

ISOKINETIC TESTING AND DATA INTERPRETATION

normative database

CURRENT RECORDED NORMATIVE GOALS (ENGLISH UNITS)

JOINT MOVEMENT AND POSITION	SPEED DEGREES/SECONDS	PEAK TORQUE/BW RANGE				FLEX/EXT RATIO		EXT ROT/INT ROT RATIO		ABD/ADD RATIO		DORSI/PLANTAR RATIO		EVER/INVER RATIO	
		MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
Lumbar Flexion Semi Standing	60 90 120	114 * *	121 * *	* * *	* * *										
Lumbar Extension Semi Standing	60 90 120	150 133 145	162 139 150	* * *	* * *	49 59 51	49 59 51								
Shoulder External Rot. Mod. Neutral	60 180	13 11	17 15	10 8	13 12										
Shoulder Internal Rot. Mod. Neutral	60 180	19 17	26 23	14 13	18 17			64 66	71 71						
Shoulder Flexion Seated	60 180 300	25 22 9	34 29 12	23 20 21	30 26 27										
Shoulder Extension Seated	60 180 300	28 22 28	37 30 37	24 18 17	31 23 23	90 83 69	79 83 81								
Shoulder Abduction Seated	60 180	20 18	27 24	16 14	20 18										
Shoulder Adduction Seated	60 180	32 27	43 36	27 25	35 33					66 53	64 78				
Ankle Plantarflexion Seated	30 60 120	49 36 23	65 48 31	43 36 20	55 46 26										
Ankle Dorsiflexion Seated	30 60 120	13 11 9	17 15 12	16 15 11	21 20 14							26 31 39	39 43 54		
Ankle Eversion Seated	30 60	13 9	17 12	12 9	16 12										
Ankle Inversion Seated	30 60	12 11	16 14	14 12	19 15									87 90 81 80	
Knee Flexion Seated	* *	* *	* *	* *	* *										
Knee Extension Seated	60 180 300	86 58 40	115 75 55	80 50 30	95 65 45	61 72 78	62 76 79								
Hip Flexion Supine	45 300	40 10	52 13	38 7	50 9										
Hip Extension Supine	45 300	63 34	82 44	57 28	77 37	64 29	66 25								
Elbow Flexion Seated	60 120	21 21	28 28	20 34	26 45										
Elbow Extension Seated	60 120	21 23	28 30	23 18	30 24	97 93	88 98								
Wrist Flexion Seated	60 120	4 2	7 4	4 2	7 4										
Wrist Extension Seated	60 120	2 2	4 4	2 2	4 4	57 97	57 97								

* THE BIODEX NORMATIVE DATABASE IS A COMPILATION OF PUBLISHED INFORMATION TO BE USED AS UNILATERAL GOALS. PEAK TORQUE TO BODY WEIGHT IS EXPRESSED IN A RANGE WHICH ENABLES THESE GOALS TO BE RECOMMENDED FOR VARIOUS GROUPS (PREPUBESCENT PATIENTS DO NOT APPLY)