

BACK IN ACTION LIGHT

The compact test
battery for lower
extremity injuries



Ideal for recreational athletes.

This test battery provides an objective assessment of rehabilitation progress following an injury to the knee, hip, or ankle. It also helps identify areas with potential for further improvement. The assessment focuses on stabilization and coordination abilities, as well as jump performance.

BIA KNEE & JOINTS FOR

- Monitoring the rehabilitation process
- Identifying re-injury risk factors
- Ensuring the right timing for returning to daily activities and sports

Prices and further
information available
at www.motum.at



TESTING 45 MIN

- Single-leg stability test
- Dynamic stability test
- Single-leg and double-leg jump testing
- Single-leg and double-leg plyometric jumps
- Single-leg plyometric jump course
- Expert feedback from a sports scientist

TARGET GROUPS

- Active people
- Recreational athletes
- Amateur athletes

