

## **Abstract**

**Title:** Reliability of isometric and isokinetic strength testing in the knee flexion and extension

**Objectives:** To compare the reliability of isometric and isokinetic testing of the knee strength in flexion and extension

**Methods:** I used intraclass correlation coefficient and Pearson's correlation coefficient.

**Results:** I have discovered that the reliability measured on isokinetic and isometric dynamometer is high. Furthermore the reliability of the maximum strength measurement was higher with-using the isokinetic dynamometer.

**Keywords:** reliability, intraclass correlation coefficient, isometric dynamometry, maximal isometric strength, isokinetic dynamometry, knee strength, Cybex Humac Norm