

# Testimonials

## **Adam Bellis – Senior Physiotherapist at Nuffield Health Manchester Institute of Health & Performance (MIHP)**

We've been using the Activforce 2 for the last three months and have been extremely impressed by it. We'd been looking for a good quality and sensibly priced hand-held dynamometer (HHD) for over 12-months but were struggling to find a suitable one. The unit is compact, portable and easy to use in clinic. It requires minimal set-up and gives instant objective measures for both range of motion (ROM) and muscular force. I have found this to be particularly beneficial for taking ROM where I would have previously struggled to obtain an accurate goniometer reading. The force testing has been valuable in screening patients quickly and efficiently within the clinic room without the need for accessing equipment in the gym. Patients are impressed by use of more accurate testing methods and this helps in terms of monitoring and feeding-back on changes in objective markers as well as creating better engagement and buy-in from the patient. The Activforce 2 represents one of the most user-friendly HHDs on the market and given the relatively low price point, I would have no hesitation to in recommending it to all physiotherapists and rehab professionals.

## **Dr. Ian Horsley, Clinical Director, Back In Action Ltd. and Regional Lead Physiotherapist at the English Institute of Sport**

I have been using the Activforce and Activforce 2 hand held dynamometers for more than 2 years and would whole heartedly recommend it. For around £360 I find it reliable and straight forward to use, and with the addition of being able to record range of motion with the Activforce 2 unit, it means I need to carry less equipment with me when carrying out MSK assessments.

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## **Oliver Leaper, First Team, First Team Physiotherapist, Wolverhampton Wanderers Football Club, English Premier Football League**

We have found ActivForce2 device extremely useful to monitor our players.

The incentive dynamometry of the Activforce 2 has been useful and very engaging for athletes, and can be used in a wide range of situations.

The ActivForc2 device delivers quick and easy objective measurements to be taken during rehabilitation and return to play. It can be utilised to collect accurate daily measurements, allowing the close monitoring of fatigue markers, or to manage chronic problems.

Due to the size and portability of the device, it can be easily packed for team travel without the risk of damage.

The price point of the multipurpose device means that accurate handheld dynamometry is now available to all practitioners, whichever setting they work.

## **Ali James, Head of Medical Services, Wasps RFC**

I found the Activforce 2 quick to set up and easy to use; the functionality of the both the device and app are good. Recording the data and setting the parameters through the Activforce 2 app through my phone makes it easy to use. The results appear on the app but being able to send them by email is a nice touch. My main use of Activforce 2 is for measuring force but I was quite impressed with the ROM tool.

Whether an elite practitioner in an enhanced setting or a private practitioner, I can certainly see its place and I would recommend Activforce 2.



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## **“David Power – Physiotherapist and Rehabilitation Coordinator at Leicester Tigers Rugby Club**

We have been using the Activforce and Activforce 2 devices for the past season at Leicester Tigers and would happily recommend it for use across sports clubs, private practice and also public healthcare musculoskeletal services.

The apps are extremely easy to use, and we have found great benefit from using both devices for training and rehabilitation, particularly for live feedback provided to monitor isometric training - ensuring constant output across a contraction without dropping intensity, and as an objective marker to ensure consistent progression.

For objective testing as a handheld dynamometer, the ActivForc2 two in particular has proved extremely helpful in providing an email summary in the ActivForce 2 app, featuring a force trace graph to look at rate of force development and the smoothness of contraction over time with limb symmetry. Similarly, we have been able to use the device as a reliable objective measure for some less frequently tested areas such as the foot and ankle.

Given its affordability, it would certainly prove a reliable substitute for force plates for organisations who cannot justify the expense of more expensive devices, and it's variety of uses make it an excellent option for practitioners.”

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## **Andrew Hyde, Strength & Conditioning Coach, Leeds Teaching Hospitals**

My organisation purchased an Activforce 2 which has been a highly valuable tool to use with our patients. We initially ran into some complications with our Activforce 2 account and some of the additional equipment add-ons. Michael helped us quickly resolve these complications which made us feel like we had full customer support from Activbody even after buying their dynamometer. Would 100% recommend

## **Rebecca Cox, MSST. Sports Therapy Technician, Solent University, Southampton, England**

Here at Solent University, we have three ActivForce 2! We use these small handheld devices in our student lead clinic, practical teaching sessions and research. The ActivForce 2 allows us to record accurate and quantifiable results. We can assess and track progression easier as we have increased standardisation of assessment. We can present our results for both students and clients to see as data which is increasing engagement and understanding.

