



ACTIVFORCE

**Activforce New iOS
Software Release
February 2025 – Quick
Walk Through**



ACTIVFORCE

New Features in the new Activforce App

- Time to Peak Force Measurement added
- Quick Test – Go Straight to Test without defining test to save time.
- In app settings the user can select language as well as setting time duration for ROM tests
- Patient identifier (id no.) can be added in the dashboard
- In the next release of the app. scheduled for March, the patient identifier will be used to track change over time for the same type of test. These test results will be shown graphically on the dashboard as well as allow data export.

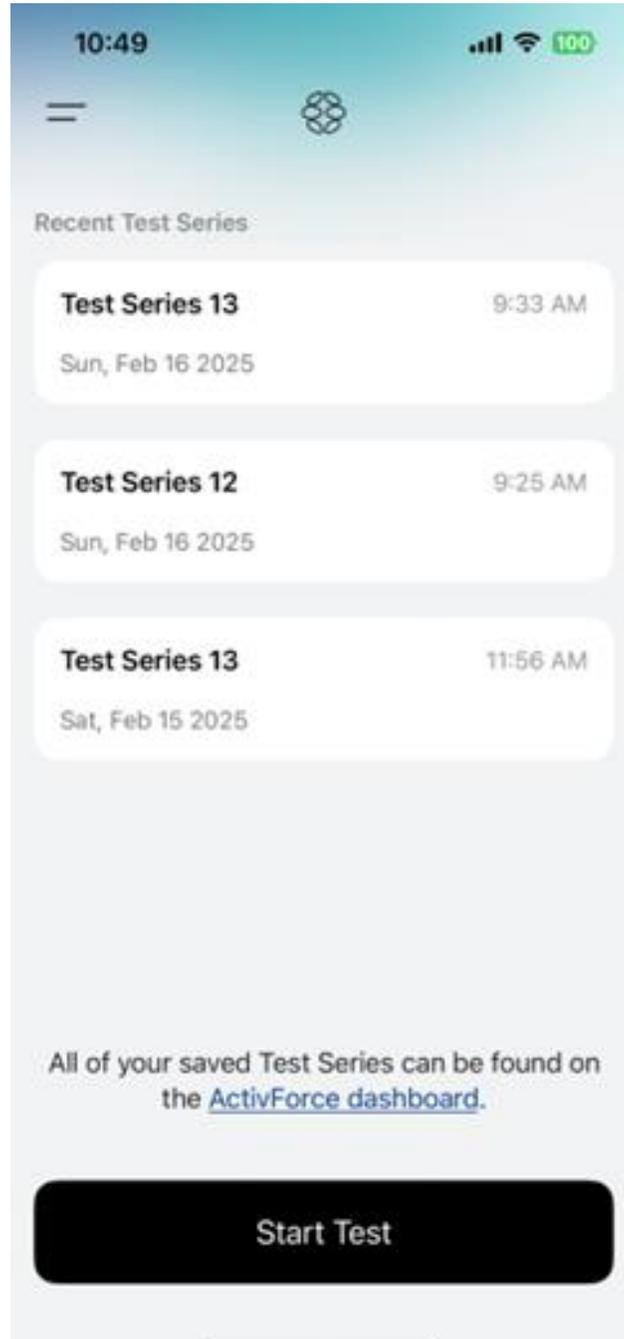


New Activforce App's Name: Activforce - Dynamometer

- **New Activforce iOS users will be directed to Activforce – Dynamometer on the app Store.**
- **Existing users are also able to download the new app and use their existing user name and password to log onto the app..They will still be able to use the existing Activforce 2 app.**
- **Reports from the new Activforce app are found in the Beta Reports section of the Activforce dashboard (<https://activforce.Activbody.com/dashboard>).**
- **Patient's weight is added not in the app but on the dashboard. The user will need to click on Show report and then click [Add/Edit Subject Details](#) .They can also add patient id number at the same time.**

Home Screen

Click here for settings



Settings Menu

20:03



MENU

 Home

56 AM

 Test Settings

46 AM

PROFILE

 My Profile

44 AM

und on

[\[→ Sign out\]](#)



Test Settings

FORCE UNIT

Imperial (lb) ✓

Metric (kg)

Newton (N)

STRENGTH TEST SETTINGS

Duration 5 sec >

1-60 seconds

ROM TEST SETTINGS

Duration 4 sec >

1-60 seconds



Language

German

English ✓

Spanish

French

Italian

Japanese

Korean

Dutch

Portuguese (Brazil)

Changing your language affects the text displayed within the app.



Test Settings

FORCE UNIT

Imperial (lb) ✓

Metric (kg)

Newton (N)

