



# MUSCLE STRENGTH TESTING

## PATIENT DETAILS

Name ..... D.O.B / /

Contact Number .....

## STRENGTH TEST PROTOCOLS

### Standard protocols:

**Lower Limb:**       **Foot & Ankle:**   
Hip abduction                  Dorsiflexion  
Knee extension                Plantarflexion (soleus)  
Knee flexion                    Inversion  
Ankle plantarflexion        Eversion

### Additional protocols:

**Hip:**                       **Ankle:**   
Hip flexion                      Inversion  
Hip extension                  Eversion

*Note: additional charges apply for more than 1 protocol*

## CLINICAL DETAILS

## REFERRING PRACTITIONER DETAILS

Name ..... Clinic.....

Send report to .....

FOR ALL APPOINTMENTS PLEASE CALL (08) 7130 0130

# BE PREPARED.



*The following information is important in relation to your strength test.*

## **When you arrive for your appointment:**

- Please arrive at least 5 minutes before your scheduled time as you will be required to complete a pre-screening questionnaire.
- The test will take between 20-45 minutes depending on the type and amount of tests prescribed.
- You will then be asked to change into the appropriate clothing (if not already wearing them) in preparation for your analysis.

## **What to wear for your strength test:**

Our strength tests are designed to test maximal strength in certain areas of your body. We ask that you come prepared in active wear or clothing (i.e. shorts) that does not limit your movement.

## **What to expect on the day:**

You will be greeted in reception and taken through to the lab by one of our Sports Science staff. Note that this is a maximal strength test so please do not exercise prior to this appointment. Any induced muscle fatigue will influence the results of the test.

Please note your test will be conducted in a private setting. If you have any questions please contact our team on (08) 7130 0130.

## **Location**

Parking is available onsite at the front of our clinic.

91 Kensington Road  
Norwood, SA 5067  
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