The device is very user friendly, easy to pack and take away with you and can be used in a variety of settings. We will definitely be looking to expand our use of this device.

## **Gunvor Halmøy, Physiotherapist Trondheim Idrettsklinikk (Norway), & Physiotherapist Norwegian Womens National Football Team**

Activforce 2 is a useful tool that ensures accurate measurements and makes it easy to track patient progression. With features for both strength and angle measurements, it is a useful product that can be used a lot. I use Activforce 2 mostly to check the development of strength in the rehabilitation of patients and players.

After a strength test, there is a nice graphical presentation of the power development during the test and a comparison with the opposite side. I often find that patients find this informative and motivating. "



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## **Hamish Cameron, Wessex Rehab, Salisbury NHS Foundation Trust**

The Activforce has been a great addition to the service that we are able to deliver to our patients. It has really helped us clearly demonstrate to our patients where they still need to focus their rehabilitation efforts. It is simple to use and far easier to chart a patients progress over time than with Oxford muscle grading. Would thoroughly recommend!

## **James Kirkpatrick, Physiotherapists and owner of The Recovery Room (UK)**

Active force 2 helps patients understand the problem and strength deficits, while giving objective markers to the clinician. As a result, patients love the challenge to improve strength, more actively comply with exercises for the next session, helping motivation over treatment.

Treatment plans can be changed as a result of the measurements, helping the clinician determine the most appropriate treatment plan and compliance with exercises.

Clients who are not currently injured can use strength testing, prior to starting a new activity, allowing the clinician to advise on the appropriate conditioning plan and market to an active and healthy population.

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## David Robertson, owner, Better Physiotherapy

Having worked in out-patient, sports and occupational health physiotherapy for over 15 years, and now running my own private practice I am always keen to ensure that I am not only accurate in my assessment but also am offering clients a great quality of care.

For some time I had been very interested in hand held dynamometers, however the price of the units made buying even one prohibitive. I was delighted with the release of the ActivForce Hand Held dynamometer, as this made accurate assessment of strength in a clinic setting affordable. Being able to make quick, highly accurate measurements of strength was a real game changer for me and clients, as I was able to take the guess work out of both assessment and progression of treatment. Clients also really bought in to the feedback they were able to get of their progress with physiotherapy and appeared to be highly motivated and compliant with rehab plans and at review sessions to ensure that they were able to improve on previous scores.

The ActivForce 2 has raised the bar for me and my clients by providing really useful accessories that makes assessment quicker, more comfortable and more adaptable to the situation. The goniometer feature has now helped to take the guess work out of assessing movement. The updated app has also made the testing process more streamlined and with greater feedback and reporting features.

An added bonus of the ActivForce and even more so the ActivForce 2 is that having accurate measures of both strength and movement means that I am able to show the effectiveness of treatment and quality of service not only to clients but also to referrers, helping me to meet quality of service standards.



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## Allied Health Professionals Suffolk

- Provides a more meaningful number to assess strength, opposed staying at a 5/5 or going from a 4-4+ to a 5/5. Especially helpful for patients who were scoring 5/5 on the Oxford Strength scale, it gave both myself and the patient evidence of them getting stronger.
- Patients using the Activforce showed less UTAs or DNAs for subsequent sessions, likely due to their increased 'buy-in' to their treatment from the offset/ introduction of the Activforce.
- Highlighted strength deficits from limb-to-limb that patients weren't aware of, or in some cases didn't believe were there. This also added to the patient buy-in.
- Enabled me to change my approach with exercises for specific patients. After 6/52, one patient with Hip OA was testing stronger in knee extension on his still symptomatic leg with no changes to function or pain levels. In testing SLR I noticed a significant difference from L-R (6.4Kg max force R to 3.1Kg max force on L). This resulted in changing my focus to the patient's hip flexors more than quads.
- Activforce is a great, accessible option for us to use in our clinics, providing a much improved level of objectivity. Each patient it was used on were excited and interested in what it was and more importantly how much they'd improved from session-to-session