STRENGTH TEST SETTINGS

Duration

5 sec >

← 1-60 seconds

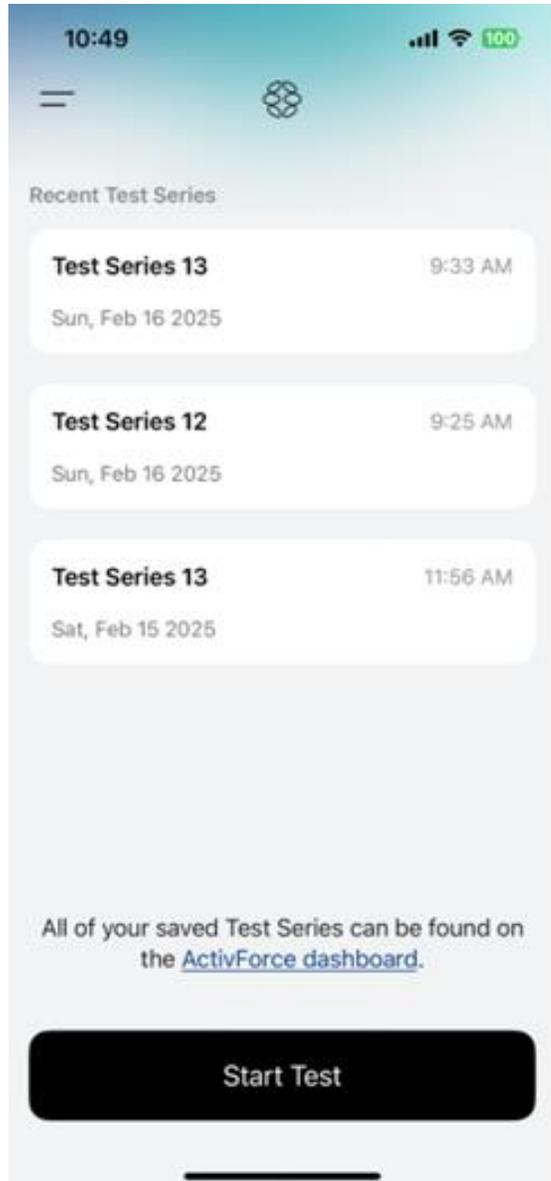
ROM TEST SETTINGS

Duration

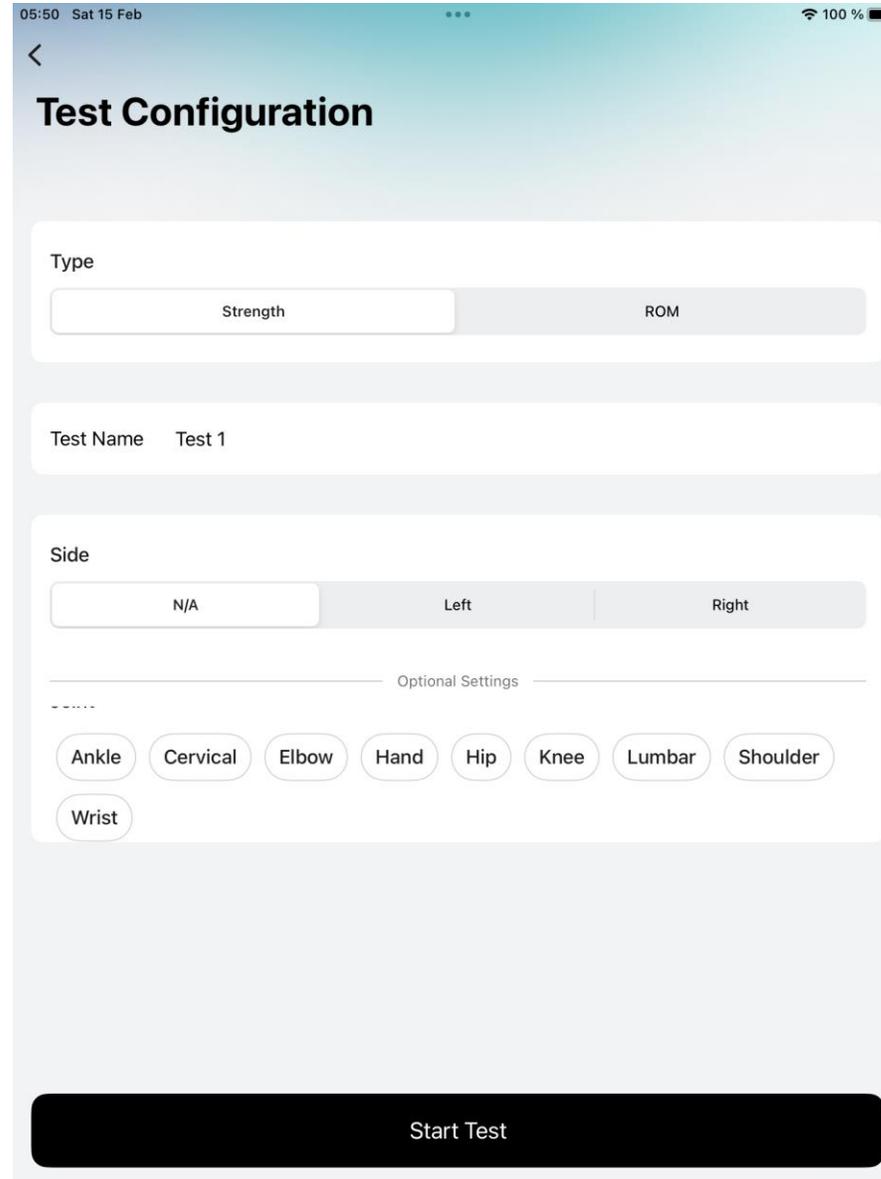
4 sec >

← 1-60 seconds

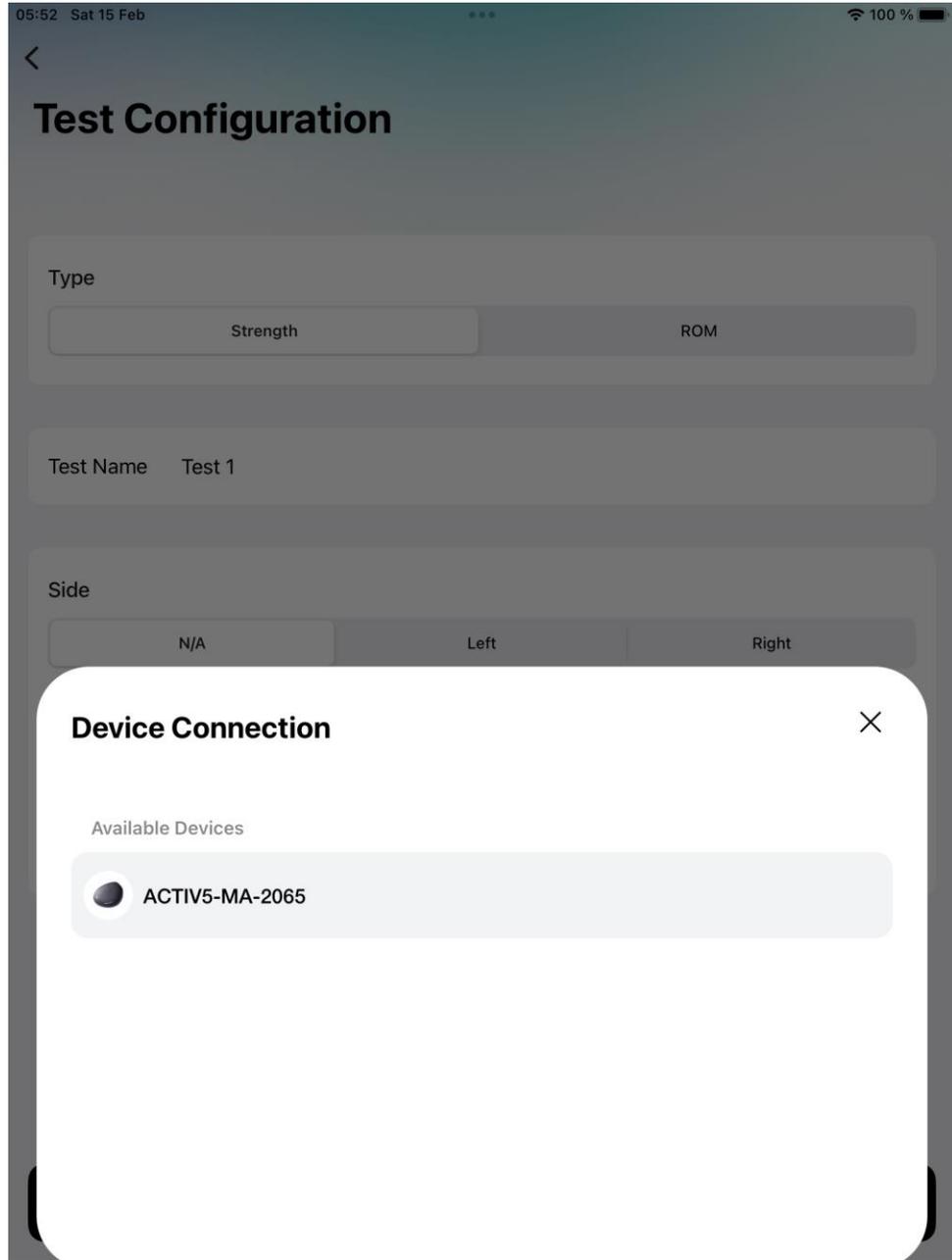
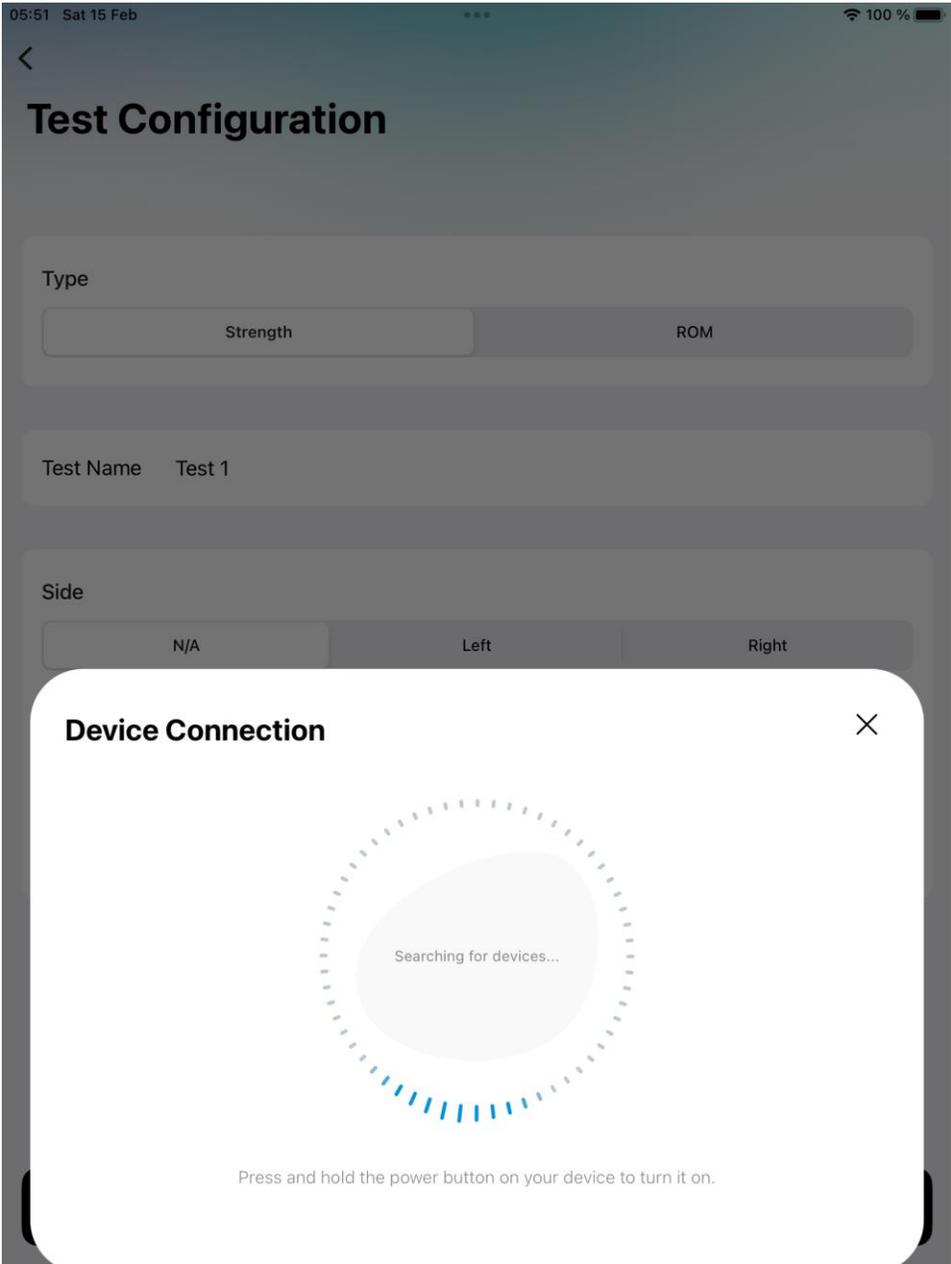
Home Screen

