

DYNAMOMETRY

NAME:

DATE OF MEASUREMENT: DATE OF BIRTH:

Use hand grip dynamometry and dynamometry chair + belts for measuring isometric strength. Measure maximum isometric strength parameters (three times each) at standard positions, on both limbs.

Isometric dynamometry – maximum force (F_{\max})

Handgrip		
	F_{\max} (N)	F_{\max} /kg
Right		
Left		

Arm flexion		
	F_{\max} (N)	F_{\max} /kg
Right		
Left		

Knee extension		
	F_{\max} (N)	F_{\max} /kg
Right		
Left		

Knee flexion		
	F_{\max} (N)	F_{\max} /kg
Right		
Left		

CONCLUSIONS

(Compare your strength to a corresponding reference sample. Does your strength layout correspond to sport(s) you perform? Which muscle group is stronger in lower and which in upper extremity – flexors or extensors? Why?)