

microFET 2™ Muscle Test Dynamometer

Muscle Testing Technology that Fits in the Palm of your Hand

The wireless microFET2 Digital Handheld Dynamometer is an accurate, portable Force Evaluation and Testing (FET) device. It is designed for taking objective, reliable, and quantifiable muscle testing measurements. It is a modern adaptation of the time-tested art of hands-on manual muscle testing. The microFET2 aids in diagnosis, prognosis, and treatment of neuromuscular disorders.



microFET[®] 2 Muscle Test Dynamometer

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Features

- Ergonomic design allows microFET2 to fit comfortably in the palm of the hand
- Weighs less than 1 pound
- Easy to read LCD displays show peak force and elapsed time
- 300 lb. force capacity
- Low and high threshold setting provide expanded sensitivity
- 3 easy to change test attachments with pads
- Use as standalone device or wireless with available clinical patient testing software or data collection software.

Specifications

- Measurement range 0-300 lbs force
- Selectable units of measure: pounds (lbs.), Newtons (N), or kilogram-force (kgf)
- Accuracy within 1% of reading
- Two threshold settings for muscle testing: Low Threshold – 0.8 lb. to 300 lbs. in 0.1 lb. increments and High Threshold – 3.0 lbs. to 300 lbs. in 0.1 lb. increments.
- Stores up to 30 tests
- Uses rechargeable lithium ion battery
- Self-activating “sleep” mode after three minutes to extend battery life

Your Purchase Includes

- microFET2 device
- 3 Test attachments - flat transducer pad, curved transducer pad, digit transducer pad
- User manual
- Calibration certificate
- Wall pack power supply
- Carrying case
- 1 Year standard warranty Included, with extended warranties available
- Optional clinical or FET data collection software available
- Available muscle test positions wall chart and test record forms to print can be downloaded from the website.
- Product Warranty: Warranty registration can be completed online from website.

Evaluation tools to measure, objectify and document human performance

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SHOULDER FLEXION

Tested Individual: Supine
Shoulder Position:
Flexed 90 degrees
Dynamometer Position:
Just proximal to elbow

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MUSCLE TESTING POSITIONS

Diagrams indicate muscle tests with transducer placement, proper positioning and stabilization for test

microFET[®] 2



SHOULDER EXTENSION

Tested Individual: Supine
Shoulder Position:
Flexed 90 degrees
Dynamometer Position:
Just proximal to elbow



SHOULDER ABDUCTION

Tested Individual: Supine
Shoulder Position:
Abducted 90 degrees
Dynamometer Position:
Just proximal to elbow



SHOULDER EXTERNAL ROTATION

Tested Individual: Supine
Shoulder Position:
Abducted 45 degrees
Elbow Position:
Flexed 90 degrees
Dynamometer Position:
Just proximal to wrist



SHOULDER INTERNAL ROTATION

Tested Individual: Supine
Shoulder Position:
Abducted 45 degrees
Elbow Position:
Flexed 90 degrees
Dynamometer Position:
Just proximal to wrist



ELBOW FLEXION

Tested Individual: Supine
Elbow Position:
90 degrees
Dynamometer Position:
Just proximal to wrist



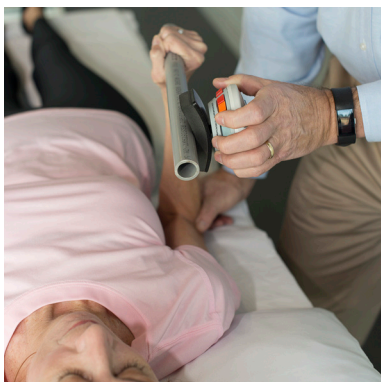
ELBOW EXTENSION

Tested Individual: Supine
Elbow Position:
90 degrees
Dynamometer Position:
Just proximal to wrist



FOREARM PRONATION

Tested Individual: Supine
Elbow Position:
90 degrees
Dynamometer Position:
Against dowel 20cm from
dowel held in hand



FOREARM SUPINATION

Tested Individual: Supine
Elbow Position:
90 degrees
Dynamometer Position:
Against dowel 20cm from
dowel held in hand



WRIST EXTENSION

Tested Individual: Supine
Elbow Position:
90 degrees
Dynamometer Position:
Just proximal to
metacarpal phalangeal
joints of hand



HIP FLEXION

Tested Individual: Supine
Hip Position:
Flexed 90 degrees
Dynamometer Position:
Just proximal to femoral
condyles



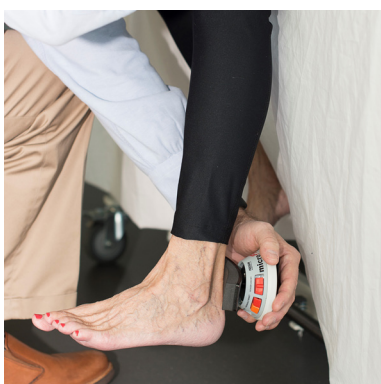
HIP ABDUCTION

Tested Individual: Supine
Hip Position:
Extended & abducted 0
degrees
Dynamometer Position:
Just proximal to lateral
knee joint line