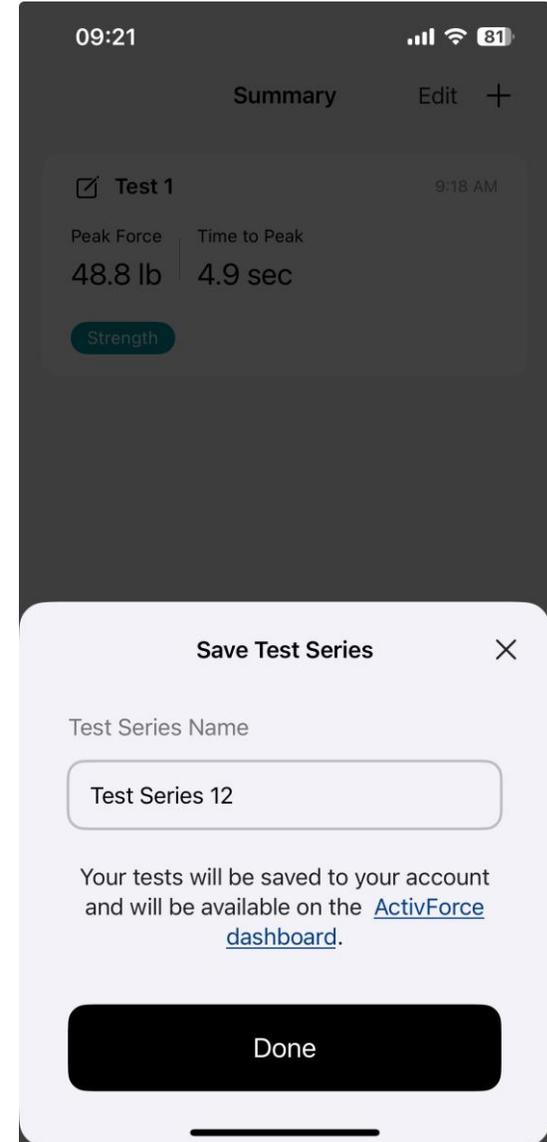
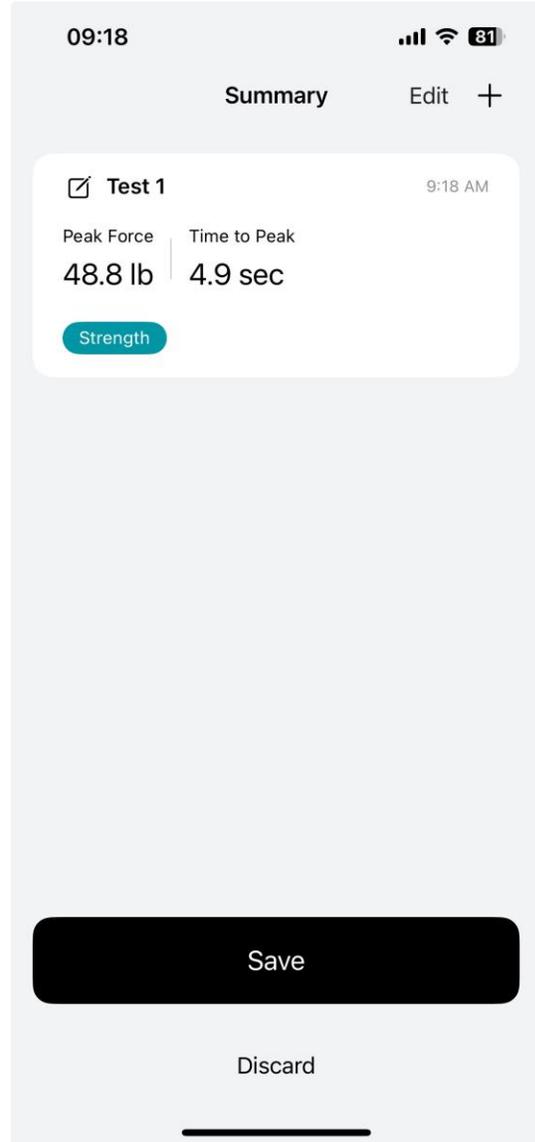
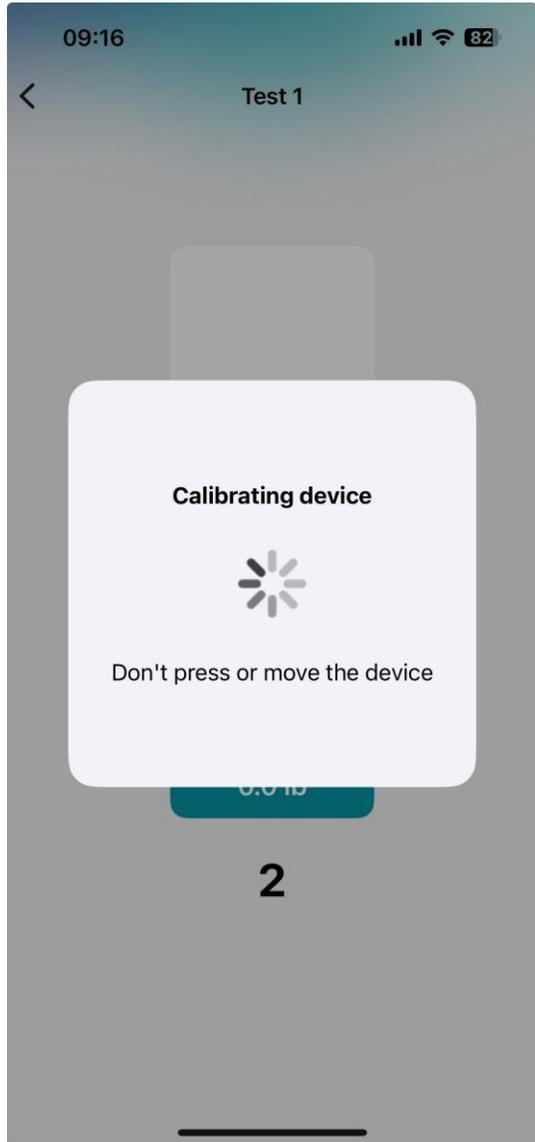
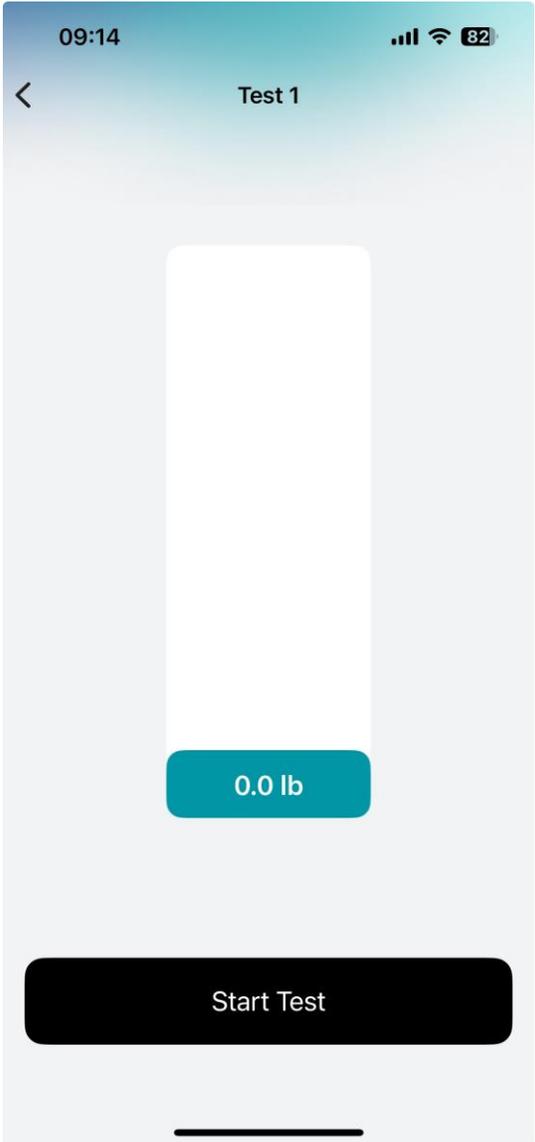


