

BASELINE[®] MEASUREMENT INSTRUMENTS

Mechanical Push-Pull Dynamometer

- comes in protective carry case (a) with 9-piece accessory pack:
 - 3 push pads (b, c, d)
 - 3 push circular tips (e, f, g)
 - 1 open pull hook (h)
 - 1 snap-close pull hook (i) with adapter (j)
- maximum pointer remains until reset
- 5 gauge capacities available

for strength measurement:

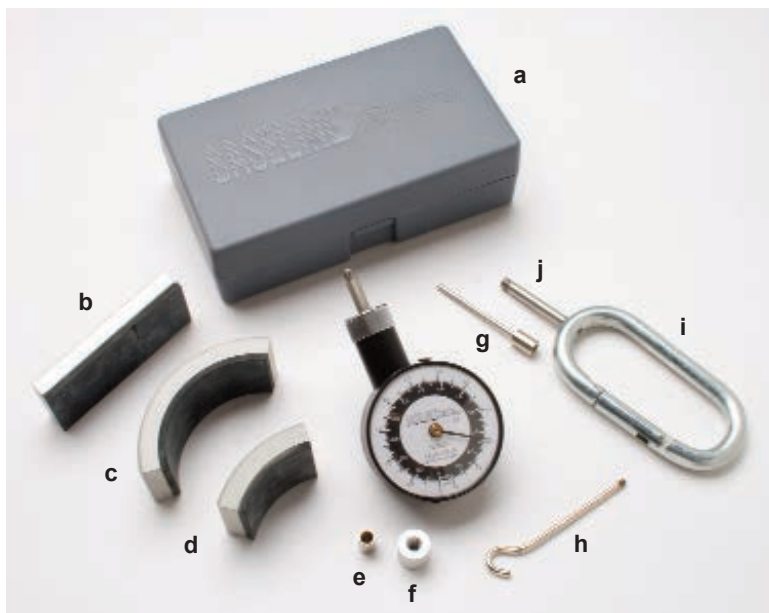
- use (b,c,d) in push mode to conduct “make” or “break” strength tests
- use pull mode to conduct tests in which pulling is required

for sensory evaluation (dolorimeter):

- use push tips (e,f,g) for sensory and pain threshold evaluation

other

- use pull hooks as hanging scale to measure weight



specifications

- measurement range and graduations for each model

model	range	graduations
12-0300	0-2.2 lbs. / 1 kg	.02 lbs. / 10 g
12-0301	0-5.5 lbs / 2.5 kg	.05 lbs. / 25 g
12-0302	0-11 lbs. / 5 kg	.10 lbs. / 50 g
12-0304	0-22 lbs. / 10 kg	.25 lbs. / 100 g
12-0303	0-66 lbs. / 30 kg	.50 lbs. / 250 g

how to use push mode

- push side has threaded stud
- screw desired push attachment onto stud and hand-tighten
- remove attachment when not in use



with push pad



with circular push tip

how to use pull mode

- pull side has threaded cavity; thread begins approximately 1" (25cm) inside cavity (gauge housing)

for open hook

- insert then screw male portion (threaded stud) of open hook into threaded cavity

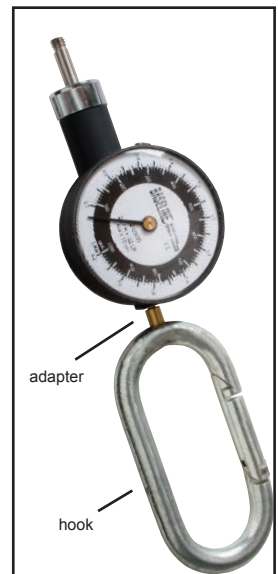
for closed snap-hook

- insert then screw threaded portion of adapter stud into threaded cavity; screw closed hook onto adapter stud

- remove hook when not in use



with open hook



with closed hook and adapter

Introduction to Manual Muscle Testing (MMT)

General Testing Concepts

Refer to appropriate textbooks and manual muscle testing resources and guides for patient conditions suitable for dynamometry testing, further testing methods and protocols, and for evaluation of test data.

Reasons for Muscle testing:

Screening: measurement of the subject's strength against a known norm (i.e., grip strength of fireman) or against a benchmark value needed to perform a given task (i.e., ability to lift a box)

Comparative: to measure the subject's strength dominant side vs. non-dominant side (right hand against left hand) to ascertain extent of "impairment." To measure the subject's strength over time to ascertain the effectiveness of a treatment protocol.

Muscle testing methodology:

Positioning the subject: The angle of the joint during the test has a direct effect on the strength measurement result. If the objective is to simulate a given activity, then the joint angle should be as close as possible to the angle required by the activity to be performed.

Stabilizing the subject: The subject's body should be stabilized to ensure that the muscle or muscle group being tested is isolated.

Testing methodology:

Break test: The tester firmly holds the dynamometer and applies force against the subject's body until it begins to move. The reading represents the muscle strength "break" point at which the subject could not overcome the tester's force.

Make test: The subject initiates and exerts a force against the dynamometer (that is firmly held by the tester) until it begins to move. The reading represents the muscle strength "make" point at which the subject overcomes the tester's force of resistance.

Instrument test: The subject gradually (no sudden, jerky or abrupt movements) exerts force against the instrument until the strength or pain threshold is reached. The final result is not dependent upon the tester's resistance, only upon the instrument.

Consistent results: Regardless of the test, the subject should be made to perform the test three (3) times. If the individual readings are inconsistent, wait a few minutes and repeat the test. If possible, test the uninjured side first.

BASILINE[®] MEASUREMENT **INSTRUMENTS**

Baseline[®] is BetterSM - Evaluate strength, ROM, and more

strength



range-of-motion



body fat



flexibility



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