

FORCE PLATFORM ASSESSMENT AND THERAPY SERVICES

North Shore Health's Physical Therapy Department is pleased to provide Force Platform technology for assessing your movement as well as differences in strength in your lower extremities. This technology may also be used during your therapy sessions to track your progress.

What is a Force Platform?

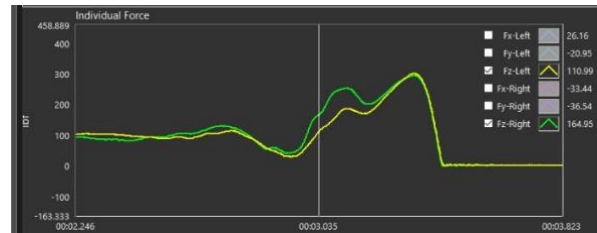
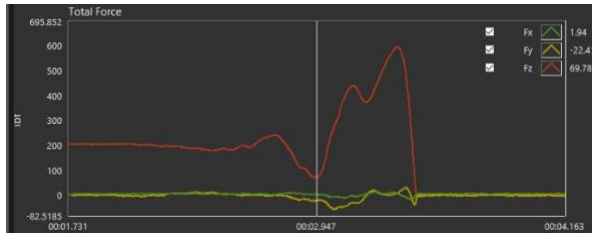
Force Platform technology combines specialized platform scales, video, and computer technology that together measure and calculate force, time, and movement characteristics of you moving on video. The two highly sensitive scales measure in multiple different directions. A bathroom scale only measures vertical pressure. Force Platform scales measure forward, backward, side-to-side, and vertical directions. This can be a using a single motion, or multiple movements including squats, getting into or out of a chair, or vertical jumps. North Shore Health's Rehab Department has the same high caliber equipment that they use at large hospital institutions and in the MLB, NHL, and USA Olympic training centers. The platforms and software have the capability for gait assessment in the future.

We evaluate symmetry between legs with specific tests directed by your physical therapist. These tests are specifically evaluating your movements to determine if there are imbalances between your lower extremities. Evidence suggests that larger imbalances in strength and power are associated with further problems relating to your performance in standing balance, falls, walking, jumping and sprinting. Strength differences between limbs have also been associated with an increased risk of prospective injury. Differences between your legs are shown by the lines in the body and graphs. Your physical therapist will assess the measurements and create a therapy plan to address these differences. Utilizing the Force Platform allows the patient to see in real time differences side to side to make immediate corrections resulting in measureable progress.

What conditions are measured?

- All Lower extremity injuries
- Falls and Balance
- Neurological impairments related to the lower extremities
- Sports Injury Prevention and Return to Sport
- Any movement that involves the foot in contact with the floor

What do the Measurements Look Like?



Return to Sport and Activity:

Identifying the difference side to side will allow you to see your improvement through a real time feed by tracking your progress toward strengthening over time. This will enable you to confidently get back to sports safely and not spend your time questioning your body's readiness.

A physician referral may be required for insurance coverage. For more information, or to schedule an appointment, call [218 387 3276](tel:2183873276).