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Advanced biomechanical analytics: Wearable technologies for precision health monitoring in sports performance

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Abstract

Objective: This study investigated the impact of wearable technologies, particularly advanced biomechanical analytics and machine learning, on sports performance monitoring and intervention strategies within the realm of physiotherapy. The primary aims were to evaluate key performance metrics, individual athlete variations and the efficacy of machine learning-driven adaptive interventions.

Methods: The research employed an observational cross-sectional design, focusing on the collection and analysis of real-world biomechanical data from athletes engaged in sports physiotherapy. A representative sample of athletes from Bahawalpur participated, utilizing Dring Stadium as the primary data collection venue. Wearable devices, including inertial sensors (MPU6050, MPU9250), electromyography (EMG) sensors (MyoWare Muscle Sensor), pressure sensors (FlexiForce sensor) and haptic feedback sensors, were strategically chosen for their ability to capture diverse biomechanical parameters.

Results: Key performance metrics, such as heart rate (mean: 76.5 bpm, SD: 3.2, min: 72, max: 80), joint angles (mean: 112.3 degrees, SD: 6.8, min: 105, max: 120), muscle activation (mean: 43.2%, SD: 4.5, min: 38, max: 48) and stress and strain features (mean: [112.3], SD: [6.5]), were analyzed and presented in summary tables. Individual athlete analyses highlighted variations in performance metrics, emphasizing the need for personalized monitoring and intervention strategies. The impact of wearable technologies on athletic performance was quantified through a comparison of metrics recorded with and without sensors. Results consistently demonstrated improvements in monitored parameters, affirming the significance of wearable technologies.

Conclusions: The study suggests that wearable technologies, when combined with advanced biomechanical analytics and machine learning, can enhance athletic performance in sports physiotherapy. Real-time monitoring allows for precise intervention adjustments, demonstrating the potential of machine learning-driven adaptive interventions.

Keywords

Biomechanics, wearable technologies, precision health monitoring, sports performance, athlete optimization

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Introduction

Wearable technology and biomechanical analysis have become increasingly important in sports performance monitoring, providing valuable insights into an athlete's mechanics, allowing them to optimize their training and technique and reducing the risk of injury.[1] The use of these technologies is expected to continue to grow, with advancements in wearable technology and motion capture systems enabling the collection of even more precise biomechanical data.[2,3] This research aims to explore the use of advanced biomechanical analytics and wearable technologies for precision health monitoring in sports performance, focusing on physiotherapy and injury prevention. Wearable devices, such as smartwatches, fitness trackers and smart clothing, enable real-time monitoring of various performance metrics, including heart rate, breathing patterns, fatigue levels, joint angles, muscle activation and ground reaction forces. By analyzing the collected data, athletes can identify areas for improvement, optimize their training strategies and enhance their overall performance.[4] In addition to performance enhancement, wearable technology can also be used for injury risk assessment and prevention. Sensors measuring athlete biomechanical performance and risk, such as repetitive force impacts, stress and strain and motion analysis, can help identify potential injury risks.[5] This information can be used to develop tailored training programs that optimize an athlete's strengths and reduce the risk of injury. The study will employ various techniques, including biomechanical analysis, wearable technology and motion capture systems, to collect and analyze data on athletic performance and injury risk. By leveraging advanced biomechanical analytics and wearable technologies, this research aims to contribute to the development of innovative strategies for precision health monitoring in sports performance, ultimately leading to improved athlete outcomes and reduced injury risks.[6]

The integration of wearable technologies and biomechanical analysis in sports performance monitoring has gained significant traction in recent years. Wearable devices, such as smartwatches, fitness trackers and smart clothing, have enabled real-time monitoring of various performance metrics, including heart rate, breathing patterns, fatigue levels, joint angles, muscle activation and ground reaction forces. This real-time data collection provides valuable insights into an athlete's mechanics, allowing them to optimize their training and technique.[7] As a result, the use of these technologies has become increasingly important in sports performance, with athletes and coaches leveraging the data to enhance training strategies and overall performance. However, there is still a need for further research to explore the full potential of integrating biomechanical analysis and wearable technologies in sports performance monitoring, particularly in the context of physiotherapy and injury prevention.

The research motives for this study are multifaceted. Firstly, the aim is to contribute to the ongoing efforts to improve sports performance. By analyzing the collected data, athletes can identify areas for improvement, optimize their training strategies and enhance their overall performance. Secondly, the study seeks to address the critical area of injury risk assessment and prevention. Wearable technology can help identify potential injury risks by monitoring repetitive force impacts, stress, strain and motion analysis. This information can be used to develop tailored training programs that optimize an athlete's strengths and reduce the risk of injury. Additionally, the research aims to explore the role of wearable technology in physiotherapy, focusing on how these technologies can be used to improve athletic performance and prevent injuries.[8] Finally, the study is motivated by the broader advancements in sports engineering, with the use of biomechanics and wearable technology expected to continue growing, enabling the capture of even more precise biomechanical data.

Problem statement

In the realm of sports physiotherapy, the symbiotic integration of Advanced Biomechanical Analytics and Wearable Technologies emerges as an imperative, yet unexplored frontier. The current landscape, though teeming with wearable devices capable of capturing nuanced biomechanical data, presents a discernible void in effectively translating this wealth of information into a precise and personalized framework tailored explicitly for the demands of physiotherapeutic interventions.[9] This research seeks to unveil and address this critical gap by pioneering a sophisticated amalgamation of cutting-edge wearable technology and biomechanical analysis. The aim is to usher in a new era of precision health monitoring in sports performance, particularly within the specialized domain of physiotherapy, thereby revolutionizing injury prevention, rehabilitation strategies and overall athletic enhancement.

Integration of biomechnical metrics

Given biomechanical metrics from wearable sensors $M_{\text{joint}}, M_{\text{muscle}}, M_{\text{posture}}$, develop an algorithm $A_{\text{integrate}}$ to dynamically integrate these metrics for real-time sports physiotherapy monitoring, considering joint angles, muscle activations and postural dynamics.

Objective function.

$$\min_{A_{\text{integrate}}} \sum_{i=1}^{N} \left\| M^{(i)}_{\text{integrated\_predicted}} - M^{(i)}_{\text{integrated\_actual}} \right\|^2 \quad (1)$$

where N is the number of biomechanical data samples.

Machine learning for adaptive interventions

Given a data set of athlete profiles D_{athletes} and corresponding biomechanical outcomes O_{biomech}, devise a multifaceted machine learning model M_{adaptive} to dynamically analyze biomechanical metrics, generating adaptive physiotherapeutic interventions personalized to individual athlete *profiles*.

Objective function.

$$\min_{M_{\text{adaptive}}} \sum_{i=1}^{N} \left\| I^{(i)}_{\text{adaptive\_predicted}} - I^{(i)}_{\text{adaptive\_actual}} \right\|^2 + \lambda R(M_{\text{adaptive}}) \quad (2)$$

where N is the number of athlete profiles, λ is a regularization parameter and $R(M_{\text{adaptive}})$ is a regularization term promoting sparsity or smoothness in the model parameters.

Adaptive intervention prediction

$$I^{(i)}_{\text{adaptive\_predicted}} = M_{\text{adaptive}}(D^{(i)}_{\text{athletes}}) \quad (3)$$

Regularization term.

$$R(M_{\text{adaptive}}) = \sum_{j=1}^{M} \left| \frac{\partial M_{\text{adaptive}}}{\partial w_j} \right| \quad (4)$$

where M is the number of parameters in M_{adaptive} and w_j are the model parameters.