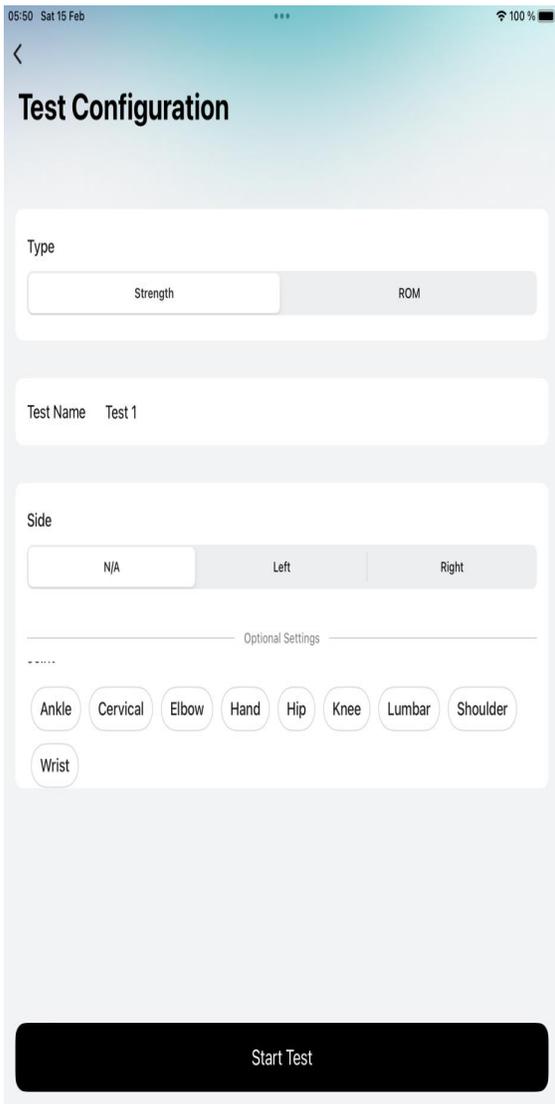
To Start Tests click on Start Now



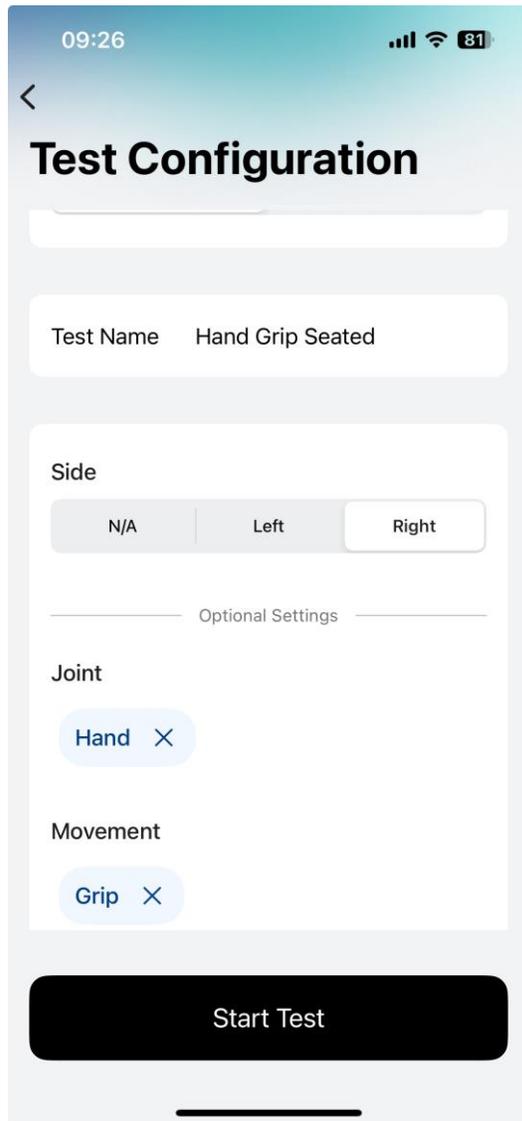
To Start Test without naming test, to save time, click on Start Test



