

LOGO

**FORCEFRAME**

STRENGTH TESTING SYSTEM



## Our clinic offers ForceFrame, Strength Testing System for isometric testing and training

### Measure and train muscle strength and imbalance

With the ForceFrame we are able to measure and assess your strength and imbalances. 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.

Once your assessment is complete, the system will generate a result of how your body moves and we will use this information to work with you to track progress and key milestones to reach your goals whether that be pain-free, return to sport or your daily activities. It can also identify changes in strength before you get injured.

### How does the ForceFrame work?

The ForceFrame is more accurate than how we have measured strength with you previously and can measure multiple muscle groups at once. Data captured from the force measurement shows your strength in real-time, and the maximum strength for each repetition and average strength across all repetitions is highlighted for quick review.

Gather a complete assessment of your strength and identify imbalances and areas to work on. This instantaneous capture and analysis allow your practitioner to make faster and better decisions for your performance or rehab program.

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## Measure and see:

### Testing

Test isometric strength in over 130 positions and muscle groups.

### Training

Target specific areas including strength, endurance, pain modulation and control.

### Rehabilitation

Work towards complete rehabilitation with set goals and stages which you can see real improvements with the data collected by the ForceFrame.

### Some of the tests include:

#### Hip

- Adduction
- Abduction
- Flexion
- Extension
- Internal Rotation
- External Rotation

#### Knee

- Flexion
- Extension

#### Ankle

- Inversion
- Eversion

#### Neck

- Flexion
- Extension
- Lateral flexion

#### Shoulder

- Adduction
- Abduction
- Flexion
- Extension
- Internal Rotation
- External Rotation



## Frequently asked questions

### Who can benefit from ForceFrame analysis?

People with enquiries, pre-op and post-op. Athletes looking to improve their strength and prevent injuries.

### How long does it take?

Depending on the tests, it can take between 5 and 30 minutes.

### Is this only for assessments?

No, this can also be very useful for rehabilitation and training. We can build a tailored program for you to build strength.

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### For rehab and minimising injury risk

Using the data from a ForceFrame assessment we design better rehabilitation, training, and management programs. See progress throughout your journey and know your plan is on the right track to helping you achieve your goals.

**Contact our clinic today to book a ForceFrame analysis appointment.**