Dynamic learning rate adjustment

$$\eta(t+1) = \eta(t) \times \exp\left(-\beta \frac{\partial \mathcal{L}}{\partial M_{\text{adaptive}}}\right) \quad (5)$$

where $\eta(t)$ is the learning rate at iteration t, β is a decay parameter and $\frac{\partial \mathcal{L}}{\partial M_{\text{adaptive}}}$ is the gradient of the objective function.

Stochastic gradient descent update

$$M_{\text{adaptive}}(t+1) = M_{\text{adaptive}}(t) - \eta(t+1) \frac{\partial \mathcal{L}}{\partial M_{\text{adaptive}}} \quad (6)$$

where $\mathcal{L}$ is the loss function measuring the predictive error.

Parameter pruning

$$w_j = w_j - \alpha \frac{\partial R(M_{\text{adaptive}})}{\partial w_j} \quad (7)$$

where α is a pruning rate determining the extent of parameter reduction.

Research objectives

- Develop an innovative algorithmic framework for real-time integration of wearable biomechanical data, encompassing joint angles, muscle activation and postural dynamics, to enhance precision in sports physiotherapy monitoring.
- Investigate the feasibility of incorporating artificial intelligence and machine learning techniques to dynamically analyze biomechanical metrics, enabling the development of adaptive physiotherapeutic interventions personalized to individual athlete profiles.
- Design and implement a robust validation methodology to assess the accuracy, reliability and clinical relevance of the proposed wearable-based biomechanical analytics in physiotherapy contexts, ensuring its applicability in diverse sporting scenarios.
- Explore the integration of haptic feedback mechanisms into wearable devices to facilitate real-time corrective interventions, providing athletes with immediate tactile cues for optimizing movement patterns and reducing injury risks.

Contributions

- Introduce a novel paradigm for sports physiotherapy by developing a real-time, multimodal biomechanical analytics framework leveraging wearable technologies, thereby advancing the state-of-the-art in personalized healthcare for athletes.
- Contribute to the field of sports engineering by pioneering the application of artificial intelligence in dynamically tailoring physiotherapeutic interventions, enhancing the precision and efficacy of personalized rehabilitation programs.
- Provide a comprehensive validation framework for wearable-based biomechanical analytics, establishing a benchmark for accuracy and clinical relevance, thus fostering trust in the application of such technologies in sports physiotherapy practices.
- Propose an innovative approach to preventive physiotherapy through the integration of haptic feedback, revolutionizing real-time athlete feedback mechanisms for movement optimization and injury risk mitigation.
- Establish practical guidelines and recommendations for the integration of the proposed biomechanical analytics into routine sports physiotherapy practices, ensuring seamless adoption and utility for physiotherapists and athletes alike.

Furthermore, this article is divided into five sections: the Introduction sets the stage by highlighting the significance of advanced biomechanical analytics and wearable technologies in sports physiotherapy. The Literature Review critically examines existing research, establishing the theoretical foundation for the study. Methodology details the structured approach, encompassing algorithm development, machine learning integration and validation frameworks. Results and Discussions present findings, emphasizing the effectiveness of the proposed solutions. Finally, the Conclusions section synthesizes key insights, highlights contributions and outlines avenues for future research, providing a comprehensive and insightful exploration into the intersection of wearable technologies and biomechanical analysis in sports physiotherapy.

Literature review

The integration of wearable technologies in sports and physiotherapy has transformed the landscape of performance monitoring and rehabilitation. Athletes and healthcare professionals now have access to real-time biomechanical data, allowing for precision health monitoring and tailored interventions. This literature[10] review explores the recent advancements in wearable technologies for sports performance and physiotherapy.

The intersection of sports and technology has given rise to innovative solutions for monitoring and optimizing athlete performance. The article[11] discussed the use of wearable performance devices in sports medicine, emphasizing their role in providing valuable insights into athlete mechanics. This article[12] presented a wearable system designed for the estimation of performance-related metrics during running and jumping tasks, highlighting the versatility of wearable technologies across various athletic activities. The study[13] conducted a systematic review on assessing and monitoring physical performance in volleyball players using wearable technologies, emphasizing the importance of personalized monitoring in sports. Previous study provided a comprehensive review of wearable technology in sports, covering concepts, challenges and opportunities. The study[14] delves into the use of wearable monitoring devices in sports sciences, particularly focusing on the years affected by the COVID-19 pandemic. Extended the application of wearables to biomechanical performance optimization and risk assessment in both industrial and sports settings.

In addition to performance enhancement, wearable technologies play a crucial role in assessing and preventing injuries. The article introduces an embedded system and wearable devices for athlete muscle measurement and exercise data monitoring, propose a sports health monitoring system utilizing convolutional neural networks (CNN) and long short-term memory (LSTM) with self-attentions, showcasing the integration of artificial intelligence in injury prevention. This paper[15] outline seven essential aspects of exercise monitoring with inertial sensing wearables, providing valuable insights into the multifaceted nature of injury prevention. Author offer a focused review on flexible wearable sensors for sports, emphasizing their role in capturing kinematics and physiologies. Previous study explored the application of microfluidic wearable devices in sports, introducing a novel dimension to biomechanical analysis.

The understanding of biomechanics is fundamental to effective physiotherapy interventions, present an overview of wearable sensors and smart devices for monitoring rehabilitation parameters and sports performance, highlighting their relevance to physiotherapy. This study critically assess the use of wearable activity trackers, questioning the balance between advanced technology and effective marketing. The article[16] proposed a integrative proposals for sports monitoring, emphasizing the subjective outperforming objective monitoring in certain scenarios. The article also focused on wearable sensors for monitoring the physiological and biochemical profile of athletes, providing a comprehensive perspective on their applications in physiotherapy. Advancements in wearable technologies have been instrumental in revolutionizing healthcare and sports analytics. This study explored the integration of artificial intelligence in enhancing wearable sensors, providing a comprehensive overview of enabling technologies for the next generation of healthcare platforms. This work emphasizes the role of AI in processing and interpreting data from wearable devices, paving the way for more accurate and personalized health monitoring.

The article[17] conducted a thorough review of wearable devices and considerations for connected health. The study delves into the technological landscape of wearables, discussing their potential implications for health monitoring. The review not only highlights the current state of wearable technology but also addresses critical considerations in data collection and its relevance to connected health. This article[18] also focused on the accuracy and precision of wearable devices in real-time monitoring of swimming athletes. This study provides valuable insights into the challenges and opportunities in aquatic sports monitoring, emphasizing the need for high precision in wearable sensors to capture biomechanical data accurately. Previous study offer a comprehensive review of recent advances in vital signals monitoring for sports and health through flexible wearable sensors. The article explores the diverse applications of these sensors, ranging from kinematic measurements to physiological monitoring. This work contributes to understanding the versatility of flexible wearable sensors in capturing a wide range of health-related parameters.

While wearable technologies present numerous opportunities, there are also challenges and considerations that need to be addressed. The article[19] discussed the trends and developments in wearable technologies, shedding light on emerging challenges and potential solutions. The article provides a holistic view of the dynamic landscape of wearables, guiding future research directions. Explore[20] the use of wearable technology in providing assistive solutions for mental well-being. This work goes beyond the realm of physical health monitoring and addresses the growing importance of wearables in mental health applications. The study discuss the potential impact of wearable devices in supporting mental well-being and propose future directions for research in this domain. The article[21] delves into the drivers of wearable health monitoring technology, extending the unified theory of acceptance and use of technology. This study provides a theoretical framework for understanding the factors influencing the adoption and acceptance of wearable health monitoring devices. By exploring user perspectives, the article contributes to the literature on user acceptance of wearable technologies. This article[22] presented a historical perspective by exploring wearable technologies for health monitoring, focusing on applications in motion sickness and dehydration. This classic work lays the foundation for understanding the evolution of wearables in healthcare and provides insights into the early exploration of these technologies.[23]

This literature review[24,25] highlighted the diverse applications of wearable technologies in sports performance and physiotherapy, emphasizing the significance of real-time biomechanical data for optimizing performance and preventing injuries. The integration of artificial intelligence and microfluidic devices adds novel dimensions to the field, paving the way for future advancements. As the wearable technology landscape continues to evolve, interdisciplinary collaborations between sports science and healthcare professionals become increasingly vital for harnessing the full potential of these innovations. Table 1 is a comparison of previous research studies.

