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’.

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.