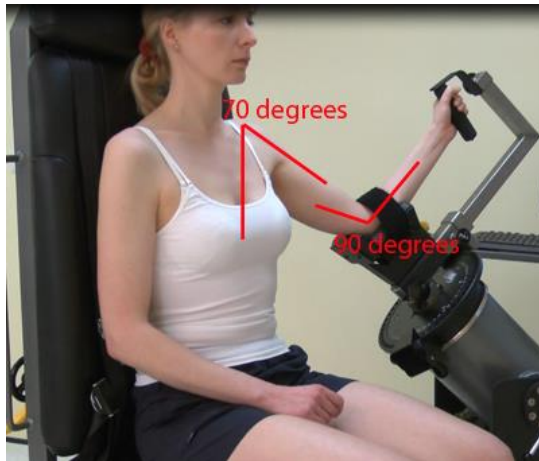


HOW WE USE THE IKD FOR PROFESSIONAL ATHLETES:

The example below highlights how the IKD can be used by professional sporting clubs for rehabilitation of their athletes. In this instance a professional rugby league player is 4.5 month post right shoulder laterjet surgery and was experiencing ongoing pain during return to contact work.

SETUP:**TIMELINE:**

10/11/22 – Initial Assessment + IKD exercise session

12/11/22 - IKD exercise session

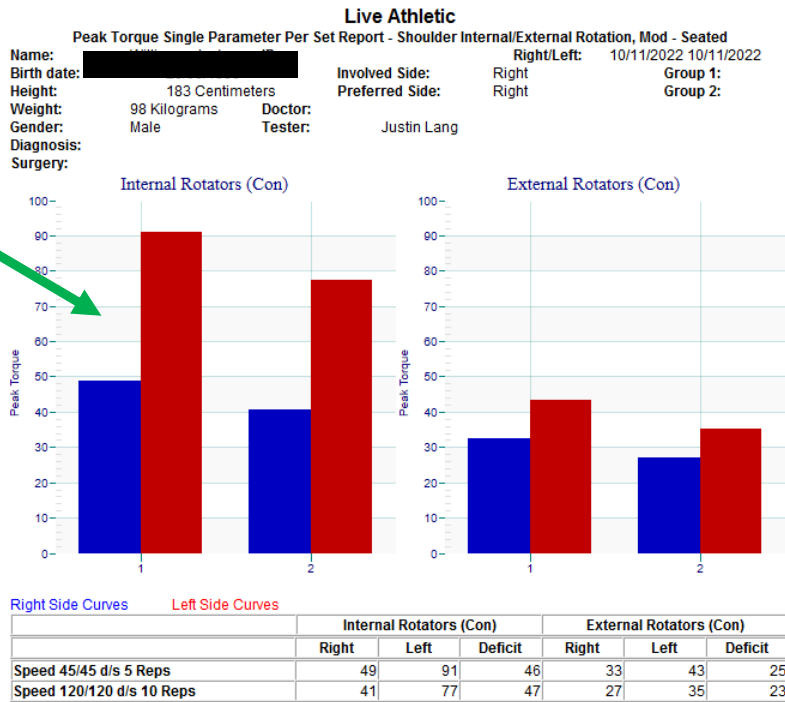
15/11/22 – Reassessment + IKD exercise session