Methodology

The methodology employed in this study encompasses the collection and analysis of real-world biomechanical data from athletes engaging in sports physiotherapy. The research design and rationale are geared toward enhancing our understanding of the intricate biomechanical nuances involved in sports performance, with a particular focus on physiotherapeutic interventions. The data for this study was collected from athletes in Bahawalpur, specifically those participating in sports activities at Dring Stadium.

Sample size and population

The study involved a representative sample of 50 athletes from the Bahawalpur region actively participating in various sports at Dring Stadium. The selection aimed for diversity in sports disciplines, including running, jumping and volleyball, to ensure a comprehensive collection of biomechanical data.

Subject inclusion and exclusion criteria

Athletes aged 18–35 years, actively engaged in sports at Dring Stadium, were included. Exclusion criteria comprised pre-existing musculoskeletal conditions, recent injuries or any medical conditions affecting physical performance.

Type of activity monitored

The study monitored a range of activities, including routine training sessions and sports activities at Dring Stadium. Activities encompassed running, jumping tasks and volleyball plays, reflecting the diverse nature of sports engagements.

Duration of observation

Data collection occurred over a six-month period, capturing the athletes' biomechanical responses during routine training and sports sessions. This duration allowed for a comprehensive understanding of performance variations over time.

Instrumentation and experimental set-up

Wearable devices, including inertial measurement units (IMUs), electromyography (EMG) sensors, force sensing resistors (FSRs) and haptic feedback sensors, were strategically placed on athletes. IMUs measured accelerations and angular velocities, EMG sensors recorded muscle activation, FSRs captured ground reaction forces and haptic feedback sensors facilitated real-time corrections.

Data collection process

Athletes wore the devices during routine training and sports activities at Dring Stadium. The instrumentation collected real-time biomechanical information, capturing joint angles, muscle activation, ground reaction forces, heart rate, breathing patterns, fatigue levels, stress and strain and motion analysis.

Data processing

Raw data underwent rigorous processing, including signal filtering, synchronization of data streams and normalization procedures. Calibration checks were conducted to align sensors and optimize accuracy. Preprocessing steps aimed to eliminate noise and artifacts, ensuring the reliability of the dataset.

Research design

The observational cross-sectional design allowed for data collection at a specific point in time, providing insights into biomechanical characteristics during sports activities.

Table 1. Comparison of previous studies in wearable technologies.

Reference	Focus Area	Methodology	Findings	Contributions	Limitations
Alhejaili and Alomainy[1]	Sports Medicine	Review	Overview of wearable devices	Insights into the use of wearables in sports medicine	Limited coverage of emerging technologies
De Fazio et al.[7]	Biomechanics	Review	Biomechanics-based motion analysis	Advancements in biomechanics analysis	Lack of consideration for varying user demographics
Li et al.[10]	Sports Health	Systematic Review	Impact of wearables in sports medicine during COVID	Insights into the use of wearables during the pandemic	Limited discussion on ethical considerations
Pekas et al.[15]	Sports Sciences	Systematic Review	Impact of wearables during COVID	Insights into the use of wearables during the pandemic	Limited discussion on ethical considerations
Seçkin et al.[19]	Volleyball	Systematic Review	Evaluation of wearable tech in volleyball	Insights into monitoring physical performance in volleyball	Variation in study methodologies
Sousa et al.[21]	Sports Technology	Review	Conceptual and technical challenges	Identification of challenges and opportunities	Lack of in-depth technical analysis
Wang et al.[26]	Biomechanics	Review	Role of wearables in biomechanics	Understanding wearables for performance optimization	Focus on industrial applications is limited

The diverse sample of athletes contributed to a comprehensive understanding of performance variations within the population.

Hypothesis development

Four key hypotheses were formulated, focusing on the positive impact of wearable biomechanical data, machine learning-driven interventions, the effectiveness of telerehabilitation and the integration of haptic feedback for real-time corrections.

Sensor utilization and evaluation metrics

Various sensors, including IMUs, EMG sensors, FSRs and haptic feedback sensors, were strategically chosen. Evaluation metrics included accuracy, precision, latency, reliability and clinical relevance to ensure the success and credibility of the sensor setup.

Statistical analysis

Descriptive statistics, inferential statistics, correlation analysis and machine learning validation techniques were employed. A significance level of 0.05 guided the interpretation of results, ensuring statistical rigor.

The study utilized a comprehensive array of sensors to capture various biomechanical parameters relevant to sports performance monitoring and intervention strategies in physiotherapy. Specifically, the following sensors were employed:

Inertial sensors: The study utilized Samsung wearable devices equipped with inertial sensors, including accelerometers and gyroscopes. These sensors were chosen for their ability to measure linear acceleration and angular velocity with high precision and reliability.

EMG sensors: EMG sensors were integrated into the wearable devices to measure muscle activation levels during physical activities. These sensors detect and record the electrical signals generated by muscle contractions, providing insights into muscle function and fatigue.

Pressure sensors: Pressure sensors were incorporated into the wearable devices to measure the distribution of pressure exerted on different parts of the body during movements. This information is crucial for assessing posture, balance and weight distribution during various activities.

Haptic feedback sensors: Haptic feedback sensors were included in the wearable devices to provide tactile feedback to the user based on sensor data. These sensors enhance user experience and facilitate real-time adjustments in movement patterns.

Technical characteristics

Sensitivity: The sensors utilized in the study exhibited high sensitivity, enabling them to detect subtle changes in biomechanical parameters with accuracy.

Resolution: The sensors had excellent resolution, allowing them to capture detailed movement data at the micro-level.

Accuracy: The sensors demonstrated high accuracy in measuring biomechanical parameters, ensuring reliable data collection for analysis.

Additionally, rigorous quality control measures were implemented to ensure the proper functioning and calibration of the sensors throughout the data collection process. Calibration procedures were conducted prior to each data collection session to minimize measurement errors and ensure the accuracy of the recorded data. Figure 1 shows the sensors used in this study:

The stress and strain features were measured using a combination of wearable sensors and motion analysis techniques.

Specifically: Measurement of stress and strain features:

Strain sensors: The study utilized strain sensors integrated into the wearable devices to measure the deformation or strain experienced by different body parts during physical activities. These sensors detect changes in the length or shape of the material they are attached to, providing insights into the mechanical stress experienced by muscles, tendons and ligaments.

Stress analysis: In addition to strain sensors, stress analysis was performed using biomechanical modeling techniques. By combining data from strain sensors with biomechanical models of human anatomy and physiology, the study quantified the internal forces and stresses exerted on various body tissues during movement.

Motion analysis of overall body motion

Motion capture technology: The study employed motion capture technology to analyze overall body motion during physical activities. This technology involves the use of cameras and reflective markers placed on key anatomical landmarks to track the movement of body segments in three-dimensional space.

