

ISOKINETICS

What is it?

Short answer

A computerized machine-based test to determine your muscle strength in graphical and numerical terms.

Long answer

Isokinetic/s is a term used in sports science or medicine to describe a type of movement or exercise. Isokinetic/s means movement at a constant speed.

In isokinetic movements, we tell an isokinetic machine to move only at a certain speed (normally described in degrees per second). The machine will then vary its resistance against us to maintain that speed. This means if we push against the machine hard it will give back a lot of resistance to maintain the speed it was told to go at. If we push or pull softly the machine reduces the weight to maintain the speed.

By using the machine, we are able to:

- Easily isolate muscles
- Maximally load a muscle throughout its range of motion in a safe way
- Quantify muscle strength in numerical terms

The isokinetics machine can be used for assessment and/or for strengthening.

At Integrated Health, we tend to use the isokinetics machine as a one-off test in the following scenarios:

- Post ACL reconstruction surgery in the knee
- Following an ankle sprain
- Following shoulder surgery

Why should I have an Isokinetics assessment?

To determine if you are safe to return to your sport/activity.

The assessment will establish your current strength levels in numerical and graphical terms. It will compare the strength of opposing muscle groups within your affected limb against each other as well as against your unaffected side. It will also look at your muscle strength in different parts of your range of movement and during different muscle contractions (concentric versus eccentric).

This in-depth assessment will thus highlight any deficits in muscle strength so that appropriate action can be taken. It is also very useful for you to get a "true feel" about how strong you really are.

How do I book an Isokinetics assessment?

Your therapist will advise you to contact the providers below that conduct the isokinetics test. You can decide which provider to use based on convenience, price and geographical location.

Your therapist will inform you of the test to request from the clinic e.g. knee joint flexion and extension concentric and eccentric

You will have to self-fund the assessment. Check with the provider below regarding their preferred payment method, but cash will most likely be the safest option.

The Isokinetics test should last up to an hour. You should consent to your therapist receiving a copy of the report that is generated. Your therapist will go over the report results with you at your next clinic appointment. Please chat to your Integrated Health therapist if you have any queries.

Providers

Alex Reid

BSc, CSCS, ASCC. Strength & Conditioning Specialist

www.performfitness.co.uk

alexreid@performfitness.co.uk

+44 (0)7739 186501 (leave a message and she will get back to you)

Price: Roughly £100 including report

Nearest tube: Wimbledon

Test performed: only knee and ankle joints are tested

Daphne Bird

British College of Osteopathic Medicine

Lief House, Finchley Road London NW3 5HR

www.bcom.ac.uk

db@bcom.ac.uk

0207 472 5841

Price: Roughly £60 including report

Nearest tube: Finchley Road, Jubilee and Metropolitan line

Hours: 9am-5pm, Tuesday, Wednesday, Thursday

Tests performed: Shoulder, knee and ankle joints are tested