



Our clinic offers ForceDecks, Dual Force Plate System for analysing strength and imbalance.

### Measure key performance indicators, muscle imbalance and injury rehab progress

With ForceDecks we are able to measure and assess your strength, side-to-side differences and movement through a range of exercises and jumps. Previously limited to elite sporting teams including many of those in the NBA, NFL and EPL and a number of performance and research centres, our clinic has invested in this technology to make it available to you.

Once your assessment is complete, the system will generate a report of how your body moves and we will use this information to work with you to track progress and key milestones to reach your goals whether that be pain-free, performance, return-to-sport or your daily activities.

### How does ForceDecks work?

ForceDecks gather a complete assessment of strength and power as well as the movements you need to perform in daily activities or sport, including squats, lunges, deadlifts, jumps, hops, push-ups, and more.

See your results instantly captured and analysed to allow your practitioner to gather objective data to make decisions for your performance or rehab program.

**FORCEDECKS**  
DUAL FORCE PLATE SYSTEM



## A complete report to take home

As soon as you complete an assessment, one-click automatically generates a complete test report. The data is shown in easy to interpret graphs for your review.

### Measure and see:

#### Performance profiling

How quickly do you create force, what is your athletic profile are you powerful or strong or both?

#### Fatigue and readiness monitoring

Compare your fatigue levels from week to week. Are you ready to perform at your best?

#### Training and rehab progression

compare yourself to your numbers when you were at full fitness and pain-free.

### Some of the tests include:

- Countermovement jump
- Squat jump
- Single-leg jump
- Drop jump
- Land and hold
- Weighted squat



## Frequently asked questions

### Who can benefit from ForceDecks analysis?

People with injuries pre-op and post-op. Athletes looking to improve their strength and prevent injuries. Exercise plan for older individuals to improve balance and strength and prevent falls.

### How long does it take?

Depending on the tests, it can take between 2 and 30 minutes.

### Is this only for assessments?

No, this can also be very useful for rehabilitation and training.

# FORCEDECKS

DUAL FORCE PLATE SYSTEM

## For rehab and minimising injury risk

Using the data from a ForceDecks assessment we design better rehabilitation, training, and management programs. See progress throughout your journey and know your plan is on the right track to helping you achieve your goals.

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