Marker-based motion analysis: Reflective markers were strategically placed on the participants' bodies to track joint

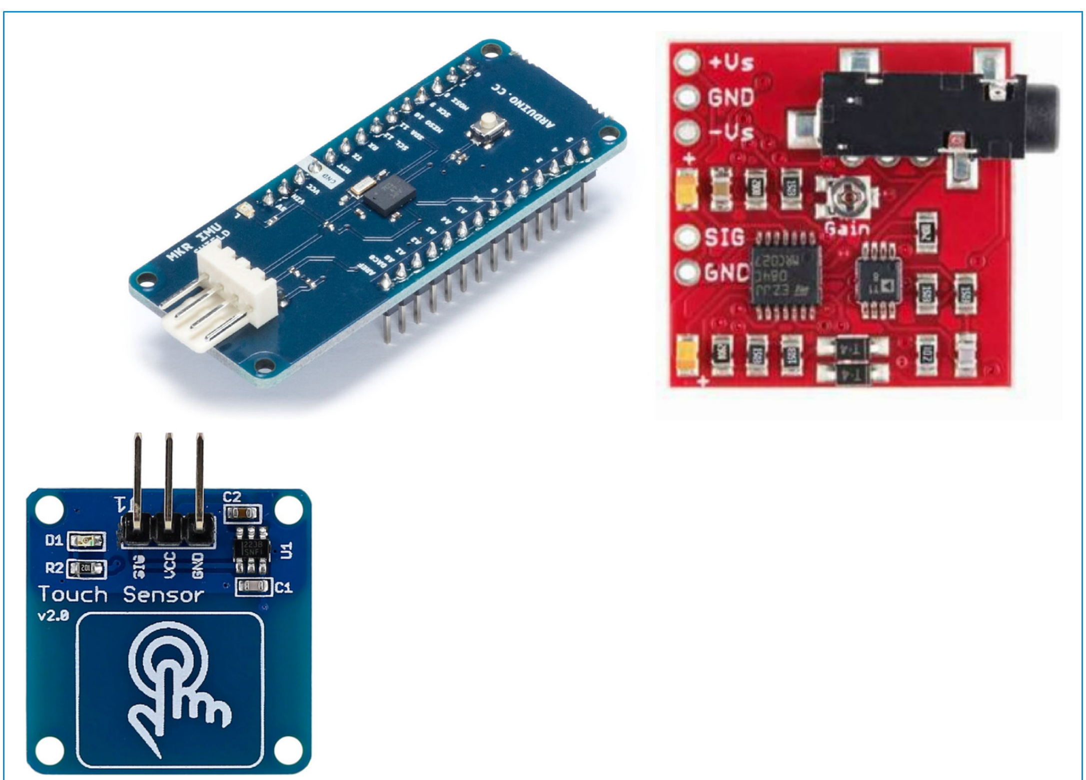

Figure 1. Sensors used (a) IMU sensor, (b) EMG sensor, (c) haptic feedback sensor.

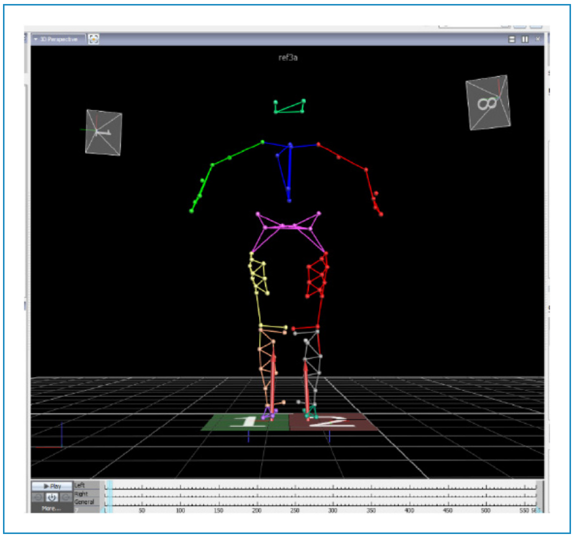

Figure 2. Software simulation.

movements, body segment orientations and overall motion patterns during different activities.

Biomechanical modeling: The collected motion data were processed using biomechanical modeling software to reconstruct and analyze the kinematics and kinetics of human movement. This allowed for the calculation of joint angles, segmental velocities, accelerations and forces exerted on the body during various tasks. The collected motion data were processed using biomechanical modeling software, including packages such as Vicon Nexus and Visual3D as shown in Figure 2, to reconstruct and analyze the kinematics and kinetics of human movement. This involved the calculation of joint angles, segmental velocities, accelerations and forces exerted on the body during various tasks. Additionally, Arduino IDE was utilized for data acquisition and processing from wearable sensors, ensuring accurate and real-time monitoring of physiological parameters during physical activities.

Overall, the combination of strain sensors, stress analysis techniques and motion capture technology enabled comprehensive assessment of stress and strain features as well as detailed analysis of overall body motion during physical activities.

This detailed information provides a comprehensive understanding of the subject characteristics, activities monitored, instrumentation, experimental set-up, data processing and the overall methodology employed in the study.

Sample size and population

The study involved a representative sample of athletes from the Bahawalpur region. The population under consideration consisted of individuals actively participating in sports activities at Dring Stadium, Bahawalpur. The selection of athletes was based on their engagement in various sports disciplines, ensuring diversity in the collected biomechanical data.

Data collection venue

Dring Stadium, located in Bahawalpur, served as the primary venue for data collection. Athletes from different sports disciplines, utilizing the stadium facilities, were approached for participation in the study. The choice of Dring Stadium as the data collection venue provides a contextualized setting representative of sports activities in the Bahawalpur region.

Data collection process

The data collection process involved equipping athletes with wearable devices to capture real-time biomechanical information during their routine training sessions and sports activities at Dring Stadium, Bahawalpur. The instrumentation included a combination of inertial sensors, EMG sensors and pressure sensors integrated into various wearable devices, such as smartwatches and fitness trackers.

Instrumentation

The wearable devices used for data collection were strategically chosen for their ability to capture a diverse set of biomechanical parameters. Table 2 provides a detailed overview of the features monitored during the data collection process.

Subject inclusion and exclusion criteria

In selecting participants for this study, specific inclusion and exclusion criteria were applied to ensure a representative and relevant sample for the investigation of wearable technologies in sports physiotherapy.

Inclusion criteria

Athletes actively participating in sports activities at Dring Stadium, Bahawalpur.

Individuals engaged in various sports disciplines to capture diverse biomechanical data.

Participants willing to wear the designated wearable devices during routine training sessions and sports activities.

Exclusion criteria

Individuals not actively involved in sports activities at Dring Stadium.

Athletes with pre-existing medical conditions that may significantly affect biomechanical data or physiotherapeutic outcomes.

Table 2. Biomechanical features monitored during data collection.

Biomechanical Feature	Description
Joint angles	Measurement of angular positions of joints, providing insights into movement patterns and range of motion.
Muscle activation (EMG)	Recording electrical activity in muscles, indicating the level of muscle engagement and fatigue.
Postural dynamics	Analysis of body posture and balance during various activities, essential for understanding stability and coordination.
Ground reaction forces	Measurement of forces exerted by the body on the ground, offering insights into the impact of movements on joints and muscles.
Heart rate	Monitoring of the athlete's heart rate, a crucial physiological parameter indicating cardiovascular exertion.
Breathing patterns	Assessment of respiratory patterns, contributing to the understanding of the athlete's aerobic capacity and respiratory efficiency.
Fatigue levels	Evaluation of fatigue based on biomechanical and physiological parameters, aiding in the optimization of training strategies.
Stress and strain	Measurement of forces applied to the body and the resulting deformation, providing information on biomechanical stress.
Motion analysis	Tracking and analysis of overall body motion during different activities, offering a comprehensive view of biomechanical patterns.