22/11/22 - IKD exercise session

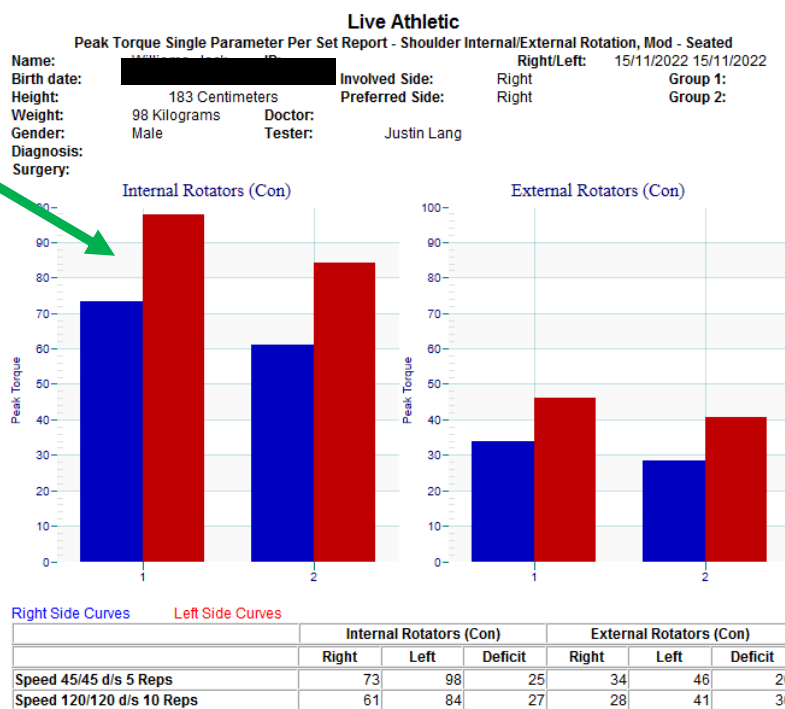
Date	Machine	Pattern	Description	Test	RDData	LDData
22/11/2022 5:30:54 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	Isotonic Shoulder IR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22/11/2022 2:35:40 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER CONC/ECC	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
22/11/2022 2:23:01 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	IR CONC/ECC 5x5r	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
22/11/2022 2:11:15 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER Isotonic 2:20N	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
15/11/2022 2:45:16 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	IR CONC/ECC 5x5r	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
15/11/2022 2:36:27 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER CONC/ECC	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
15/11/2022 2:30:38 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER Isotonic 2:20N	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
15/11/2022 2:04:08 PM	NORM	Shoulder Internal/External Rotation, Mod - Seated	Shoulder IR/ER 2 Speed Modified Seated	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
12/11/2022 7:40:34 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER Isotonic 2:20N	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
12/11/2022 7:37:44 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	Shoulder ER Ramp CONC/ECC	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12/11/2022 7:13:45 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER CONC/ECC	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
12/11/2022 7:04:54 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	IR CONC/ECC 5x5r	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
12/11/2022 6:54:23 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	Passive ER/IR	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10/11/2022 9:00:43 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	ER CONC/ECC	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10/11/2022 8:50:12 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	IR CONC/ECC 5x5r	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10/11/2022 8:13:55 AM	NORM	Shoulder Internal/External Rotation, Mod - Seated	Shoulder IR/ER 2 Speed Modified Seated	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

STRENGTH DEFICITS IN IR AND ER AT INITIAL ASSESSMENT

46% deficit reduced to 25% in IR after two loading sessions.

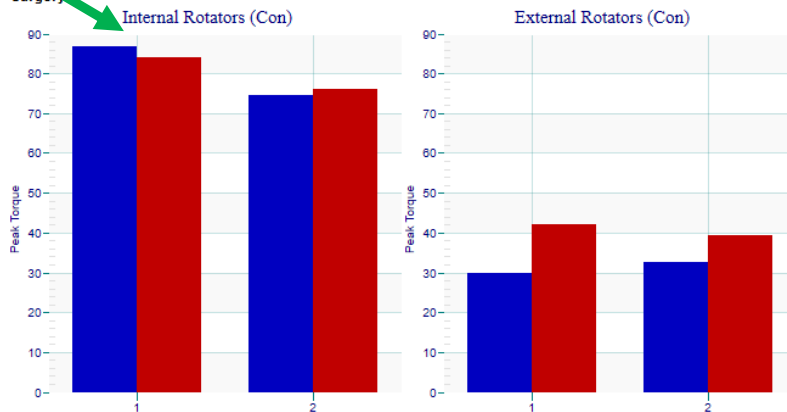


REDUCTION IN STRENGTH DEFICITS IN IR FROM 46% TO 25% IN 2 LOADING SESSIONS



ZERO IR DEFICIT AT 15 DAYS POST INITIAL ASSESSMENT

Live Athletic
 Peak Torque Single Parameter Per Set Report - Shoulder Internal/External Rotation, Mod - Seated
 Name: [Redacted] Right/Left: 25/11/2022 25/11/2022
 Birth date: [Redacted] Involved Side: Right Group 1:
 Height: 183 Centimeters Preferred Side: Right Group 2:
 Weight: 98 Kilograms Doctor: Justin Lang
 Gender: Male Tester:
 Diagnosis:
 Surgery:



	Internal Rotators (Con)			External Rotators (Con)		
	Right	Left	Deficit	Right	Left	Deficit
Speed 45/45 d/s 5 Reps	87	84	3	30	42	29
Speed 120/120 d/s 10 Reps	75	76	2	33	39	17

WHY LOOKING AT FORCE OVER POSITION IS CRITICAL:

46% deficit in peak strength but 74% deficit internal rotation deficit at 20 deg of external rotation at initial consultation.

Live Athletic
 Curve Overlay Report - Shoulder Internal/External Rotation, Mod - Seated
 Name: [Redacted] Right/Left: 10/11/2022 10/11/2022
 Birth date: 28/09/1996 Involved Side: Right Group 1:
 Height: 183 Centimeters Preferred Side: Right Group 2:
 Weight: 98 Kilograms Doctor: Justin Lang
 Gender: Male Tester:
 Diagnosis:
 Surgery:

