

*"The Clinical Advantage"™*

■ DETERMINE WHO IS AT RISK OF FALLING

BIODEX  
**FALL RISK**  
**SCREENING**  
& **CONDITIONING**  
**PROGRAM**

CONSISTENT WITH THE  
**AMERICAN GERIATRIC SOCIETY**  
CLINICAL PRACTICE GUIDELINES FOR  
PREVENTION OF FALLS IN OLDER ADULTS.

# FALL RISK SCREENING AND BALANCE TRAINING PROGRAM

We understand that as a physician you are truly concerned with the successful rehabilitation and quality of life of your patients. The following information is an overview of the Biodex Fall Risk Screening and Conditioning Program. This program and associated technology can not only help reduce your patient's risk of falling, but can help rehabilitate total hip, knee replacement as well as a wide array of orthopedic and neurological conditions and generally improve overall mobility.

*Consistent with the American Geriatric Society clinical practice guidelines for prevention of falls in older adults.*

## ASSESSMENT

### BALANCE

Normal balance is controlled by a complex combination of visual, muscular and neurologic systems. Testing and appropriate exercise will improve an individual's ability to remain upright under challenging conditions.



### LOWER BODY STRENGTH

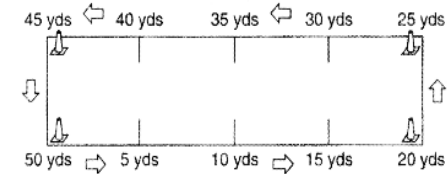
Strength is a critical factor for a rapid response to a balance disturbance. Testing will identify weakness and, if necessary, exercise will significantly improve lower body strength.



▲ Chair Stand Test

### GAIT

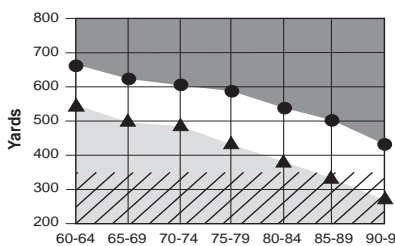
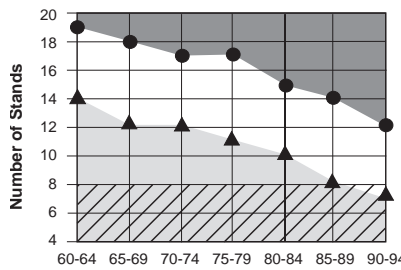
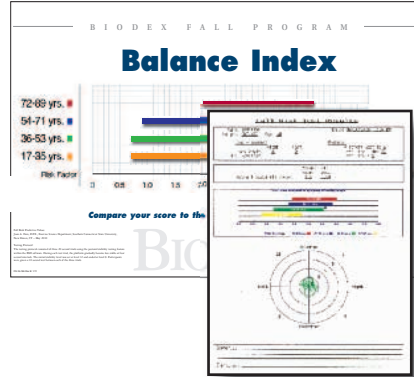
Older adults typically display a slower walking speed. Steps are also shorter and vary in length. These are all factors related to falls. Independence is directly related to walking speed. Testing and, if necessary, exercise help you learn how to walk more



▲ Six-minute Walk Test

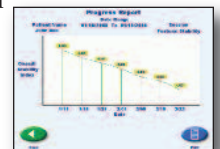
safely and confidently.

## NORMATIVE DATA



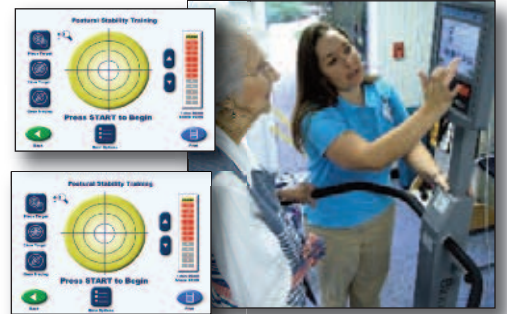
## OBJECTIVE DOCUMENTATION

The Biodex Balance System SD provides objective documentation and tracks patients throughout their assessment and training phases. Providing you with written progress reports. The objective documentation and writer reports provided through this program are an excellent way to track patient outcomes and communicate their improvements with their physicians and family members.



## CONDITIONING

Static and Dynamic balance/stability training.



## LEG STRENGTHENING

Utilizing the interactive training modes of the Balance System SD patients can begin to regain lower body strength and improve balance and mobility.



## GAIT AND ENDURANCE

Exercise using "senior-safe" exercise equipment can help strengthen and build endurance of muscles specifically associated with gait and mobility.

