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# Intrarater Reliability of the Humac NORM Isokinetic Dynamometer for Strength Measurements of the Knee and Shoulder Muscles

Habets B, Staal JB, Tijssen M, van Cingel R

## ABSTRACT SUMMARY

This study evaluated the test-retest reliability of the Humac NORM isokinetic dynamometer across 54 participants, testing concentric and eccentric strength of knee and shoulder muscles at multiple angular velocities. ICC values for knee tests ranged from 0.74–0.89 (knee) and 0.72–0.94 (shoulder), demonstrating good to excellent reliability for clinical and research use.

## CLINICAL RELEVANCE – PHYSIOMED AUSTRALIA

This study directly supports the use of the HUMAC NORM system – supplied by Physiomed Australia – as a reliable tool for quantifying muscle strength deficits in clinical and sports-medicine settings.

## FULL PAPER – PUBMED REFERENCE

<https://pubmed.ncbi.nlm.nih.gov/29321059/>

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