HAWKIN DYNAMICS
WIRELESS FORCE PLATES

COMPARISON CHART

'To make meaningful changes you must have actionable data'

Calculated Metrics	Hawkin Dynamics	Contact Based Systems*	Calculated Metrics	Hawkin Dynamics	Contact Based Systems*
Avg. Braking Force	✓	✗	L|R Peak Propulsive Force	✓	✗
Avg. Braking Power	✓	✗	L|R Propulsive Impulse Index	✓	✗
Avg. Braking Velocity	✓	✗	L|R Peak Force	✓	✗
Avg. Force	✓	✗	Length of Pull	✓	✗
Avg. Jump Height	✓	✗	mRSI	✓	✗
Avg. Landing Force	✓	✗	Number of Jumps	✓	✗
Avg. Propulsive Force	✓	✗	Peak Braking Force	✓	✗
Avg. Propulsive Power	✓	✗	Peak Braking Power	✓	✗
Avg. Propulsive Velocity	✓	✗	Peak Jump Height	✓	✗
Avg. Relative Propulsive Force	✓	✗	Peak Landing Force	✓	✗
Avg. Relative Propulsive Power	✓	✗	Peak Propulsive Force	✓	✗
Avg. RSI	✓	✗	Peak Propulsive Power	✓	✓
Braking Net Impulse	✓	✗	Peak RSI	✓	✗
Braking Phase	✓	✗	Peak Velocity	✓	✗
Braking Phase %	✓	✗	Positive Impulse	✓	✗
Braking RFD	✓	✗	Propulsive Net Impulse	✓	✗
Contact Time	✓	✓	Propulsive Phase	✓	✗
Countermovement Depth	✓	✗	Propulsive Phase %	✓	✗
Drop Height	✓	✗	Relative Braking Impulse	✓	✗
Energy/Work	✓	✓	Relative Peak Landing Force	✓	✗
Flight Time	✓	✓	Relative Propulsive Impulse	✓	✗
Force at 0 ms	✓	✗	RFD 0-100 ms	✓	✗
Force at 100 ms	✓	✗	RFD 0-150 ms	✓	✗
Force at 150 ms	✓	✗	RFD 0-250 ms	✓	✗
Force at 200 ms	✓	✗	RFD 0-50 ms	✓	✗
Force at 250 ms	✓	✗	RSI	✓	✓
Force at 50 ms	✓	✗	Stiffness	✓	✗
Impulse Ratio	✓	✗	Take off Velocity	✓	✓
Jump Height	✓	✓	Time to Peak Force	✓	✗
Landing Stiffness	✓	✗	Time to Stabilization	✓	✗
L|R Avg. Braking Force	✓	✗	Top 3 Jumps Avg. Jump Height	✓	✗
L|R Avg. Braking RFD	✓	✗	Top 3 Jumps Avg. RSI	✓	✗
L|R Avg. Landing Force	✓	✗	Top 3 Jumps Peak RSI	✓	✗
L|R Avg. Propulsive Force	✓	✗	Total Jump Time	✓	✓
L|R Braking Impulse Index	✓	✗	Unweighting Phase	✓	✗
L|R Landing Impulse Index	✓	✗	Unweighting Phase %	✓	✗
L|R Peak Braking Force	✓	✗	Weight	✓	✗
L|R Peak Landing Force	✓	✗			

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**Contact based systems include contact mats and photoelectric cell products*