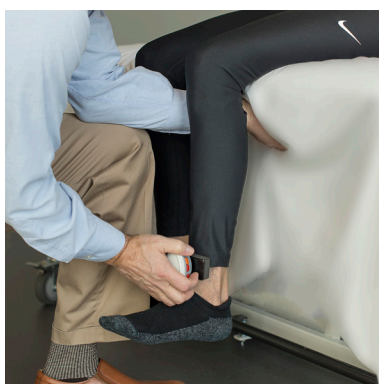
HIP EXTENSION

Tested Individual: Supine
Lower Limb Position:
Knee extended with distal
limb supported on block
Dynamometer Position:
Just distal to malleoli on
Achille's tendon.



KNEE FLEXION

Tested Individual: Sitting
Lower Limb Position:
Hip & knee flexed 90
degrees
Dynamometer Position:
Just distal to malleoli on a
Achilles tendon.



KNEE EXTENSION

Tested Individual: Sitting
Lower Limb Position:
Hip & knee flexed 90
degrees
Dynamometer Position:
Just proximal to malleoli



ANKLE DORSIFLEXION

Tested Individual: Supine
Lower Limb Position:
Knee extended & ankle in
neutral dorsiflexion
Dynamometer Position:
Just proximal to
metacarpal phalangeal
joints



ANKLE PLANTARFLEXION

Tested Individual: Supine
Lower Limb Position:
Knee extended & ankle in
neutral dorsiflexion
Dynamometer Position:
Over metacarpal
phalangeal joints

UPPER BODY

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Muscle Testing Reference Sheet



Patient Name _____

Date _____

LEFT

TEST 1 TEST 2 TEST3

FOREARM

SUPINATOR GROUP

PRONATOR GROUP

WRIST

FLEX. CARPI RAD.

PRONATOR GROUP

EXT. CARPI RAD. & BR.

EXT. CARPI ULN.

RIGHT

TEST 1 TEST 2 TEST3

FINGERS

LUMBRICALS

FLEX. DIGIT. SUP.

FLEX. DIGIT. PROF.

EXT. DIGIT. COM.

PALMAR INTEROSSEI

DORSAL INTEROSSEI

THUMB

FLEX. POLL. BR.

FLEX. POLL. LG.

EXT. POLL. BR.

EXT. POLL. LG.

ABD. POLL. BR.

ABD. POLL. LG.

UPPER BODY

LEFT

TEST 1 TEST 2 TEST3

STERNOCLEIDOMASTOID
EXTENSION GROUP

SCAPULA

SERRATUS ANTERIOR
TRAPEZIUS (SUP)
TRAPEZIUS (INF)
TRAPEZIUS (MIDDLE)
RHOMBOIDS

SHOULDER

DELTOID (ANT)
LATASSIMUS DORSI
TERES MAJOR
DELTOID (MIDDLE)
DELTOID (POST;)
PECTORALIS MAJOR
LATERAL ROTATOR GROUP
MEDIAL ROTATOR GROUP

ELBOW

BICEPS BRACHII
BRACHIALIS
BRACHIORADIALIS
TRICEPS BRACHII

RIGHT

TEST 1 TEST 2 TEST3

LOWER BODY

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Muscle Testing Reference Sheet



Patient Name _____

Date _____

LEFT

TEST 1 TEST 2 TEST3

HIP

ILIOPSOAS

SARTORIUS

GLUTEUS MAXIMUS

GLUTEUS MEDIUS

TENSOR FASCIA LATA.

ADDUCTOR GROUP

LATERAL ROTATOR GROUP

MEDIAL ROTATOR GROUP

TEST 1 TEST 2 TEST3

RIGHT

KNEE

BICEPS FEMORIS

HAMSTRINGS

QUADRICEPS FEMORIS

ANKLE

GASTROCNEMIUS

SOLEUS

FOOT

TIBIALIS ANTERIOR

TIBIALIS POSTERIOR

PERONEUS BREVIS

PERONEUS LONGUS

LOWER BODY

HOGGAN Scientific, LLC

Muscle Testing Reference Sheet



Patient Name _____

Date _____

LEFT

TEST 1 TEST 2 TEST3

TOES

- LUMBRICALS
- FLEX. DIGIT. BR.
- FLEX. DIGIT. LG.
- EXT. DIGIT LG.
- EXT. DIGIT BR.

RIGHT

TEST 1 TEST 2 TEST3

HALLUX

- FLEX. HALL. BR.
- FLEX. HALL. LG.
- EXT. HALL. BR.
- EXT. HALL. LG.

