



# UNITY MOVE

PHYSICAL THERAPY & WELLNESS PLLC

## DYNAMO

HANDHELD STRENGTH & ROM

Our clinic uses the DynaMo Handheld Strength & ROM system to perform more than 300 strength and range of motion tests.

DynaMo is a handheld dynamometer and inclinometer for modern practitioners. We have invested in DynaMo because it's a modular device featuring five Smart Attachments that allows us to perform more than 300 strength and range of motion tests.

DynaMo uses Near-Field Communication technology to wirelessly detect a range of five quick-release Smart Attachments, which include a palm pad, a flat pad, a curved pad and tension links – all of which connect to the device instantly and are detected automatically.

The attachments allow us to perform a wide range of push and pull tests, while DynaMo's in-built 9-axis Inertial Measurement Unit also allows us to measure range of motion. An adjustable Grip Strength Attachment transforms the device into a highly versatile hand dynamometer.

### How does DynaMo work?

DynaMo is a portable, fully wireless device that captures objective data from more than 300 strength and range of motion tests. DynaMo's custom-built mobile app for iOS and Android is fully integrated with VALD Hub, meaning your data is captured digitally and stored securely against your own personal profile for longitudinal analysis.

DynaMo has been designed with modern practitioners in mind to perform the largest number of tests with the fewest possible attachments. By utilising an all-on-one device that not only objectively measures strength and range of motion, but is also capable of measuring grip strength, we save time on taking clinical notes by hand that we reinvest into our clients' care.





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DynaMo allows practitioners to target specific areas of the body – including every major joint in the body – as well as to change tests by attachment. What you can measure with DynaMo:

### Strength

DynaMo measures force through standard push tests, with the included tension links also allowing pull tests to be performed.

### Range of Motion

DynaMo is an inclinometer, with the in-built 9-axis IMU used to measure range of motion.

### Grip Strength

An adjustable Grip Strength Attachment transforms DynaMo into a portable hand dynamometer that accurately measures grip strength.

### Some of the tests include:

- Push Test
- Pull Test
- Fixed Point Tests
- Range of Motion Test
- Grip Strength

### Frequently asked questions

#### Who can benefit from DynaMo analysis?

People of all ages and health ranges can use DynaMo to perform hundreds of strength and movement tests. It is effective for general health screenings, and can also be used to assess sport injuries, fitness for returning to work, ergonomic concerns, and preoperative and post-operative health.

#### How long does it take?

Depending on the type and quantity of tests being performed, it can take up to 20 minutes. Individual tests can be completed in as little as 1 minute.

**Contact our clinic today to book a DynaMo analysis appointment.**