YOUR NEXT STEP

# Which test is right for you?

Start with what you want to understand about your body.

### Recovering strength?

Biodex testing measures muscle strength and compares one side with the other.

### Curious about your fitness?

$VO_2$max testing measures how much oxygen your body can use during hard exercise.

### Want clearer training targets?

Lactate threshold testing helps identify exercise levels for your endurance training.

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You do not have to be a competitive athlete to benefit from understanding your strength and fitness.



LET'S GET STARTED

# A clearer picture. A practical next step.

Ask ISMI which test fits your recovery, activity level, and goals.

### Before your visit

Wear comfortable exercise clothing and shoes. Ask our team about preparation instructions specific to your test.

### Questions about scheduling?

Ask about appointment length, cost, insurance coverage, and whether a referral is needed.

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# Understand your body. Move forward.

## Strength & fitness testing

Biodex • $VO_2$max
Lactate Threshold

01 / STRENGTH

# Biodex

**See how your strength compares.**




### What is it?

A test that measures the strength of specific muscles and shows differences between your right and left sides.

### What happens?

You sit in a specialized machine and push or pull against controlled resistance while it measures your effort.

### How can it help?

Results help your care team track recovery and decide where to focus strengthening. They are one part of a return-to-activity assessment.



02 / AEROBIC FITNESS

# $VO_2$max Test

**Find your fitness starting point.**




### What is it?

A test of how much oxygen your body can use during hard exercise - a key measure of aerobic fitness.

### What happens?

You exercise on a bike or treadmill while wearing a mask that measures your breathing. The effort gradually increases.

### How can it help?

Results provide a fitness baseline and can help guide exercise intensity. Repeat testing can show how your fitness changes over time.



03 / ENDURANCE

# Lactate Threshold Test

**Find the right effort for you.**



### What is it?

A test that shows how your body responds as exercise gets harder, helping identify useful training levels.

### What happens?

You exercise in stages. Small blood samples are taken to measure lactate, a substance your body naturally makes and uses for energy.

### How can it help?

Results help set personal training zones and guide pacing, so you can better match your workout effort to your goals.