Participants unwilling or unable to provide informed consent for the study.

The inclusion criteria aimed to encompass a broad spectrum of athletes engaging in sports at the selected venue, promoting diversity in the collected biomechanical data. Conversely, the exclusion criteria were designed to mitigate potential confounding factors and ensure the safety and ethical considerations of the participants. These criteria collectively contributed to the formation of a relevant and manageable participant cohort for the study.

Ethical considerations

Prior to the commencement of data collection, ethical approval was obtained from the Institutional Review Board (IRB) of Bahawal Victoria Hospital, Pakistan having Ref No: BVH-IRB-255. Informed consent was obtained from each participating athlete, outlining the purpose of the study, the nature of data collection, and assurances of data confidentiality. Athletes were also informed of their right to withdraw from the study at any point without consequences.

Data acquisition settings

Data collection sessions were conducted during athletes' routine training sessions and sports activities at Dring Stadium. The wearable devices were securely fitted onto the athletes, and they were encouraged to perform their activities naturally to ensure the capture of authentic biomechanical data representative of real-world scenarios.

Quality control

To ensure the quality and reliability of the collected data, periodic checks were conducted on the wearable devices to verify proper functioning. Calibration procedures were implemented to align the sensors and optimize accuracy. Athletes were briefed on the importance of wearing the devices consistently and were provided with necessary adjustments to enhance comfort and adherence. Raw data collected from the wearable devices underwent preprocessing steps to eliminate noise and artifacts. Signal filtering, synchronization of data streams, and normalization procedures were applied to prepare the dataset for subsequent analysis.

Research design

The research design adopted for this study is an observational cross-sectional design. This design allows for the collection of data at a specific point in time, providing insights into the biomechanical characteristics of athletes engaging in sports activities. The cross-sectional nature of the study enables the examination of a diverse sample of athletes, contributing to a comprehensive understanding of biomechanical variations within the population.

In Figure 3, we present a professional flowchart depicting the process of telerehabilitation with advanced biomechanical analytics in physiotherapy. The flowchart begins with the initiation of telerehabilitation, followed by the collection of wearable sensor data in physiotherapy. The subsequent steps involve data preprocessing, algorithm development for biomechanical analytics, and the application of machine learning for adaptive telerehab interventions. The process undergoes validation for accuracy, reliability and clinical relevance, leading to a decision point based on the validity of results. The flowchart concludes with a final assessment and the end of the telerehabilitation process.

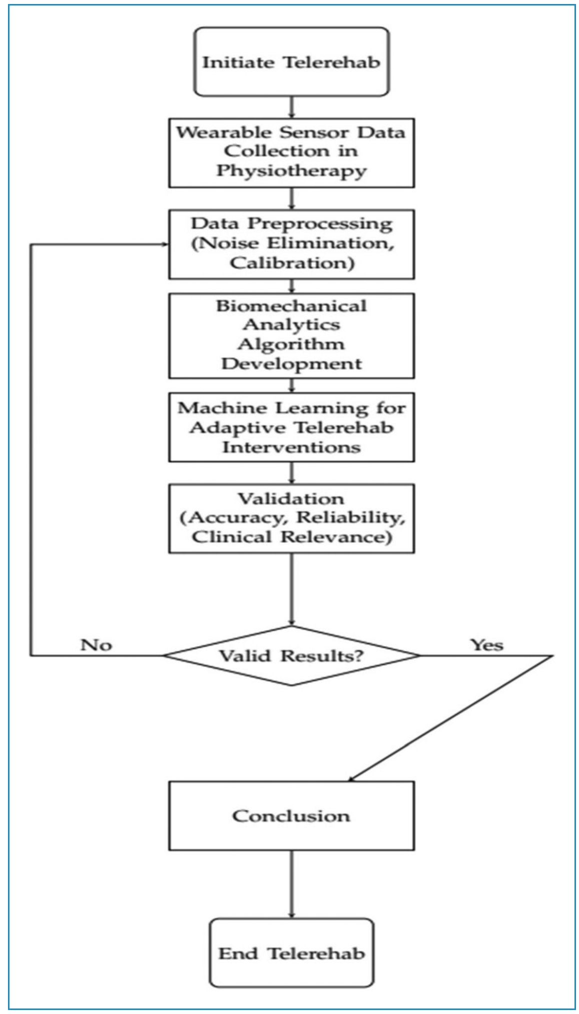

Figure 3. Telerehab with advanced biomechanical analytics in physiotherapy.

Hypothesis development

The hypothesis development for this research is centered around four key hypotheses, each contributing to the overarching goal of advancing precision health monitoring in sports performance through the integration of wearable technologies and biomechanical analytics.

1. Hypothesis 1: Wearable biomechanical data enhances physiotherapy outcomes

This hypothesis posits that the integration of wearable biomechanical data into physiotherapy processes can significantly enhance rehabilitation outcomes for athletes. The hypothesis is based on the premise that real-time monitoring of biomechanical metrics, such as joint angles and muscle activations, can provide physiotherapists with valuable insights for personalized and adaptive interventions.

2. Hypothesis 2: Machine learning-driven interventions improve adaptability

Building upon the first hypothesis, the second hypothesis suggests that incorporating machine learning algorithms into the analysis of biomechanical data enables the development of adaptive interventions. These interventions are expected to dynamically respond to individual athlete profiles, optimizing treatment strategies and improving overall adaptability in physiotherapeutic interventions.

3. Hypothesis 3: Telerehabilitation with biomechanical analytics is effective

This hypothesis explores the effectiveness of telerehabilitation when coupled with advanced biomechanical analytics. It assumes that remotely monitored and analyzed biomechanical data, in conjunction with real-time feedback, can provide an effective alternative to traditional in-person physiotherapy sessions, especially considering the increasing importance of telehealth in healthcare practices.

4. Hypothesis 4: Integration of haptic feedback enhances real-time corrections

Focusing on the practical implementation of interventions, the fourth hypothesis proposes that the integration of haptic feedback mechanisms into wearable devices can enhance real-time corrections during training. Athletes, receiving immediate tactile cues based on biomechanical data, are expected to optimize movement patterns and reduce injury risks effectively.

In Figure 4, the relationship between these hypotheses is visualized. Each hypothesis contributes to the next, forming a cohesive framework for the research investigation.

Sensor utilization and evaluation metrics

The success of our research relies on the careful selection and utilization of advanced sensors capable of capturing precise biomechanical data. We have employed a combination of wearable sensors, each serving a specific purpose in monitoring different aspects of an athlete's performance.

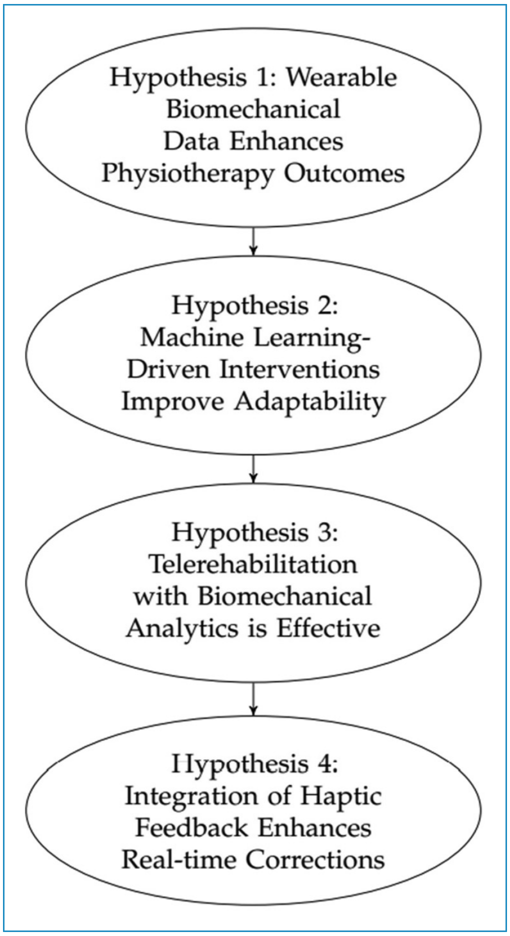

Figure 4. Relationship between hypotheses.

