

LOGO

NORDBORD

HAMSTRING TESTING SYSTEM



Our clinic offers NordBord, Hamstring Testing System for measuring hamstring strength and imbalance

Measure muscle strength and imbalance and train isometrically

With the NordBord we are able to measure and assess your strength and imbalances through a range of hamstring strength tests. This is particularly important if you have had a previous hamstring injury, play a sport involving sprinting or even if you have had an ACL reconstruction with a hamstring graft.

Previously limited to elite sporting teams including many of those in the NBA, NFL and EPL and a number of performance and research centres. Our clinic has invested in this technology to make it available to you. Hamstring injury and re-injury risk is very high - know what your numbers are. Regaining muscle strength particularly eccentric muscle strength is the key to preventing recurrence.

How does NordBord work?

The NordBord was invented by leading sports science researchers Dr. Tony Shield and Dr. David Opar, who went on to publish powerful findings from Australian Rules Football, Soccer and Rugby (among other) cohorts which would revolutionise how elite sporting organisations understand, manage and rehabilitate hamstring strain injuries.

Other leading researchers around the world continue to use the NordBord to measure, improve and understand hamstring strength and injury risk.

Live graphing shows hamstring strength data for the left and right leg, and the maximum strength for each repetition and average strength across all repetitions is highlighted for quick review.

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Some of the tests include:

Eccentric

- Nordic hamstring curl
- Razor curl

Isometric

- Prone
- 60° hip flexion
- 90° hip flexion
- Custom positions

Frequently asked questions

Who can benefit from NordBord analysis?

Anyone who plays sport involving sprinting. If you have a past history of hamstring injury or had a significant knee injury such as an ACL rupture, this quick test can assess your hamstring strength and help to guide your rehabilitation.

How long does it take?

As little as 2-5 minutes. The NordBord is great for pre-season testing for individuals and for teams, the information from testing can help prevent injury and keep you and your teammates on the field.

Contact our clinic today to book a NordBord analysis appointment.