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RANGE OF MOTION IN PERFORMANCE DATA

Why is it important?

Discover why ROM standardisation is crucial in strength testing and how it affects performance gains.

92°

AVG RANGE OF MOTION

A Guide By Dr. Arthur Lynch

ROM in strength testing:

The numerical data that strength testing provides makes it easy to monitor over time (i.e. can you lift more now than when you last tested?).

Certain strength tests can be prone to a lack of standardisation in terms of ROM. This can confound testing results, questioning whether the athlete has actually improved.

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Reducing squat ROM:

ROM manipulation in the squat is often the result of the athlete reducing their squat ROM in an attempt to lift more weight. This creates issues as:

- Unstandardised ROM leads to conflated results in performance data management.
- Full-ROM squats lead to better performance improvements than reduced-ROM squats

Influence of squatting depth on jumping performance.
Hartmann et al. (2012)

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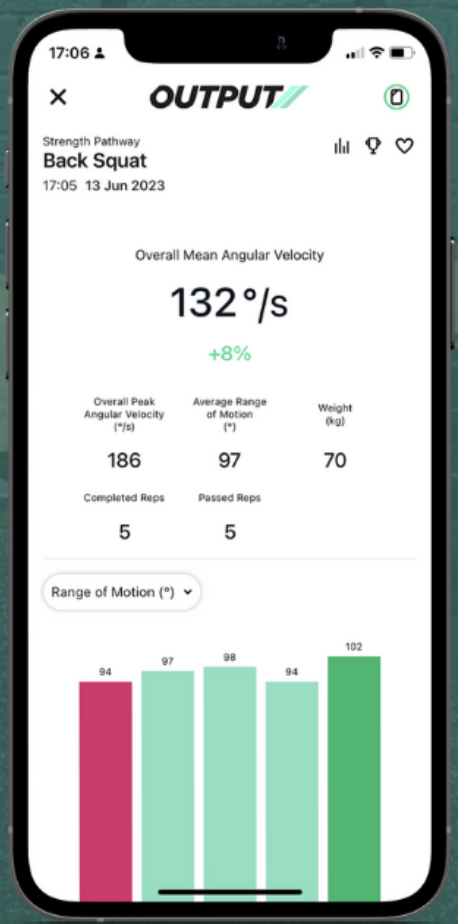
Strength Pathway:

The strength pathway aims to provide the value that VBT data does, but with the added assessment of ROM.

This is to aid the athlete in completing an exercise with a standardised range of motion for most accurate results.

It also holds the athlete accountable to achieve the ROM required to produce the desired stimulus.



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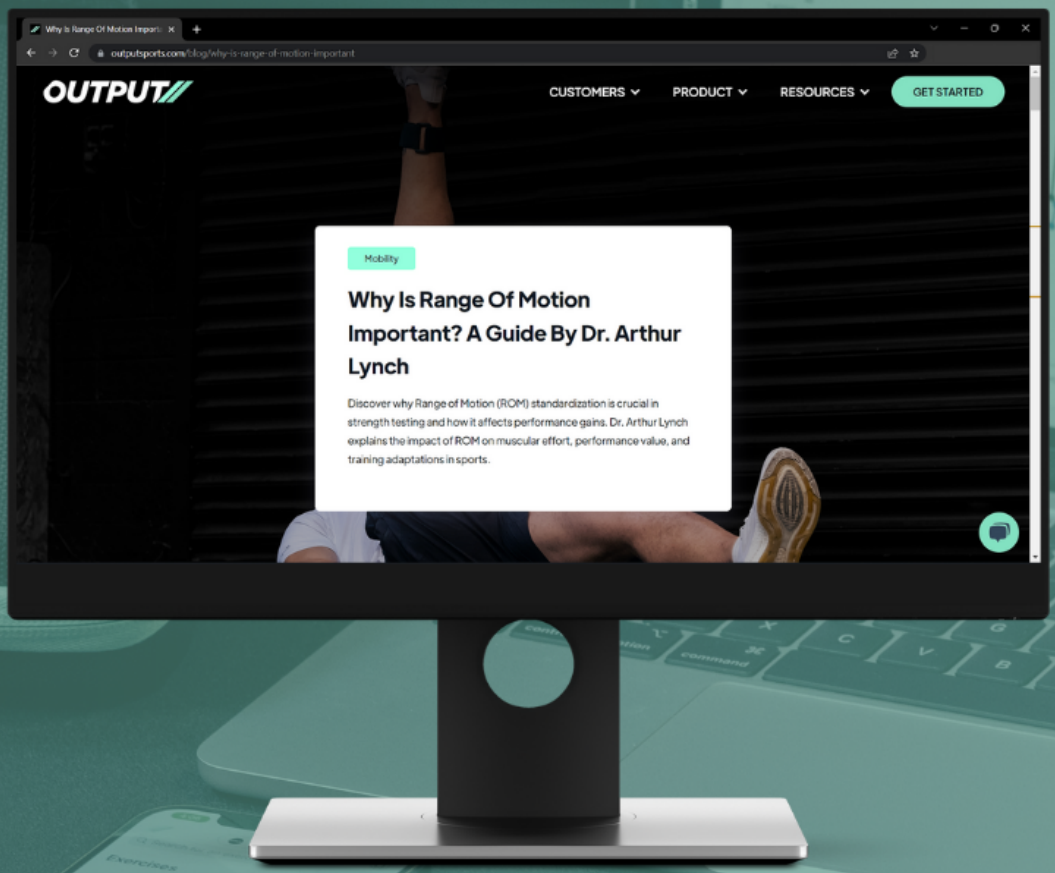
For more free value:

Check out Dr. Arthur Lynch's blog on our website.



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