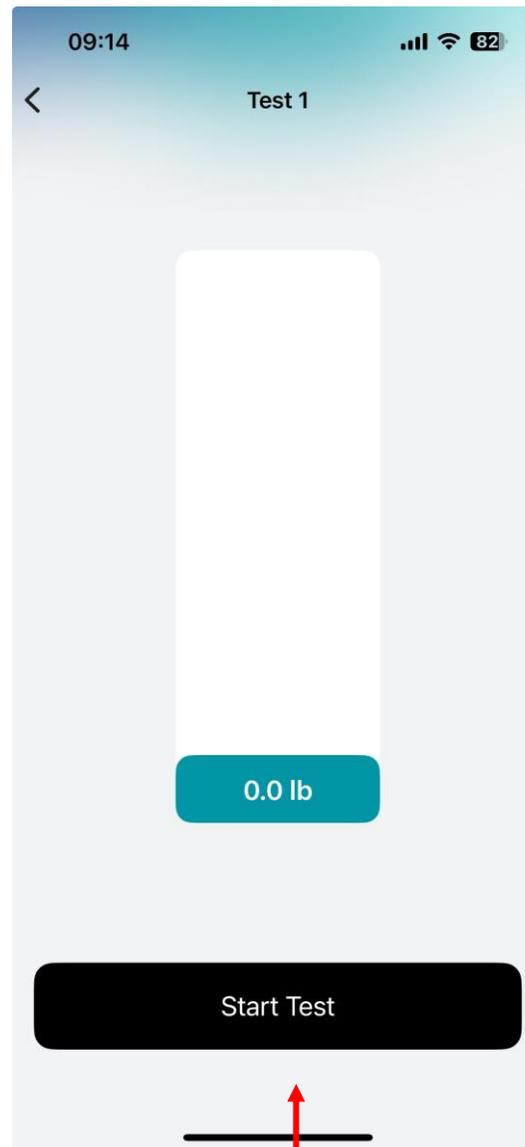




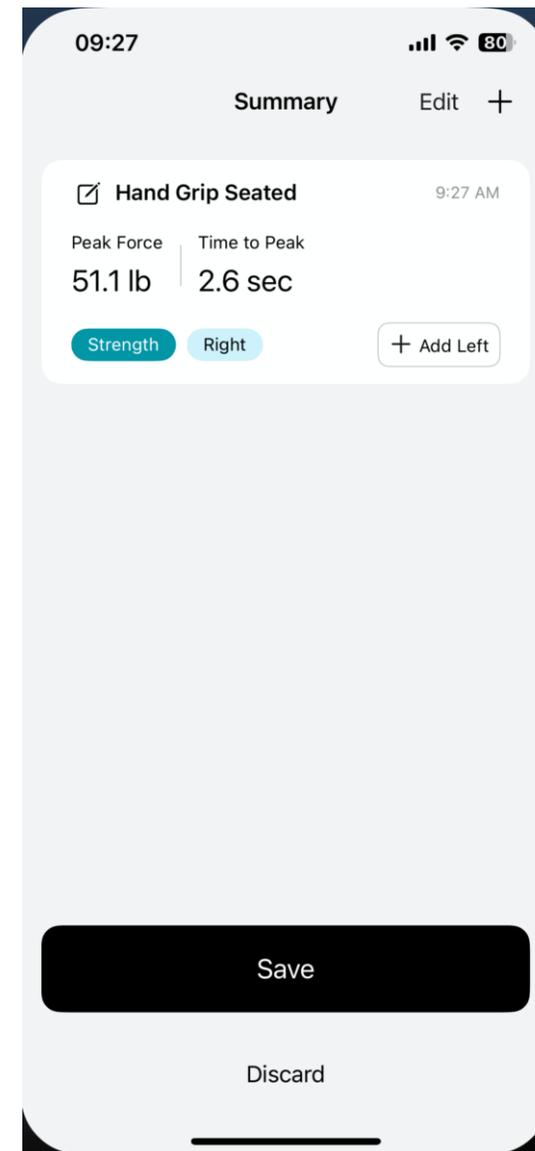
Select Force or ROM



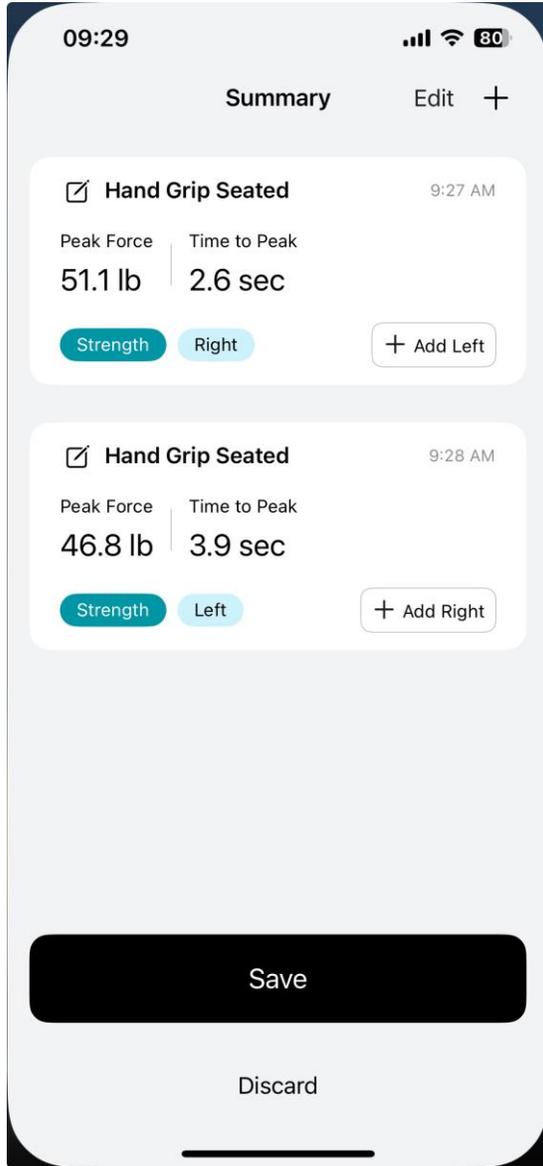
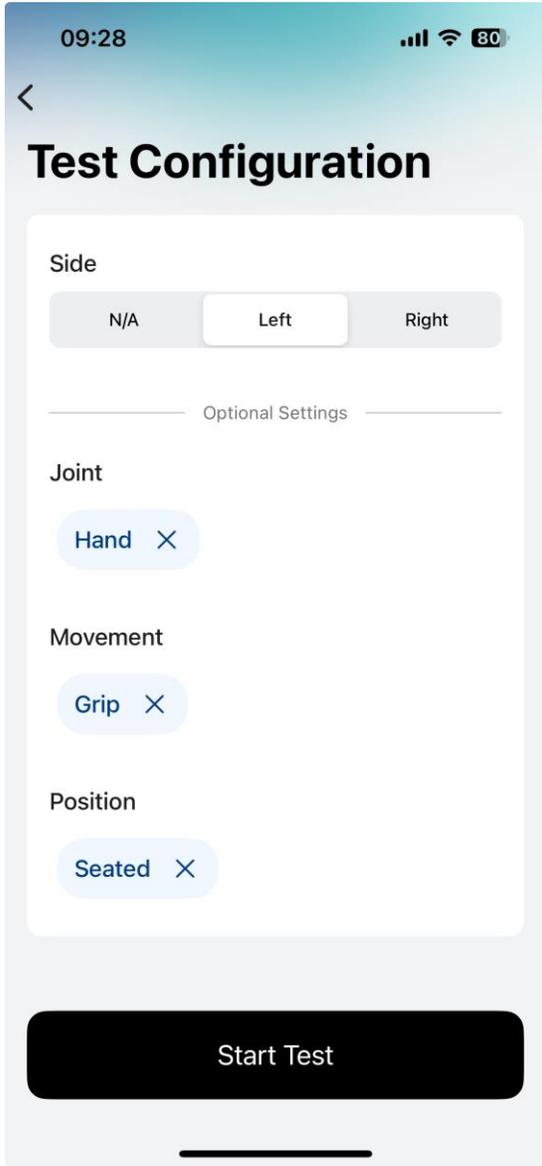
**Select Side, Joint,
test and position**