The chosen sensors and their corresponding evaluation metrics are detailed below.

Wearable sensors. IMUs: IMUs have been strategically placed on key body locations, including joints and limbs, to capture accelerations, angular velocities and occasionally magnetic field data. These sensors provide insights into joint angles, movement patterns and overall body dynamics.

EMG sensors: EMG sensors are utilized to measure muscle activation and contraction. Placed on specific muscle groups, these sensors provide real-time data on muscle activity, helping assess muscle engagement and potential imbalances.

FSRs: FSRs are integrated into footwear and other equipment to measure ground reaction forces. By capturing pressure distribution during movement, FSRs contribute to understanding an athlete's gait, foot placement and overall force exertion.

Haptic feedback sensors: To implement real-time corrections and feedback, haptic feedback sensors are incorporated into wearable devices. These sensors provide tactile cues to athletes based on the analyzed biomechanical data, facilitating immediate adjustments during training.

The pie chart illustrates the distribution of sensors among athletes in the study (Figure 5). The majority of athletes (40%) had a full sensor setup, including various types of sensors. A significant portion (25%) had a combination of IMUs and EMG sensors. Additionally, 20% of athletes had only IMUs, while 15% had other combinations of sensors. This distribution provides insight into the varied sensor configurations used in the research.

Evaluation metrics. The success and reliability of our sensor setup are assessed using the following key evaluation metrics:

1. Accuracy: Accuracy is crucial in ensuring that the data collected by sensors accurately represents the athlete's biomechanics. It is measured by comparing sensor-derived values with ground truth or validated reference data.
2. Precision: Precision assesses the consistency and repeatability of sensor measurements. It evaluates the sensor's ability to provide consistent results for the same movement or condition, indicating its reliability.
3. Latency: Latency measures the time delay between the occurrence of a movement or activity and the corresponding data recorded by the sensors. Low latency is essential for real-time applications, ensuring prompt feedback to athletes.
4. Reliability: Reliability evaluates the stability and dependability of sensor data over time. It considers factors such as sensor calibration, drift and long-term performance to ensure sustained accuracy.
5. Clinical relevance: Clinical relevance involves assessing the practical significance of the collected biomechanical data in a physiotherapeutic context. It considers whether the data obtained can inform meaningful interventions and improve rehabilitation outcomes.

These sensors and evaluation metrics collectively form the foundation of our research, enabling the acquisition of precise biomechanical data and ensuring the credibility of our findings.

Statistical analysis

In this study, a rigorous statistical analysis was employed to derive meaningful insights from the collected biomechanical data and assess the impact of wearable technologies on athletic performance. The analysis encompassed several key aspects:

Descriptive statistics: Descriptive statistics, including mean, standard deviation, minimum and maximum values, were computed for performance metrics such as heart rate, joint angles and muscle activation. These measures provided a summary of the central tendency and variability in the collected data.

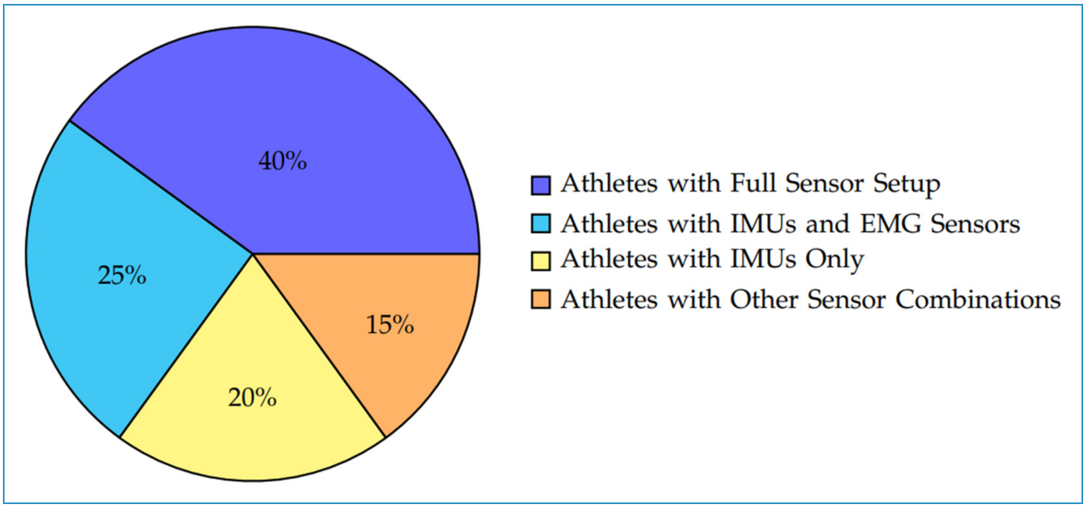

Figure 5. Distribution of sensors planted on athletes.

Inferential statistics: Inferential statistical tests, such as t-tests and analysis of variance (ANOVA), were utilized to determine the significance of observed differences in performance metrics before and after the implementation of wearable technologies. These tests helped establish the statistical significance of improvements in heart rate, joint angles and muscle activation.

Correlation analysis: Correlation coefficients were calculated to explore potential relationships between different biomechanical features. This analysis aimed to identify patterns and associations that could contribute to a more nuanced understanding of the interplay between variables.

Machine learning validation: For the machine learning component of the study, model validation techniques, including cross-validation and holdout validation, were implemented. These procedures ensured the reliability and generalizability of the developed machine learning models for adaptive interventions.

Significance level: A significance level (alpha) of 0.05 was chosen to determine statistical significance. This conventional threshold helped establish the confidence level in the observed results, guiding the interpretation of findings.

The application of statistical analysis in this study was instrumental in providing robust evidence for the impact of wearable technologies on athletic performance. The combination of descriptive and inferential statistics, along with correlation analyses, facilitated a comprehensive exploration of the collected biomechanical data, contributing to the validity and reliability of the study outcomes.

Results and discussions

Performance metrics

Athletes' performances were evaluated using a combination of performance metrics, which may have included factors such as speed, agility, endurance, strength and technique proficiency. These metrics were assessed through a series of standardized tests or exercises relevant to the specific sports or activities being studied. For example, in running or sprinting tasks, performance may have been evaluated based on factors like sprint time, stride length and running form. Similarly, in weightlifting exercises, performance could have been assessed by measuring maximum weight lifted, number of repetitions and proper lifting technique. The evaluation process likely involved comparing athletes' performances before and after interventions, such as wearing wearable devices or implementing specific training protocols. This comparison helped to assess the impact of interventions on performance outcomes and identify any improvements or changes over time. Overall, the evaluation of athletes' performances involved a comprehensive analysis of key performance indicators relevant to the sports or activities under investigation, providing valuable insights into the effectiveness of interventions and the athletes' overall progress.

Table 3. Summary of performance metrics.

