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Isokinetics: Amazon.com

A typical isokinetic test of maximal muscular capacity (that follows familiarization and warm-up) consists of three to four consecutive contractions. As mentioned before, within-test variations are discernible even when the test is based on reciprocal (ie, without intercontraction pause) contractions.

What Are the Benefits of Isokinetic Exercise? - Woman  
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Isokinetic muscle testing using the Biodex System 4 Hardware, test parameters and issues in testing3.  
Reproducibility of isokinetic measurements4. Application of isokinetics to muscle conditioning and rehabilitation5.  
Medicolegal applications6. Isokinetics of the hip muscles7.  
Isokinetics of the knee muscles8. Isokinetics of the ankle muscles9. Isokinetics of the trunk muscles10.

## ISOKINETIC TESTING AND DATA INTERPRETATION

It is over 25 years since isokinetic dynamometry was first introduced into clinical practice and exercise science. Physical therapy, in particular, has benefited significantly from this technology, which rapidly became the tool of choice in hundreds of research papers as well as the cornerstone of quantitative muscle performance assessment in the clinical setting.

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Isokinetic, Isotonic, and Isometric Strength Evaluation ...

Isokinetic assessments of muscle function are widely used to identify specific deficits, or to assess the results of interventions. Some authors have discussed the relevance and meaning of each variable included in isokinetic assessments<sup>1,4-6</sup>. Some publications reported on variables such

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A maximum of 10% deficit for any involved limb (i.e. closed chain testing). No figures exist that are validated for light activities, but a decrease of 30% for one muscle and 20% for one limb are considered acceptable. Sapega (1990) Imbalance of muscle ratios can be used e.g. shoulder internalrotators against external rotators.

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Muscular performance characterization in athletes: a new ...

I used normative isokinetic values at first (still used by Biodex whilst Cybex have the group summary function) but rapidly moved on to muscle ratios across the joints (quads to hamstrings), between the sides (right to left), and within muscle ratios (concentric to eccentric). You might call this early muscle balance testing.

Isokinetics : muscle testing, interpretation, and clinical ...

Isokinetics are a type of exercise often performed in physical therapy offices. The premise behind isokinetics is that it allows for steady, accommodating resistance throughout the range of motion during exercises. Because the resistance

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is controlled through the entire movement, there is a reduced risk of injury. The ...

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## Isokinetics Muscle Testing Interpretation And

Practical and easy-to-use, this text covers the theoretical background of clinical isokinetics and its practical applications in the field of muscle performance and rehabilitation. It examines the methodology and its use in relation to muscle conditioning and rehabilitation.

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Synopsis A clinical reference text covering the theoretical background of clinical isokinetics and its practical applications in the field of muscle performance and rehabilitation. It looks at the methodology of isokinetics, its use in relation to muscle conditioning and rehabilitation as well ...

## Isokinetics: Muscle Testing, Interpretation and Clinical ...

### ISOKINETIC TESTING AND DATA INTERPRETATION

PRINCIPLES OF ISOKINETIC The principle behind Isokinetic exercise and testing is that the lever arm moves at a preset fixed speed allowing for accommodating resistance to the effort the subject applies. This mean that the resistance encountered by the subject is equal to their effort.

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