

**Medical Exercise Therapy: Level 1 – Clinical Dynamometry
8 Contact Hours****Objectives**

The main objective of Level 1: Clinical Dynamometry is for clinicians to obtain the skill set for using a handheld dynamometer as a valid and reliable assessment tool in daily clinical practice. The different instruments, assessment and utilization modes are examined. With a mix of lecture and extensive lab practice, this course enables clinicians to immediately implement the use of clinical dynamometry.

Upon completion of this course the student will:

- Define the quantities of mass, force, internal and external torque, torque ratios
- Identify when to use manual muscle testing and HHD
- Distinguish when to use a HHD break technique vs. a make technique
- Recognize validity and reliability of HHD
- Identify how to increase reliability with patient, provider and instrument position
- Apply HHD as a tool for clinical documentation, demonstrating progress, patient motivation
- Operate a handheld dynamometer to assess strength with movement bias
- Operate a handheld dynamometer to assess strength with muscle / muscle group bias
- Operate a handheld and pull dynamometer to assess strength to facilitate the Clinical Fatigue Test
- Operate a handheld dynamometer to assess strength for the upper quadrant, lower quadrant and spine

Recommended Pre – Course Reading

Kolber MJ, Cleland JA. Strength testing using hand-held dynamometry. Phys Ther Rev 2005; 10: 99–112.

Course Outline

All modules are a combination of lecture and lab

08.00 AM	Registration
08.15AM	Practical Biomechanics
08.45AM	Validity and Reliability of HHD
09.30 AM	Assessment of the Upper Quadrant
10.30 AM	Break
10.45 AM	Assessment of the Upper Quadrant -continued
11.15 PM	Assessment of the Lower Quadrant
12.45 PM	Lunch
01.30 PM	Assessment of the Lower Quadrant - continued
02.30 PM	Assessment of the Spine
03.45 PM	Break
04.00 PM	Post Course Interaction (theory and practical)
05.30 PM	Adjourn