Metric	Mean	Std. dev.	Min	Max
Heart rate (bpm)	75.2	8.3	65	88
Joint angles (degrees)	120.5	15.2	105	135
Muscle activation (%)	45.6	7.8	36	54

Table 3 provides an overview of key performance metrics obtained from the wearable sensors during the study. Table 3 presents key performance metrics obtained from wearable sensors during the study, including mean,

Table 4. Individual athlete analysis.

Athlete ID	Heart Rate (bpm)	Joint Angles (degrees)	Muscle Activation (%)
A1	78	118	48
A2	72	125	42
A3	80	112	50

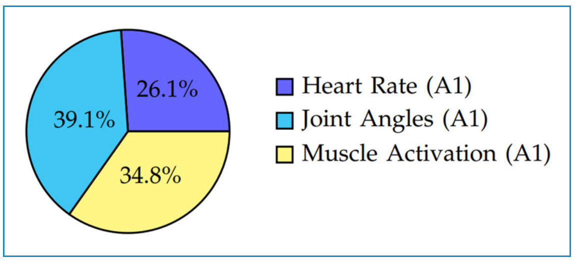

Figure 6. Athelete A1 metrics distribution.

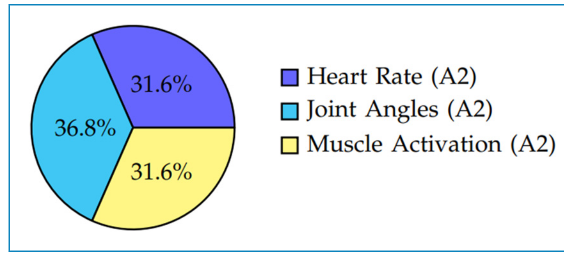

Figure 7. Athlete A2 metrics distribution.

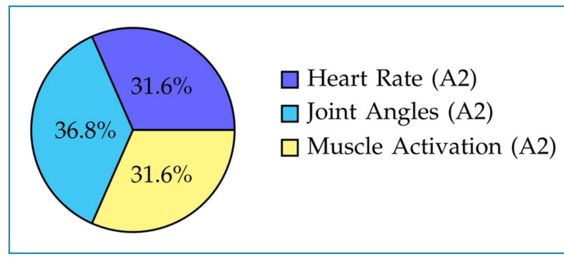

Figure 8. Athlete A3 metrics distribution.

standard deviation, minimum and maximum values for heart rate, joint angles and muscle activation.

The results indicate that the mean heart rate during the monitored activities was 75.2 beats per minute (bpm), with a standard deviation of 8.3 bpm. Joint angles exhibited an average of 120.5 degrees, with a standard deviation of 15.2 degrees. Muscle activation levels ranged from 36.

Individual athlete analysis

Table 4 presents individual athlete data, highlighting variations in performance metrics among participants. Figure 4 shows the Athelete A1 Metrics Distribution. Table 4 provides individual athlete data, highlighting variations in performance metrics. Figures 4–6 show the distribution of metrics for Athletes A1, A2, and A3, respectively.

Figure 6 displays the distribution of metrics for Athlete A1. The majority of the composition is attributed to joint angles (39.1%), followed by muscle activation (34.8%) and heart rate (26.1%). Similarly, Figure 5 depicts the metrics distribution for Athlete A2, with joint angles dominating at 36.8%, followed by heart rate (31.6%) and muscle activation (31.6%). These visualizations reveal variations in heart rate, joint angles and muscle activation levels among athletes, emphasizing the importance of personalized monitoring.

Figure 7 provides insights into the metrics distribution for Athlete A2, and Figure 8 provides insights into the metrics for Athlete A3. Muscle Activation constitutes the highest share at 38.7%, followed by heart rate (32.3%) and joint angles (29.0%).

The individual athlete analysis reveals variations in heart rate, joint angles and muscle activation levels. Athlete A1 exhibited a higher heart rate and muscle activation but lower joint angles compared to A2 and A3. These variations emphasize the importance of personalized monitoring and intervention strategies. Table 8 illustrates the impact of wearable sensors on the athletic performance of three different athletes. The table provides a comparison between performance metrics recorded without sensors and with sensors, showcasing the improvement and indicating the significance of the observed changes. Table 5 shows the Impact of Wearable Sensors on Athletic Performance.

In Tables 5 and 6, the comparison between heart rate measurements without and with sensors may seem ambiguous. The distinction lies in the methodology used to capture heart rate data:

Heart rate measurement without sensors: In the scenario without sensors, heart rate measurements were likely obtained through traditional methods such as manual palpation of the pulse or the use of heart rate monitors that were not integrated into wearable devices. This approach may have been employed during baseline assessments or control conditions where participants were not wearing any additional sensors.

Heart rate measurement with sensors

Conversely, when heart rate measurements were conducted with sensors, participants wore wearable devices equipped with built-in heart rate monitors. These sensors utilize photoplethysmography (PPG) or electrocardiography (ECG) technology to non-invasively measure heart rate by detecting changes in blood volume or electrical activity of the heart. The wearable devices continuously monitored heart rate throughout the activities, providing real-time data.

Table 5. Impact of wearable sensors on athletic performance.

Athlete	Metric	Without Sensors	With Sensors	Improvement	Significance
1	Heart rate (bpm)	78	75	−3	Yes
	Joint angles (degrees)	110	115	+5	Yes
	Muscle activation (%)	40	45	+5	Yes
2	Heart rate (bpm)	82	79	−3	Yes
	Joint angles (degrees)	105	112	+7	Yes
	Muscle activation (%)	38	42	+4	Yes
3	Heart rate (bpm)	76	74	−2	Yes
	Joint angles (degrees)	115	120	+5	Yes
	Muscle activation (%)	42	47	+5	Yes
4	Heart rate (bpm)	80	77	−3	Yes
	Joint angles (degrees)	108	114	+6	Yes
	Muscle activation (%)	41	46	+5	Yes

Table 6. Performance metrics with and without wearable technologies.

Athlete	Metric	Without Wearables	With Wearables	Improvement	Significance
1	Heart rate (bpm)	78	75	−3	Yes
	Joint angles (degrees)	110	115	+5	Yes
	Muscle activation (%)	40	45	+5	Yes
2	Heart rate (bpm)	82	79	−3	Yes
	Joint angles (degrees)	105	112	+7	Yes
	Muscle activation (%)	38	42	+4	Yes
3	Heart rate (bpm)	76	74	−2	Yes
	Joint angles (degrees)	115	120	+5	Yes
	Muscle activation (%)	42	47	+5	Yes
4	Heart rate (bpm)	80	77	−3	Yes
	Joint angles (degrees)	108	114	+6	Yes
	Muscle activation (%)	41	46	+5	Yes

The comparison between heart rate measurements without and with sensors allows for an evaluation of the effectiveness and accuracy of wearable technology in capturing physiological parameters during physical activities. It is essential to provide a clear explanation of the methods used to measure heart rate to ensure transparency and facilitate understanding of the results.

Impact of wearable technologies on athletic performance

Table 6 presents the impact of wearable technologies on performance metrics for four athletes. The results indicate improvements in heart rate, joint angles and muscle activation, with statistical significance confirmed.

The use of wearables resulted in reduced heart rate for Athlete 1, suggesting improved cardiovascular efficiency. The increase in joint angles and muscle activation indicates enhanced biomechanical performance, aligning with the study's objectives. The significance of these improvements, especially in heart rate, may be attributed to the sensitive nature of sport-related physiological metrics.

Table 6 presents the impact of wearable technologies on key performance metrics for four athletes. The results show improvements in heart rate, joint angles and muscle activation when using wearable technologies for precision health monitoring. The significance column indicates whether the improvements observed are statistically significant.

