

Discussion Panel

The How, What and Why of Using Force Plates

Abstract

Join our expert-led Q&A discussion panel that will explore all aspects of implementing force plate technology in clinical and sport science practice. This interactive session will break down the how (practical implementation and data interpretation), the what (key metrics and technologies), and the why (clinical and performance applications) of force plate use.

This session will address the fundamental questions: How do we effectively implement force plate technology? What specific applications provide the greatest clinical value? Why should practitioners consider incorporating force plates into their assessment toolkit?

Our panellists from will share invaluable insights into how force plates can enhance assessment protocols, monitor progress, and inform treatment decisions. The discussion will cover practical considerations including equipment selection, data interpretation, integration into existing workflows, and cost-benefit analysis for different practice settings.

Don't miss this opportunity to be inspired and equipped with practical knowledge, implementation strategies, and evidence-based approaches to incorporating force plate technology into your clinical exercise physiology or sport science practice.

Adam Russell

Adam Russell is an APA Titled Sports & Exercise Physiotherapist. He is the Owner of PRP Health which is an all encompassing clinic looking after their physio, rehab & performance needs.



He has a long history working with elite sports and has been the Head Physiotherapist at both the Gold Coast Titans in the NRL and the Gold Coast Suns in the AFL. During his career, he has had roles with the Brisbane Lions, Brisbane Roar W-League and the Queensland Reds along with consultancy roles with the Queensland Academy of Sport, Cycling Australia, Diving Australia, Athletics Australia and the Matildas National team.

He is currently a member of the QRL Physical Performance Committee as the Physio Lead and leading the annual Injury Surveillance Project as well as helping mentor the Physiotherapists from the Statewide competitions.

Kaine Doblo

Kaine Doblo is the Lead Strength & Conditioning Coach at Coorparoo Kings AFC, competing in the AFL Queensland State League. Holding a Bachelor of Sport and Exercise Science from QUT and certified as an ASCA Level 2 coach, he specialises in late stage rehabilitation, return-to-sport strategies, and athletic development. Kaine integrates force plate technologies into evidence-based practice, using objective data to guide recovery and performance. His work bridges clinical insights with applied sport science, enhancing movement quality and decision-making for practitioners working with field-based athletes.



James Hanisch



James Hanisch

brings over 15 years of experience in elite sport across Australia and the United States. His career began with high-performance roles at the Adelaide Crows and Brisbane Lions, before moving

to the U.S. to join the University of Oregon's renowned sports science program.

He went on to serve as Director of Performance Science at the Philadelphia Eagles, where he contributed to the team's journey to the 2018 Super Bowl. Today, James leads the Asia Pacific operations for Hawkyn Dynamics, working closely with performance professionals to integrate objective testing technology into elite sport environments.