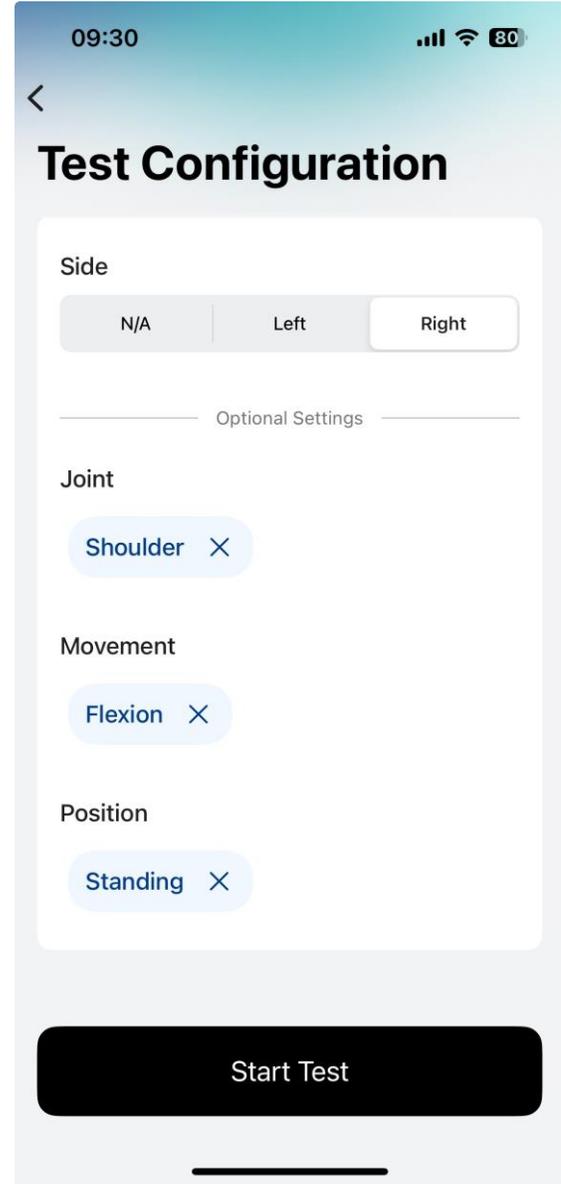
**Start Test
Click here**



**Click +Add Left
if you want to
test left side**



Add another test
click +



09:30 📶 🔋 80

<

Test Configuration

Type

Strength ROM

Test Name Shoulder

Side

N/A Left Right

Optional Settings

Joint

Shoulder X

Start Test

09:30 📶 🔋 80

<

Test Configuration

Side

N/A Left Right

Optional Settings

Joint

Shoulder X

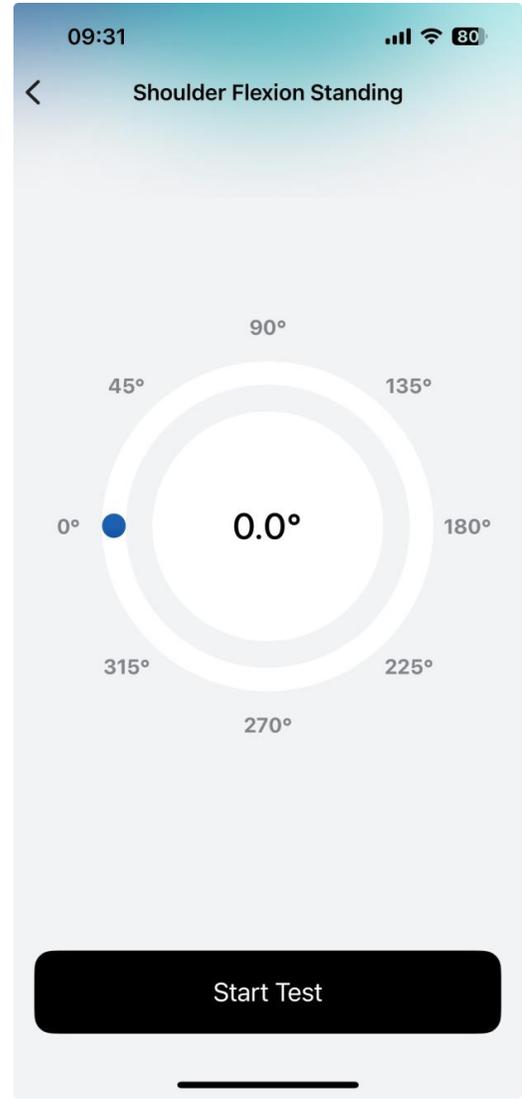
Movement

Flexion X

Position

Standing X

Start Test



09:32 📶 🔋 79

Summary Edit +

Hand Grip Seated 9:27 AM

Peak Force | Time to Peak
51.1 lb | 2.6 sec

Strength Right + Add Left

Hand Grip Seated 9:28 AM

Peak Force | Time to Peak
46.8 lb | 3.9 sec

Strength Left + Add Right

Shoulder Flexion Standing 9:31 AM

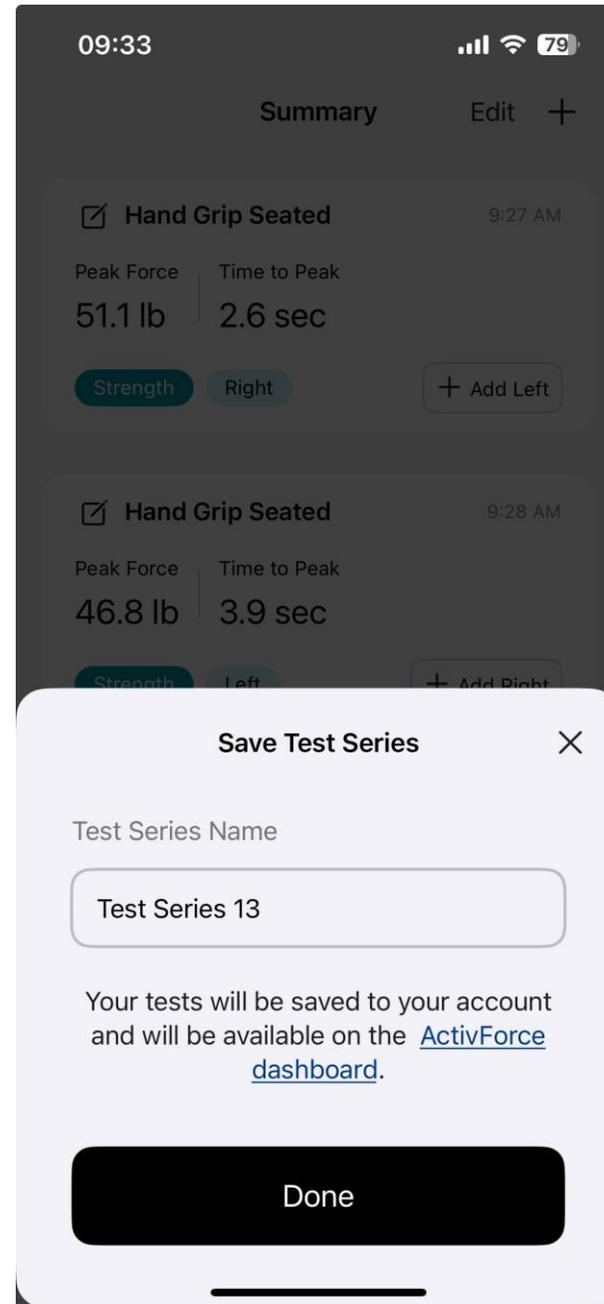
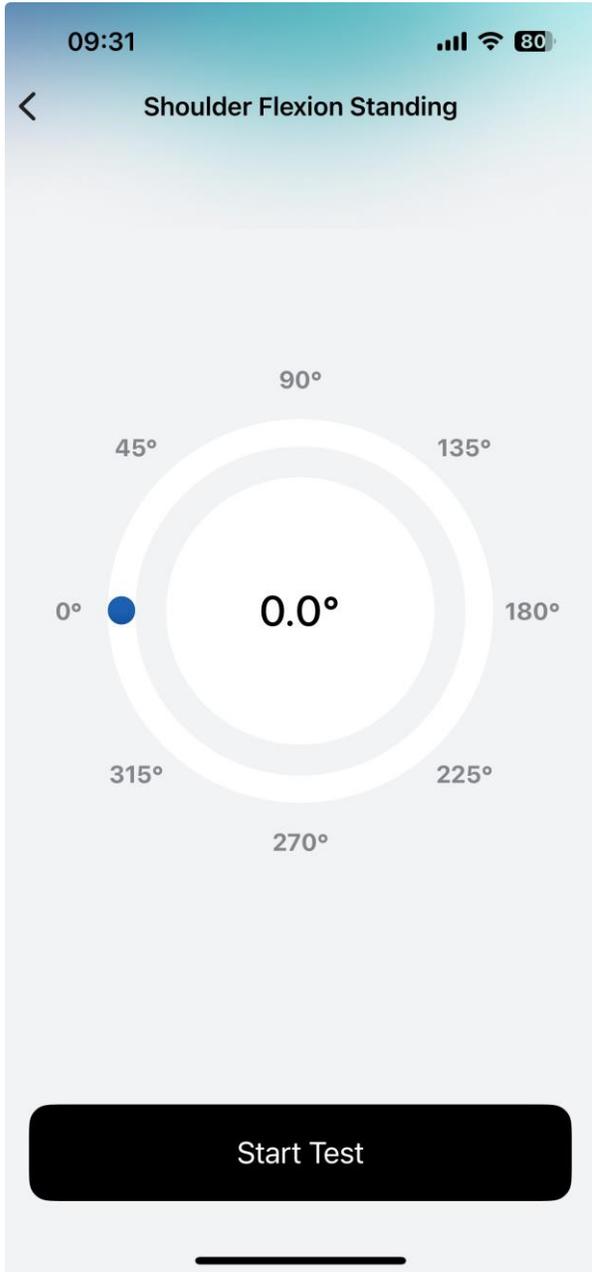
Max Angle
188.9°

ROM Right + Add Left

Save

Discard

Click
+Add Left



ActivForce Beta Reports available

 View Beta reports

Test Reports

 Search...

Date Created	Name	Actions	
 14/02/2025 15:15	Hand Grip, Shoulder Flexion Standing	Full Report	Client Report
 14/02/2025 14:30	Shoulder External Rotation Standing	Full Report	Client Report
 14/02/2025 14:20	Hand Grip, Shoulder Flexion Standing	Full Report	Client Report
 14/02/2025 13:57	Hand Grip	Full Report	Client Report
 14/02/2025 13:47	Shoulder Flexion Standing, Wrist Flexion	Full Report	Client Report
 14/02/2025 13:00	Hand Grip, Shoulder Flexion Standing	Full Report	Client Report

SECURED BY   
⚠ You are connected to an unsecure Wi-Fi network. This network is not recommended for accessing internet banking or making online payments.

To Access Test Reports from the new Activforce app click on View Beta Reports



This version of the ActivForce dashboard is currently in Beta. Your ActivForce 2 test reports are available on the ActivForce 2 dashboard.

 [View ActivForce 2 reports](#)

Test Reports

 Search...

