

Welcome to HAS-Motion's Visual3D motion analysis software. The Visual3D software provides kinematics and kinetics (inverse dynamics) calculations for biomechanical analysis of 3D motion capture data.

Prior to beginning the tutorials, if you haven't done so already, we recommend that you look over the documentation on the Visual3D Philosophy. There is some beneficial information particularly for first time users in this section.

If you are a new user of Visual3D, here is a guide to suggest in which order the tutorials should be done for learning Visual3D. [image Learning Visual3D]

Visual3Ds native CMZ file format contains the entire Visual3D workspace, so the files can get quite big. If you need to send a file to support@has-motion.com please reduce the size of the [file before sending it](#).

Tutorial Overview

To begin, an overview of the Visual3D workspace and the interface in the [Visual3D Workspace](#) page and the [Getting Started](#) page is recommended. Additionally, an overview of the [Signals and Events](#) interface will describe how data from a c3d file is stored in the [Data Tree](#) and plotted through [2D Interactive Graphs](#), and how motion files may be animated through the [3D Animation Viewer](#). In the original set of tutorials, each tutorial followed from the previous tutorial. Over time additional tutorials were added that don't follow on from previous tutorials; these can be attempted as standalone efforts.

All files for the tutorials can be found [here](#).

This page begins with a list of tutorials intended for a beginner user, once those are completed the other tutorials can be followed as needed. The rest of the tutorials follow a typical order in which Visual3D is used, with more tutorials targeting specific and advanced commands.

Beginner Tutorials

Laboratory Checklist

There are many crucial steps in collecting "routine" motion capture data, and especially as a beginner, checklists are important to process oriented tasks (see, for example: <https://gawande.com/the-checklist-manifesto> [The Checklist Manifesto](#)).

The following partial list, [Testing Setup Checklist](#), is a starting point for every Motion Capture Laboratory.

We encourage users to contribute to this list by sending additional tasks to support@has-motion.com

Typical Processing Session

These tutorials are meant to be followed for a first time user or a beginner. It will provide guidance for

building a model, opening movement trials, assigning a model to motion trials, basic signal processing, model based items and reporting. The [typical processing session](#) tutorial provides an overview of the tutorials, but it is recommended to follow these tutorials listed in chronological order. Once these tutorials are finished you will be able to save a complete CMZ file.

- * **Tutorial: Building a 6 DOF Model:** This tutorial will teach you the basics of building a model, defining various segments in a lower body gait model.
- * **Tutorial: Visualizing Data:** This tutorial will teach you how to assign a model to motion files, and how to work with .c3d files.
- * **Tutorial: Command Pipeline:** This tutorial will teach you how to use the command processing pipeline and how to work with Visual3D's pipeline commands.
- * **Tutorial: Signal Processing:** This tutorial will teach you an overview of signal processing in Visual3D.
- * **Tutorial: Force Platforms:** This tutorial will teach you the basics of processing force platform data into Visual3D.
- * **Tutorial: Event Processing:** This tutorial will teach you how to create and edit events.
- * **Tutorial: Model-based Computations:** This tutorial will teach you the basics of computing and understanding joint angles and moments.
- * **Tutorial: Creating a Report:** This tutorial will teach you how to create and edit a report.
- * **Tutorial: IOR Gait Full-Body Model:** This tutorial illustrates doing gait analysis using the IOR protocols.
- * **free CMO reader??**

Pipeline for Creating Basic CMZ File

Once you feel like you understand the basics of how Visual3D works and processes your .c3d files, it is possible to complete all steps using pipeline commands. The [Generic Pipeline to Create CMZ](#) tutorial walks through the pipeline commands typically used to create a CMZ file. A full pipeline script for a typical processing session following these steps can be found [here](#).

Support Email Format

We encourage you to reach out to support@has-motion.com for any questions or suggestions.

The following [Support Format](#) provides guidance on how to send scripts and data.

Building Models

It is important to fully understand how to build a model as it is typically one of the first things that is

completed and needed for a proper analysis. The following tutorials go in depth on how to build a model, and common models.

Modeling Concepts

- * **Tutorial: Building a 6 DOF Model:** This tutorial will teach you the basics of building a model, defining various segments in a lower body gait model. This tutorial is the same model building tutorial in the beginner section.
- * **Tutorial: Creating Landmarks:** This tutorial shows the many different ways to create landmarks (virtual markers) in Visual3D.
- * **Tutorial: Building an IK Model:** This tutorial demonstrates how to define Inverse Kinematic chain for use with a model in V3D. It also provides a video tutorial.
- * **Tutorial: Modeling the Thorax:** This tutorial goes over how to model the thorax and abdominal segment.

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