

HUMAC[®] SMARTLIFT

FUNCTIONAL CLOSED LOOP TRAINER

Expand your functional training and measurement capabilities with **HUMAC SmartLift** by **CSMi** & **CYBEX International**. With HUMAC SmartLift clinicians can provide visual performance isotonic and isometric contraction goals for patients to follow. Visual goals reduce training time, provide motivation, and when coupled with real-time feedback make it easier for clinicians to adjust patient performance to maximize results. **HUMAC SmartLift** is available as a complete system (HUMAC & weight stack) and as an upgrade if you already own a weight stack.

CSMi Orthopedic Measure and Training 781-297-2034

Isometric - Knee Extension/Flexion

Name: Potash, Rob L. ID: 1234 Right/Left: 3/4/2008 3/4/2008
 Birth date: 1/11/1983 Involved Side: Left Group 1: Wrestling
 Height: 68 Inches Preferred Side: Right Group 2:
 Weight: 160 Pounds Doctor: Harris
 Gender: Male Tester: CSMi Tech
 Diagnosis: 8/1/2007 ACL Tear
 Surgery: 8/20/07 Arthroscopy

Isometric Extensors (Con) Angle 90 deg

Value	Cof Var	%BW
Peak Torque (Foot-Pounds) - Zoom		
Right	67	0.04
Left	48	0.09
Deficit	19	0.05
Average Torque (Foot-Pounds) - Zoom		
Right	59	0.04
Left	42	0.06
Deficit	17	0.02
Peak Torque Slope (Foot-Pounds/Seconds) - Zoom		
Right	57.00	0.76
Left	50.72	0.25
Deficit	6.28	0.51
Time to Half Peak Torque (Seconds) - Zoom		
Right	0.19	0.34
Left	0.21	0.48
Deficit	0.02	0.14
Time to Peak Force (Seconds) - Zoom		
Right	1.59	0.53
Left	0.97	0.27

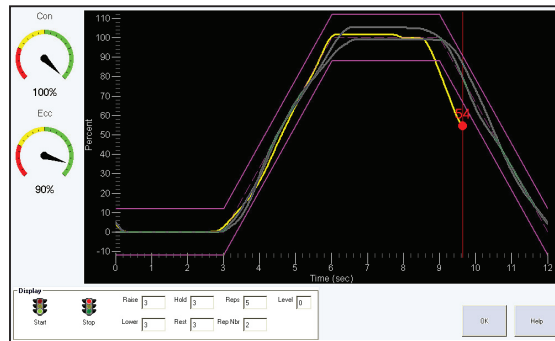
Isometric Extensors (Con) Angle 60 deg

Value	Cof Var	%BW
Peak Torque (Foot-Pounds) - Zoom		
Right	54	0.05
Left	49	0.05
Deficit	5	0.00
Average Torque (Foot-Pounds) - Zoom		
Right	54	0.01
Left	41	0.07
Deficit	13	0.04
Peak Torque Slope (Foot-Pounds/Seconds) - Zoom		
Right	57.89	0.33
Left	85.69	0.03
Deficit	27.80	0.00
Time to Half Peak Torque (Seconds) - Zoom		
Right	0.16	0.15
Left	0.14	0.17
Deficit	0.02	0.02
Time to Peak Force (Seconds) - Zoom		
Right	1.17	0.26
Left	0.96	0.03

Isometric Extensors (Con) Angle 30 deg

Value	Cof Var	%BW
Peak Torque (Foot-Pounds) - Zoom		
Right	43	0.06
Left	37	0.07
Deficit	6	0.01
Average Torque (Foot-Pounds) - Zoom		
Right	36	0.06
Left	32	0.05
Deficit	4	0.01
Peak Torque Slope (Foot-Pounds/Seconds) - Zoom		
Right	46.53	0.17
Left	54.45	0.25
Deficit	7.92	0.08
Time to Half Peak Torque (Seconds) - Zoom		
Right	0.22	1.09
Left	0.07	0.28
Deficit	0.15	0.81
Time to Peak Force (Seconds) - Zoom		
Right	0.94	0.25
Left	0.69	0.19

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**Leg Press & Cable
Column Models Available.**



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CYBEX Eagle Leg Press & Cable
 Column Owners - the HUMAC is
 available as an upgrade.