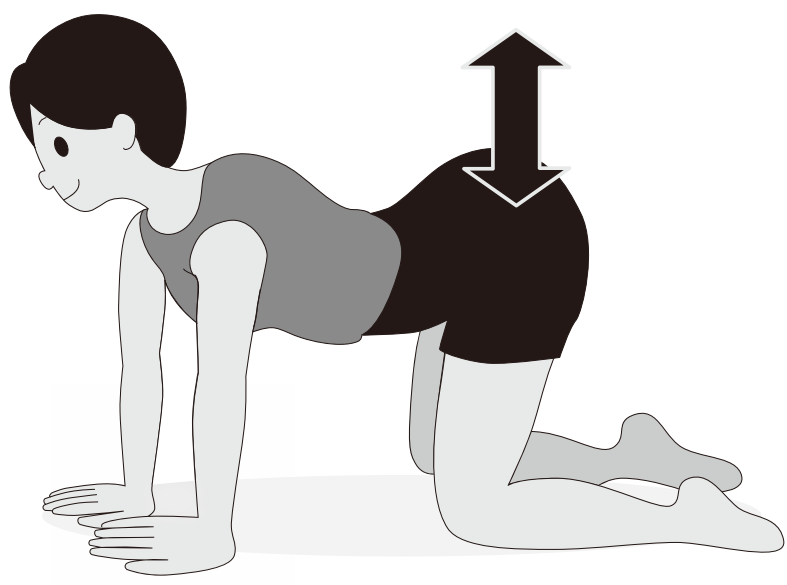
● Muscle

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● Recommended Training

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# Question about the product

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## ? Inquiries

If you have any question about the product, do not hesitate to contact us at : [customer@gsport.co.jp](mailto:customer@gsport.co.jp) .

Please note that it may take us a few days to respond to your inquiry.

## The Information Desk

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