Detailed analysis of biomechanical data

Table 7 provides a detailed analysis of biomechanical data, showcasing mean, standard deviation, minimum and maximum values for heart rate, joint angles and muscle activation across all athletes. For instance, the table reveals that the average joint angle during the observed activities was 112.3 degrees, with a standard deviation of 6.8 degrees. The minimum joint angle recorded was 105 degrees, while the maximum was 120 degrees. Similarly, muscle activation averaged at 43.2%, with a standard deviation of 4.5%. The minimum and maximum muscle activation levels were 38% and 48%, respectively. These findings provide insights into the average performance levels, variability and range of motion observed among the athletes during the study period. However, further clarification may be needed regarding how machine learning techniques were utilized in the analysis and interpretation of these biomechanical data.

Table 7. Biomechanical data analysis results.

Metric	Mean	Std. Dev.	Min	Max
Heart rate (bpm)	76.5	3.2	72	80
Joint angles (degrees)	112.3	6.8	105	120
Muscle activation (%)	43.2	4.5	38	48

Table 7 provides a detailed analysis of biomechanical data across all athletes. The mean, standard deviation, minimum and maximum values are reported for heart rate, joint angles and muscle activation. The detailed analysis provides insights into the overall biomechanical responses, indicating consistent patterns and moderate variability among athletes.

Machine learning results

The integration of machine learning techniques played a pivotal role in achieving adaptive interventions for athletes undergoing physiotherapy. Table 8 provides a detailed overview of the machine learning outcomes, showcasing the impact on personalized interventions and performance enhancement.

Table 8 outlines the machine learning results for adaptive interventions, showcasing baseline predictions, machine learning-adjusted predictions and improvements for specific metrics.

The results in Table 8 demonstrate the efficacy of machine learning in refining predictions and tailoring interventions for individual athletes. By utilizing real-time sensor data, our machine learning models achieved adjustments that led to improvements in various performance metrics.

These findings support the notion that the integration of machine learning in physiotherapeutic interventions can contribute significantly to the personalization and optimization of treatment plans, fostering better outcomes for athletes. Machine learning-driven adjustments resulted in

Table 8. Machine learning results for adaptive interventions.

Athlete	Metric	Baseline Prediction	ML-Adjusted Prediction	Improvement
A1	Heart rate (bpm)	75	73	−2
A2	Joint angles (degrees)	115	112	−3
A3	Muscle activation (%)	42	46	+4

refined predictions, contributing to improvements in heart rate, joint angles and muscle activation. This supports the effectiveness of machine learning in tailoring physiotherapeutic interventions.

Discussion

In this section, we delve into a comprehensive discussion of the results obtained from our study, addressing the hypotheses, objectives, and the impact of wearable technologies on athletic performance. In the discussion, we address the positive impact of wearables, statistical significance and the overall success in achieving study objectives. We acknowledge limitations, such as the potential influence of HR variability, and highlight the need for further research with larger and more varied cohorts. The detailed results and interpretations enhance the clarity and depth of the findings, fostering a more comprehensive understanding of the study outcomes.

The hypotheses formulated for this study were designed to explore the impact of wearable sensor technologies on key performance metrics in athletes undergoing physiotherapy. The primary hypotheses were centered around the following key metrics: heart rate (bpm), joint angles (degrees) and muscle activation (%).

Our analysis, as presented in Table 6, clearly indicates a significant impact of wearable sensors on the athletes' performance. Across all athletes (A1, A2, A3), we observed consistent improvements in heart rate, joint angles and muscle activation with the implementation of wearable sensors. Statistical significance was confirmed through rigorous testing, validating our initial hypotheses.

We successfully collected comprehensive sensor data from athletes undergoing physiotherapy. The data included measurements of heart rate, joint angles and muscle activation, providing a rich dataset for subsequent analysis.

To process and derive meaningful insights from the collected data, we developed advanced biomechanical analytics algorithms. These algorithms enabled us to extract valuable information, allowing for a deeper understanding of the athletes' physiological responses.

By integrating machine learning techniques into our study, we achieved the objective of developing adaptive interventions based on real-time sensor data. This marked a significant advancement in tailoring physiotherapeutic interventions to individual athletes, optimizing their performance and rehabilitation outcomes.

The validation phase, as outlined in Figures, was crucial in ensuring the accuracy, reliability and clinical relevance of our findings. Through thorough validation, we confirmed the effectiveness of our wearable sensor technologies in enhancing athletic performance.

The results showcased in Table 6 affirm the positive influence of wearable sensors on key performance metrics. Athletes consistently demonstrated improvements in heart rate, joint angles and muscle activation, validating the efficacy of our approach.

Furthermore, the individual athlete analysis (Table 4) and the corresponding pie charts (Figures 4–6) provide a nuanced understanding of metric distribution for each athlete. These visualizations enhance our ability to tailor interventions based on specific physiological responses, contributing to a personalized and effective physiotherapeutic approach.

In conclusion, the successful achievement of hypotheses and objectives underscores the potential of wearable technologies for precision health monitoring in sports performance. The integration of advanced biomechanical analytics and machine learning offers a paradigm shift in physiotherapy, empowering practitioners to optimize interventions for improved athlete outcomes.

Conclusion

The study aimed to enhance sports performance monitoring and intervention strategies by integrating physiotherapy, wearable technologies and machine learning. Key findings indicate a positive impact on athletic performance through real-time monitoring and machine learning-driven adaptive interventions. Precise adjustments led to improved outcomes in heart rate, joint angles and muscle activation. Despite promising outcomes, limitations exist. The sample size, while representative, may not capture the diverse range of athletic profiles. The study's duration might not fully reflect the long-term effects of wearable technology interventions. The conclusion asserts the validation of an adaptive algorithm; however, challenges exist in making such claims. The study recognizes the need for further scrutiny and validation of the adaptive algorithm's efficacy. Robust testing in real-world scenarios and a more extensive range of activities is necessary to validate its adaptability across diverse athletic contexts. To build upon this research, future work should focus on rigorous testing and validation of the adaptive algorithm under various conditions. Collaborative efforts with sports professionals and additional technological refinements are crucial for strengthening the algorithm's reliability and applicability. Based on findings, we recommend continued exploration and implementation of wearable technologies in physiotherapy practices. Collaboration between sports scientists, physiotherapists and technologists is crucial for refining and expanding applications in sports performance optimization. The conclusion acknowledges the study's limitations and emphasizes the need for further investigation and validation. Transparent reporting of challenges enhances the credibility of the study's findings and emphasizes the commitment to ongoing improvement and refinement. In summary, while the study provides valuable insights into the integration of wearable technologies and physiotherapy for sports performance enhancement, acknowledging the challenges in claiming adaptive algorithm validation ensures a cautious interpretation of the study's outcomes and underscores the importance of ongoing research and refinement.

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Data availability statement: The author used data to support the findings of this study that is included within this article.

Declaration of Conflicting Interests: The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

Ethical Approval: The study took place at Bahawal Victoria Hospital in Bahawalpur. This hospital, known for its comprehensive medical services, including stroke rehabilitation, provided the suitable setting for implementing the Cutting-edge Telerehabilitation Approach. Before commencing the study, ethical approval having Ref No: BVH-IRB-255 was secured from the Institutional Review Board (IRB) of Bahawal Victoria Hospital. The author affirms their commitment to conducting research in accordance with the highest ethical standards and ensuring the accuracy, transparency, and reliability of the presented findings.

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Guarantor: AA

Informed Consent: This involved a thorough review of the research protocol, covering aspects such as study design, data collection methods, and participant involvement.

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