



Biomechanical investigations – many people think of laboratories equipped with marker-based camera systems from Qualisys or Vicon that can record movements in three dimensions. However, 2D video analysis is often completely sufficient. This saves time and, above all, money. Contrary to what some people may claim, considerably more parameters can be derived from normal video material than just joint angles or segment speeds.

[When is a 2D video analysis suitable?](#)

[What equipment do you need?](#)

[What do you have to consider during setup?](#)

[How do you calibrate the camera correctly?](#)

[What is important to during the recording?](#)

[How do you analyze your recordings?](#)

References

Payton, C. (Ed.), 2017. Biomechanical evaluation of movement in sport and exercise. The British Association of Sport and Exercise Sciences guide. Routledge, London.

Brewin, M.A., Kerwin, D.G., 2003. Accuracy of Scaling and DLT Reconstruction Techniques for Planar Motion Analyses. *Journal of Applied Biomechanics* 19, 79–88.

Winter D.A, 2005. *Biomechanics and Motor Control of Human Movement*, 3rd edition. John Wiley & Sons.