

## Physiology - Muscles

### Dynamometry

Use dynamometry chair and belts for measuring isometric dynamometry.

Measure maximum isometric strength parameters.

Measure dynamometric parameters (three times each) at standard positions, on the both limbs (R=right, L=left).

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

<b>Handgrip</b>		
	$F_{\max}$ (N)	$F_{\max}$ /kilograms
Right		
Left		

<b>Arm flexion</b>		
	$F_{\max}$ (N)	$F_{\max}$ /kilograms
Right		
Left		

<b>Knee extension</b>		
	$F_{\max}$ (N)	$F_{\max}$ /kilograms
Right		
Left		

<b>Knee flexion</b>		
	$F_{\max}$ (N)	$F_{\max}$ /kilograms
Right		
Left		