

MUSCLE STRENGTH TESTING

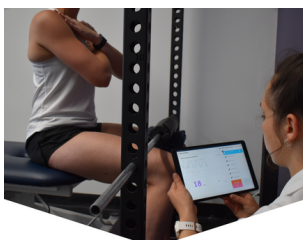
Our Muscle Strength Tests have been designed to test & measure the strength, power & rate of force development for a variety of muscle groups and movements of the human body. We perform a series of maximal strength tests to understand the strength associated with the major muscle groups of the lower limbs. This information helps our practitioners understand if there are any weaknesses present between limbs and identify areas for improvement during your rehabilitation phase.

THE PROCESS



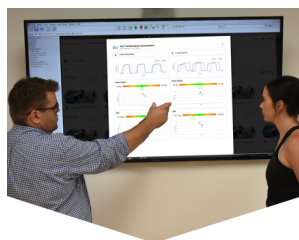
ASSESSMENT

We collect a range of information about your training history, current strength program and known areas of weakness. We also assess your ROM, strength and control as potential barriers for pain-free movement.



STRENGTH TEST

You will be asked to perform a number of maximal strength tests that focus on assessing the strength of your major muscle groups in your lower limbs. For each test you will be performing three maximal efforts on each leg. All strength tests will be performed barefoot



REPORT

After completing the strength test we have access to your results straight away. This allows us to determine which muscles need strengthening or have a deficit and create a management plan straight away to help with recovery.

APPOINTMENT INFORMATION

Your booking will be made for 20 or 40 minutes. Please wear active wear clothing that you can freely move in. Please don't wear clothing that will restrict the movement of your lower limbs.

We ask that you do not perform any exercise the day of your test as this is a maximal strength test, it could alter the results obtained.

