

### CASE STUDY: FROM SKEPTIC TO BELIEVER

A 25-year Army veteran, father, and marathoner referred following surgical repair of a severe patellar injury, at first was skeptical of the benefits of the HUMAC NORM. **However, within the first week he began working out and feeling real strength results.** “I went from [walking] 3/4 of a mile to almost 6 miles in under three weeks... the static fixed motion and adjustable resistance of the machine improved my mobility, stability, control, and strength...a year after I started, I ran the Fayetteville Half Marathon. It was a challenging and beautiful day with soldiers, family, and friends. The record of that Veterans Day run will reflect that I scored well above my peers, **but the trophy was earned long before on a HUMAC machine that quietly heals without any recognition.**” After 12 visits over a two month period, his involved knee extension peak torque deficit improved from 31% to 20%. And his involved side flexion peak torque deficit improved from 21% to -7%. A negative deficit value indicates the involved side is outperforming the uninvolved side.

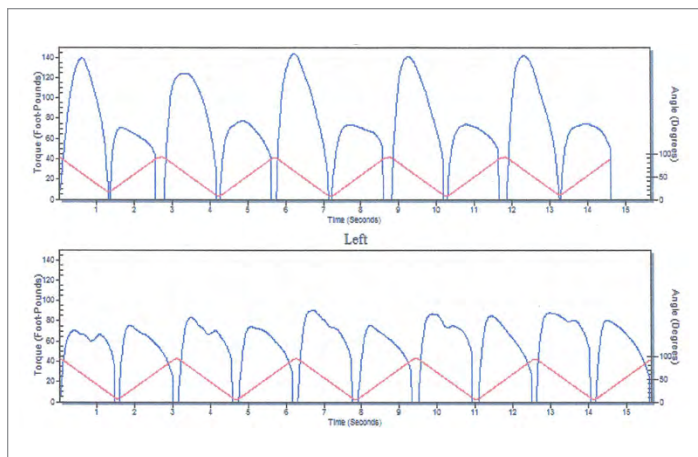
### CAMERON'S BOTTOM LINE

Cameron has seen Isokinetics growing again in popularity recently. Having a machine capable of providing a variety of training modes (isokinetic, isometric, isotonic, and passive) has **helped him maximize meaningful outcomes for his patients** and provides objective data assisting in the clinical decision-making and discharge planning process for both himself and his physicians. “[The HUMAC NORM] is not the only thing we have, but it’s definitely necessary. I wouldn’t have a practice without one.”

And when pressed for a downside about the system?  
“We don’t have two of ‘em.”



Using the HUMAC NORM extremity system in support of a surgical repair of the patella



CSMi, Stoughton, MA, manufactures and markets the HUMAC NORM (formerly CYBEX NORM) Isokinetic System worldwide. The HUMAC NORM is used in physical therapy, athletic training, industrial therapy, and exercise science to perform isolated joint measurement and training. For more information, **contact Rob Potash at (781) 297-2034 x106, or [rob.potash@csmisolutions.com](mailto:rob.potash@csmisolutions.com).**

# Improving patient and physician involvement through **isokinetics**

# HUMAC<sup>®</sup>

## STRENGTH THROUGH KNOWLEDGE



We sat down with Cameron Lane, PT, DPT owner of Lane Physical Therapy in Russellville Arkansas. His practice serves about 60 patients a day, and we wanted to find out how the HUMAC NORM fits into his practice. **Cameron Lane can be reached at 479.967.9657 or by emailing [support@lanept.com](mailto:support@lanept.com) or on the web at [LanePT.com](http://LanePT.com).**

## ENGAGING PATIENTS AND IMPROVING MOTOR ACTIVATION

Cameron's interest in isokinetic testing and training was sparked while studying Physical Therapy at the University of Central Arkansas in the mid-90s. Opening his own clinic in 1998, he saw that the evidence supported isokinetic testing and training on his typical patients, so he purchased a Biodex System 2. In 2016, he replaced it with a HUMAC NORM. "It was a hard decision to switch to the HUMAC," he says.

"However, after 18 years with the old model, it was high time for an upgrade." HUMAC NORM's advanced software, as well CSMi's exceptional customer service were the ultimate factors influencing his decision.

He considers the NORM an integral part of his practice, and while the clinic uses the system mostly for knee or shoulder injuries,

**"Nearly every single patient, regardless of age, spends some time on that machine," he says.**

Cameron sees his patients becoming more engaged, interested, and curious about their plan of care when using the HUMAC NORM. It also helps his patients improve motor activation patterns and symmetrical strength in a way that functional testing doesn't always offer.

## PHYSICIANS CRAVE OBJECTIVE MEASUREMENT

Aside from his patients, the response Cameron's gotten from physicians and other multidisciplinary colleagues shows the HUMAC NORM as an innovative tool to communicate progress and influence clinical decision-making on important issues such as return-to-play and return-to-work protocols.

Dr. W. Bruce Brown, M.D., P.A., has worked with Cameron for over 20 years and according to Cameron is "a huge fan of isokinetic."

"Several years ago, I read an article about isokinetic testing and using it to return athletes back to sports or workers back to their jobs. The article mentioned the importance of getting a patient to an 85% limb strength comparison before releasing them from therapy.

**I like the objective measurements the HUMAC isokinetic system provides** to help with determining when to safely discharge a patient."

**The HUMAC NORM brings the benefits of isokinetics to practices of all sizes**

