

Karl McDonald, Japan Rugby World Cup Lead Physiotherapist

Throughout the 2019 Rugby World Cup the Japanese Team used the activ5 workout device and training app as one of our daily monitors for fatigue to help prevent overtraining and injury. We also used ActivForce to strengthen and monitor the injury status of one of our key players who had a chronic groin injury. I have no doubt this helped us manage him through a grueling build up and World Cup. The potential uses of this easily portable device are endless and I would highly recommend it as a useful tool in all high performance programs".

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

We have found the Activ5 and ActivForce devices extremely useful to monitor and maintainance our players.

The incentive dynamometry of the activ5 has been useful and very engaging for athletes, and can be used in a wide range of situations.

The ActivForce 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.

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

I have been using the Activforce and Activforce 2 hand held dynamometers for almost 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 2unit, it means I need to carry less equipment with me when carrying out MSK assessments.

Jamie Thorpe Head of Science & Medicine Lead Physiotherapist Somerset County Cricket Club

"finding the device very useful. Have used it in screening and for collecting Peak Force within rehabilitations"

Matt Hirons Head Physiotherapist First Team Reading FC

We have used the dynamometer with several of the injured players we currently have as a monitoring and exercise tool for isometric muscle work in the early stages of rehab, helping us to monitor forces and load.

The Activforce has been received well by staff in both the first team and academy medical departments. It's easy to use and obviously portable , both of which are important, particularly if travelling.

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 Activ5 showed less UTAs or DNAs for subsequent sessions, likely due to their increased 'buy-in' to their treatment from the offset/ introduction of the Activ5.

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.

Rachel Carter - British Cycling & EIS Multi-Sport Physiotherapist

Yes Kyle (Kyle Evans, 2018 European BMX Gold Medal Cyclist) and I have had been using the Activforce – and completed some strength testing and Kyle has also trialled some of the exercises too. We have a physio appointment today, where we are going through some more of the exercises and doing a full upper body strength testing profile – so far, I am loving the ease of using it – very ergonomic, and I was saying to Ian H (Horsley) last week that I love that it does the equation for you! (the bit I hate doing! Ha). So very happy with the product so far. And Kyle was liking the different choices of exercises that are specific to his weaknesses – he has a long history of wrist & shoulder injuries, and he is definitely feeling more confident building his strength in this area, and noticing the difference on the bike, with reduced pain on gripping handlebars when completing his starts.

Very positive in these early stages, so I am very pleased.

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!

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.

David Robertson, the owner of 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.

James Kirkpatrick, Physiotherapist 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.

Connor Rice CFO Barwis

“The ActivForce is a critical component to all BARWIS screens and evaluations with our clients including Professional Athletes, Neurological Clients, and General Population. We have used the ActivForce with the entire Detroit Red Wings organization.”