

Getting Started

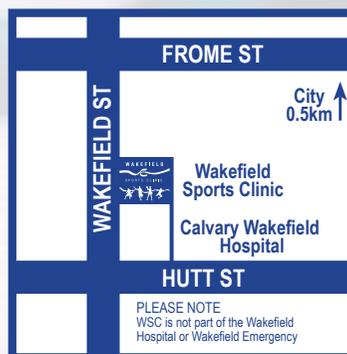
- Isokinetic testing is available at our city clinic at 270 Wakefield Street, Adelaide.
- Normal private health rebates apply.
- Workcover/Third Party clients must obtain prior approval from your case manager (please inform reception of details).
- Account must be paid in full on the day.

Please allow approximately 1 hour for your appointment.

**BOOKINGS
ARE ESSENTIAL**



Finding Us...



WAKEFIELD ST.

270 Wakefield Street
Adelaide

8232 5566



Opening Hours:

Monday - Friday: 8am - 6pm

Saturday: 8am - 12pm

Sunday: Closed

WWW.WAKEFIELDSPORTS.COM.AU



ISOKINETIC TESTING



The best care for sporting bodies.
Leaders in orthopaedics.

Wakefield Sports Clinic Isokinetic Testing

Isokinetic dynamometry provides an objective measure of muscle strength and is used in sport, research and a variety of clinical settings. It is an excellent way to measure strength in the rehabilitation phase of many conditions including anterior cruciate ligament (ACL) reconstruction and ongoing hamstring muscle strains. Increasing muscle strength of the quadriceps and hamstrings is a key factor for successful return to sport following these injuries.

Research has shown that after ACL reconstruction, athletes have demonstrated muscle strength deficits, decreased stability and force generation for up to 2 years. This may have an influence on risk factors for future knee injury. Recurrent hamstring strains have also been linked to hamstring muscle weakness.

Strength assessment tests following ACL reconstruction and chronic hamstring strains are commonly performed as part of a battery of tests, with the results used to guide an appropriate rehabilitation program aimed at addressing any strength deficits.

Isokinetic dynamometry is considered the 'gold standard' for measuring muscle strength. Its convenience, reproducibility and reliability support its use as an appropriate method of assessment, not only following ACL reconstruction but also for many other conditions.



Aims

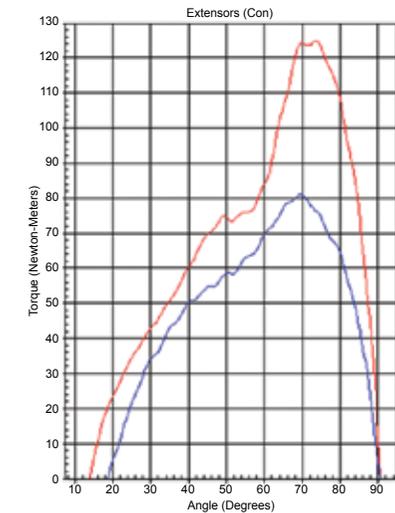
Testing can be used on a range of clientele, from professional to amateur athletes, for:

- Musculoskeletal screenings
- Detecting strength imbalances (e.g. muscle weakness)
- Injury rehabilitation outcome measures (e.g. for ACL/PCL reconstructive surgery, hamstring strain)
- Assessing pain inhibition
- Assessing work capability

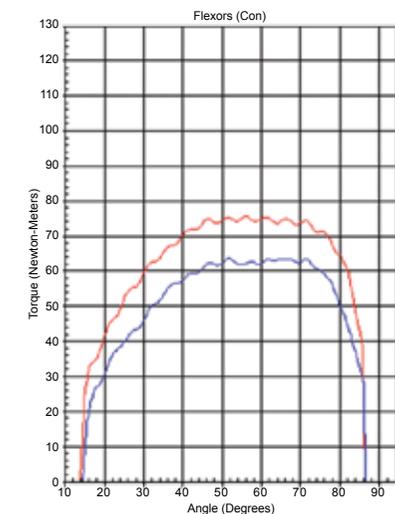
Isokinetic testing is well documented, with testing protocols evidence based and proven to be useful, valid, reliable and easily repeatable.



The Test and Results:



Example of a quadricep muscle torque curve



Example of a hamstring muscle torque curve

Isokinetic testing, and the interpretation of the testing data, assists our physiotherapists in the management of rehabilitation and performance enhancement of the client.