Activforce 2 Digital Dynamometer User Guide

actiforce

2 Digital Dynamometer
User Guide

Contents

Activforce 2 Digital Dynamometer

Activforce 2 User Guide – Best Uses

To safely and accurately use the Activforce 2 handheld dynamometer and inclinometer, adhere to these best

practices when using the device and its attachments. This is a device intended for use by trained professionals only.

Best Uses for the Activforce 2 Device

Range of Motion Test

When performing a Range of Motion test with the Activforce 2, place the device furthest away from the joint being tested but without going past another joint. While the device is calibrating, make sure that the device is being held still in the starting position. Then, move the device in a Point A to Point B Movement only. Moving the device from Point A to Point B and back to Point A can increase the possibility of an inaccurate measurement. Also, when moving the device from Point A to Point B, ensure that the movement of the device is completed in a Single Plane of Motion.

Strength Test

When performing a Strength test with the Activforce 2, place the device furthest away from the joint being tested but without going past another joint. While the device is calibrating, make sure that the device is being held still in the starting position. The hand strap can add force to the measurement, which is why it is important to calibrate in the starting position. When performing the test, apply enough counter force to immobilize the device during the test. Techniques include leveraging, body blocking, using the belt to attach to an immobilized object, or using the device with an immovable object. Break tests are not recommended for rehabilitation testing with this device. Direct all force into the device directly perpendicular through the device center point. Do not apply force at an angle or in a direction going across the device.

App Usage

The recommended use for the Activforce 2 app is to compare side symmetry for rehabilitation testing by using the patient's healthy joint measurements for a repeatable objective measurement to compare to an unhealthy joint measurement. For increased accuracy, ensure consistency between tests by repeating tests in the same way for reliability. For each protocol performed, remember the joint angle for the strength test, the position of the patient, and the placement of the device. For example, the patient was tested in a seated position, with the knee at 90º, and the device was placed on the distal tibia when performing a knee extension strength test.

Also, protect your patient's privacy. Please adhere to your region's patient privacy laws. Do not include the patient's information in test names. Sign in and out of the app or use the security features on your mobile device. Only send data to a secure patient-private email and shred unused printouts that have patient data.

Best Uses for the Hand Strap

When using the Hand Strap attachment, ensure the strap is securely fixed in position. Use the Hand Strap to secure the device to the user's hand for Strength tests. Also, the Hand Strap can be used to fix the device to the body of the patient for a hands-free range of motion test.

Best Uses for the Soft Pad

When using the Soft Pad attachment, ensure attachment is securely attached in the locking mechanism. Use on the hard or boney parts of the body to decrease pain signals from the pressure that may interfere with the measurement. The soft pad can be used with or without the adhesive foam pad and silicon cover. If the adhesive foam pad is used, make sure it is securely fashioned to the soft pad and the silicon cover is on all the way. It is important to apply force directly into the foam pad and not at an angle. This will reduce the risk of the foam tearing off or the silicon cover slipping resulting in inadvertent failure to complete the test. Utilize the curve of the Soft Pad to fit to the curve of the body part for device placement.

Best Uses for the Round Pad

When using the Round Pad attachment, ensure it is securely attached in the locking mechanism. Use of the Round Pad with the Belt Loop is to be used on soft body parts for more secure device placement. Use this pad for all grip measurements. Use this attachment when pushing up against an immovable object (like the wall with shoulder external rotation).

Best Uses for the Belt Loop Plate

When using the Belt Loop Plate attachment, keep the belt going perpendicular through the loops in order to reduce strain on the attachment. The plate is designed to hold the belt in position during a test and it is not designed to withstand strain or force from a test. There needs to be no tension on the loops for a more accurate measurement. Keep the straps parallel to the direction of force so the force goes directly through the device. Ensure Belt is wrapped over the smooth side of the device and not over the attachment side of the device. The recommended use for the Belt Loop Plate is with the Round Pad attached while the device being pressed into the inanimate object.

An alternate use with the Belt Loop Plate is to have the patient press into the device with the belt wrapped around the inanimate object.

Another recommendation is for the user to step on the belt and have the patient press into the device.

Best Uses for the Leg Strap

When using the Leg Strap attachment, ensure the strap is securely fixed in position. Use the Leg Strap to attach

the device to the patient's larger body parts for Range of Motion tests.

Documents / Resources

	Activforce Activforce 2 Digital Dynamometer [pdf] User Guide Activforce 2 Digital Dynamometer, Activforce 2, Digital Dynamometer, Dynamometer