Sunday 16 February 2025

Test Series 13 / 001

09:33

Strength

Hand Grip Seated

Strength

Hand Grip Seated

ROM

Shoulder Flexion Standing

... 1 test hidden

 [Show Report](#)

Click here

Test Series 12

09:25

Strength

Test 1

 [Show Report](#)

← BACK TO REPORTS

Print / PDF

Test Series 13 Sunday 16 February 2025 at 09:33

Add/Edit Subject Details

Collapse All Expand A

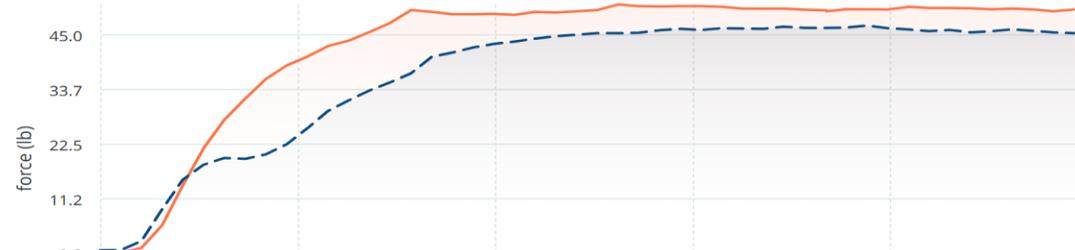
Hand Grip Seated, Hand Grip Seated

Strength ^

Hand Grip Seated

Graph Illustration

Data	Right	Left
Peak Force	51.1 lb	46.8 lb
Time to Peak Force	2.6 s	3.9 s
Average Force	42.8 lb	36.7 lb
Strength Difference	4.3 lb	



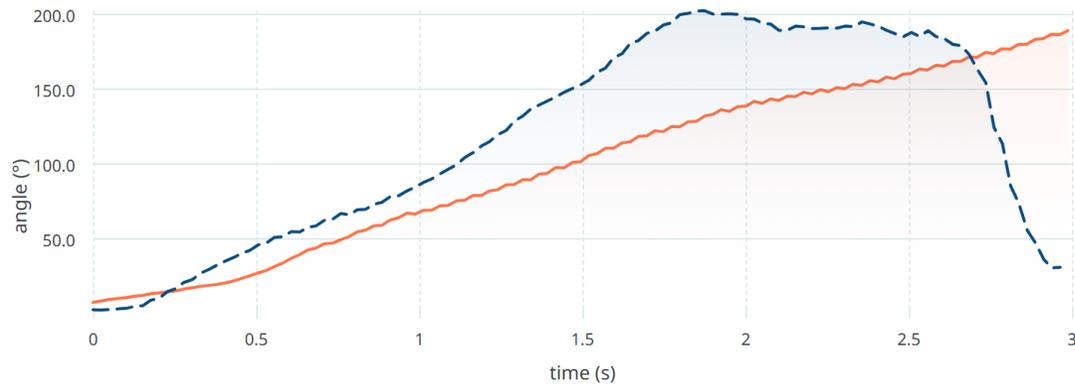
Shoulder Flexion Standing, Shoulder Flexion Standing

ROM ^

Shoulder Flexion Standing

Graph Illustration

Data	Right	Left
Max Angle	188.9°	202.1°
Time to Max Angle	3.0 s	1.9 s
Angle Difference	13.2°	
Percent Difference	7.0 %	



