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zenoLINK broadens its reach into Sprinting, Running and Cycling

Endicott, NY - Welch-e Technologies proprietary zenoLINK™ 3-D motion analysis technology continues to prove big results by dynamically assessing the biomechanics of sports motion. Athletes in a wide range of sports and ability including sprinting, distance running and cycling are finding incredible success when basing their training efforts on the cutting edge zenoLINK™ biomechanics assessment. Athletes working with Welch-e Technologies are offered a unique training regimen designed specifically for them, which focuses on improving performance and reducing the risk of mechanical injury. All training programs are based on a zenoLINK™ analysis in order to reshape movement patterns and train function through their Progressive Skills Training™ (PST) protocols.

“Unlike your more traditional running and cycling analysis, we apply zenoLINK™ 3-D technology to look at the dynamics of the motion.” said Chris Welch, CEO and founder of Welch-e Technologies. “We look at the patterns of movement, including the dynamic range of motion and speed patterns of lower extremity joints in relation to the rotational action of the pelvis. From this kind of analysis we can evaluate true performance output and root causes of power leaks, inefficiency and injury potential.”

When working with running and cycling, the focus is on the patterns of pushing and pulling or drive and swing through. zenoLINK™ assesses the athlete’s ability to push against the ground or pedal and pull and swing through on the opposite side while evaluating the ability to produce this movement from pelvic rotation and core stability. By identifying dynamic output and asymmetry, which are causes of performance leaks and injury can be addressed.

Once the athlete’s biomechanics are assessed, a unique blend of functional training exercise and movement training or PST improves coordination first, and strength, power and endurance second. Welch says, “Training coordination first is crucial to accelerating performance gains. We have developed into our PST protocols a range of exercises using yoga and Verve Bells, modifying the traditional approach with a more biomechanical sound approach, in order to hone in on coordination improvement.”

Welch-e Technologies has applied zenoLINK™ technology and PST programs with success over the last decade and half with Olympic sprinters, PGA & LPGA golfers, professional and college level lacrosse, tennis, hockey, softball and baseball players. For additional information on zenoLINK™ for running and cycling, please contact us at zenolink@welch-e.com or visit www.zenolink.com.

ABOUT Welch-E Technologies – Established in 1995, Welch-e Technologies has become a globally recognized leader and innovator in developing clinical applications for use with 3-D Motion Analysis. Their zenoLINK™ application tool sets have been developed to support the proliferation of the measurement and analysis of human motion. Today Welch-E Technologies applications support the sports, health care, manufacturing and research markets.

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