Test Series 13 Sunday 16 February 2025 at 09:33

Add/Edit Subject Details

Collapse All Expand All

Hand Grip Seated, Hand Grip Seated

Hand Grip Seated

Data Right Left

Peak Force 51.1 lb 46.8 lb

Time to Peak Force 2.6 s 3.9 s

Average Force 42.8 lb 36.7 lb

Strength Difference 4.3 lb

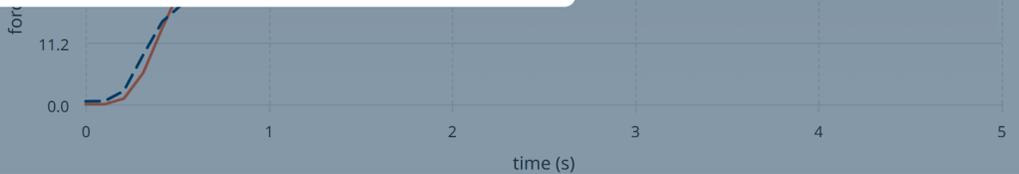
Percent Difference -8.4 %

Subject Details ✕

Identifier

Weight lb

Save



Shoulder Flexion Standing, Shoulder Flexion Standing

Shoulder Flexion Standing

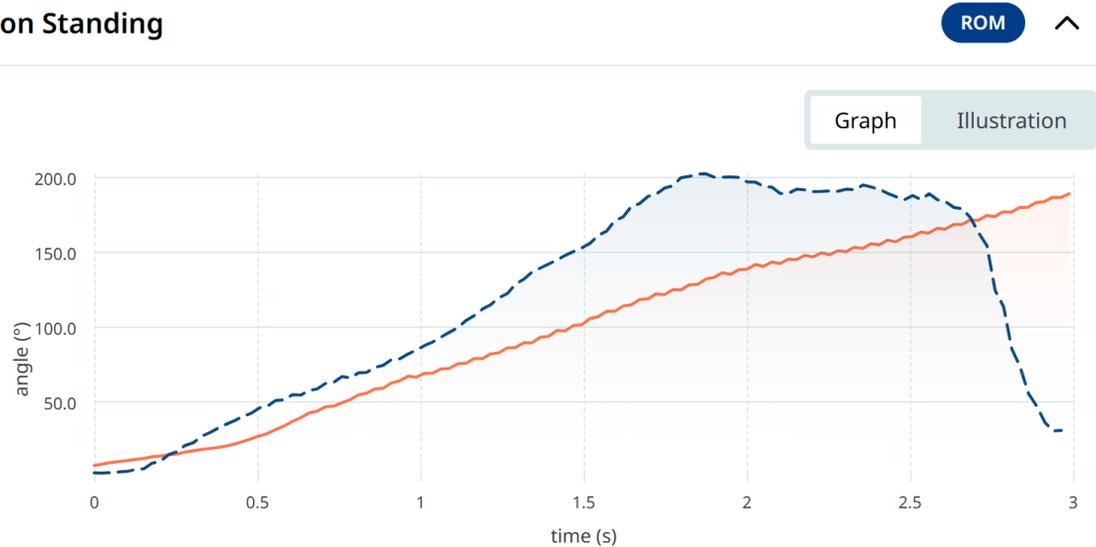
Data Right Left

Max Angle 188.9° 202.1°

Time to Max Angle 3.0 s 1.9 s

Angle Difference 13.2 °

Percent Difference 7.0 %



Test Series 13

Sunday 16 February 2025 at 09:33

Add/Edit Subject Details

Collapse All Expand All

Hand Grip Seated, Hand Grip Seated

Hand Grip Seated

Data ● Right ● Left

Peak Force 51.1 lb 46.8 lb

Time to Peak Force 2.6 s 3.9 s

Average Force 42.8 lb 36.7 lb

Strength Difference 4.3 lb

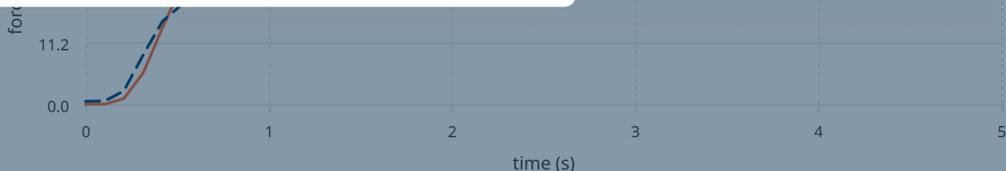
Percent Difference -8.4 %

Subject Details

Identifier

Weight lb

Save



Shoulder Flexion Standing, Shoulder Flexion Standing

Shoulder Flexion Standing

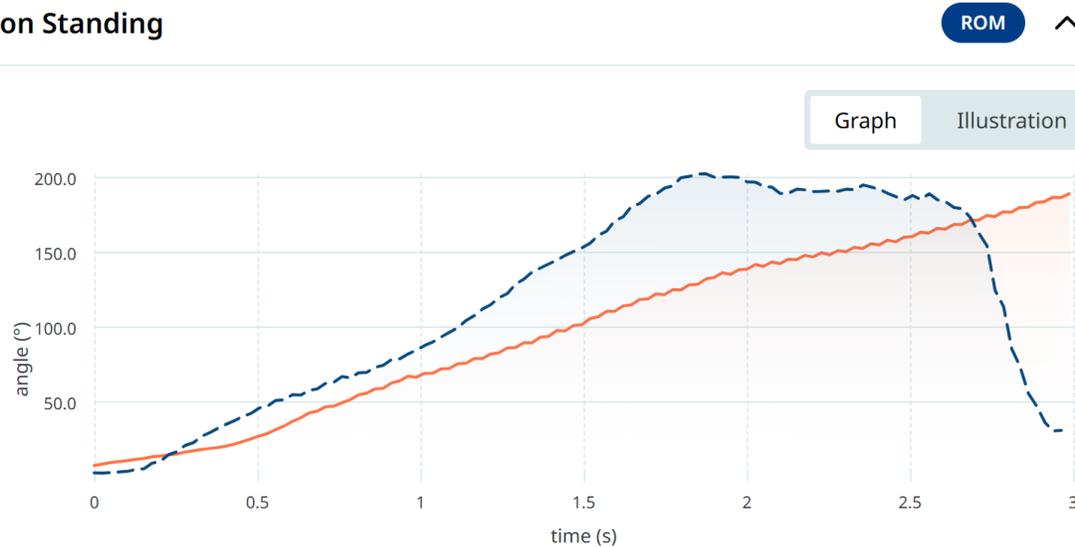
Data ● Right ● Left

Max Angle 188.9° 202.1°

Time to Max Angle 3.0 s 1.9 s

Angle Difference 13.2 °

Percent Difference 7.0 %



Test Series 13

Sunday 16 February 2025 at 09:33

Add/Edit Subject Details

Collapse All Expand All

Hand Grip Seated, Hand Grip Seated

Hand Grip Seated

Data

Right Left

Peak Force 51.1 lb 46.8 lb

Time to Peak Force 2.6 s 3.9 s

Average Force 42.8 lb 36.7 lb

Strength Difference 4.3 lb

Percent Difference -8.4 %

Subject Details



Identifier

001

Weight

154

lb

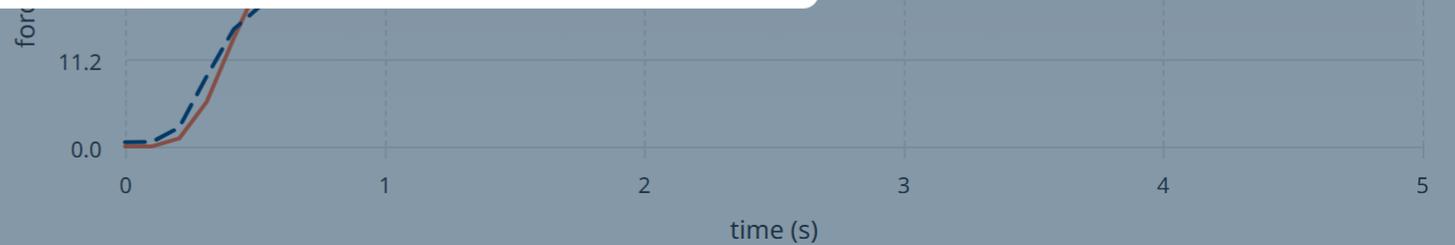
Save

Strength



Graph

Illustration



Subject Details

Identifier: 001

Weight: 154.0 lb

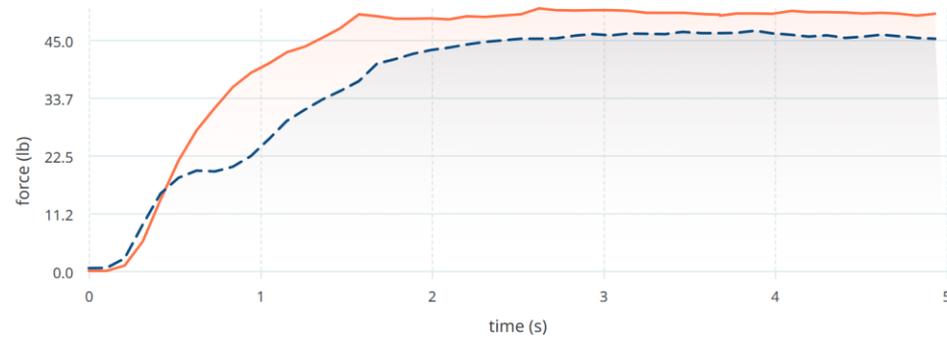
Hand Grip Seated, Hand Grip Seated

Strength ^

Hand Grip Seated

Graph Illustration

Data	Right	Left
Peak Force	51.1 lb	46.8 lb
Time to Peak Force	2.6 s	3.9 s
Average Force	42.8 lb	36.7 lb
Force-Weight Ratio	33.2 %	30.4 %
Force-Weight Ratio Difference	2.8 %	
Strength Difference	4.3 lb	
Percent Difference	-8.4 %	



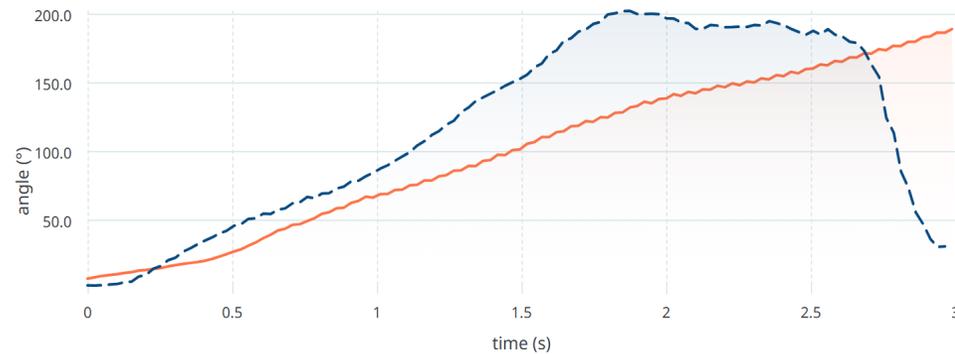
Shoulder Flexion Standing, Shoulder Flexion Standing

ROM ^

Shoulder Flexion Standing

Graph Illustration

Data	Right	Left
Max Angle	188.9°	202.1°
Time to Max Angle	3.0 s	1.9 s
Angle Difference	13.2 °	
Percent Difference	7.0 %	



Click here for illustration

Subject Details

Identifier: 001

Weight: 154.0 lb

Hand Grip Seated, Hand Grip Seated

Strength



Hand Grip Seated

Graph

Illustration

Data ● Right ● Left

Peak Force 51.1 lb 46.8 lb

Time to Peak Force 2.6 s 3.9 s

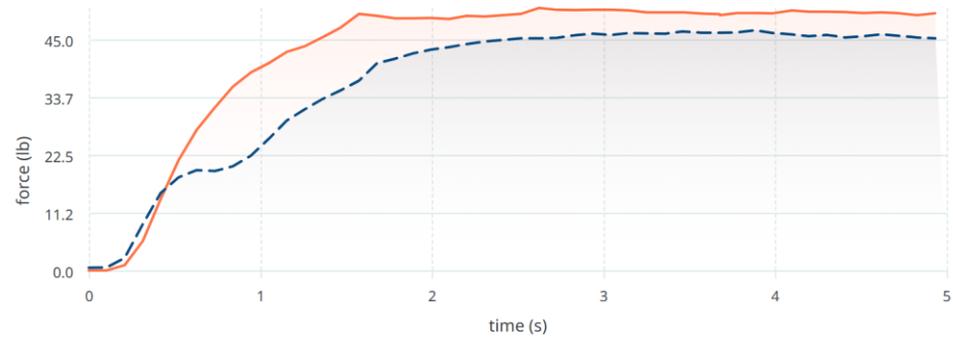
Average Force 42.8 lb 36.7 lb

Force-Weight Ratio 33.2 % 30.4 %

Force-Weight Ratio Difference 2.8 %

Strength Difference 4.3 lb

Percent Difference 8.4 %



Shoulder Flexion Standing, Shoulder Flexion Standing

ROM



Shoulder Flexion Standing

Graph

Illustration

Data ● Right ● Left

Max Angle 188.9° 202.1°

Time to Max Angle 3.0 s 1.9 s

Angle Difference 13.2 °

Percent Difference 7.0 %

