

# HUMAC<sup>®</sup>BALANCE

MEASUREMENT & TRAINING

## Senior Living: Fall Prevention through Evaluation & Exercise



## HUMAC Balance System Objective, Portable, and Affordable

A proactive fall-prevention strategy includes resident evaluation and subsequent prescribed exercise.

*"The most effective single intervention was exercise which, overall, lowered the risk of falling between 12% and 20%.<sup>1</sup>"*

The **HUMAC Balance System** is a key component of a proactive fall-prevention strategy. All fall-prevention strategies include functional testing, but research now shows that force-platform testing should be part of your testing arsenal as well. A recent study concluded that:

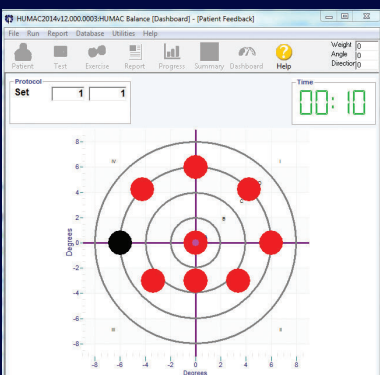
*"...functional tests do not necessarily furnish the same information regarding balance mechanisms as force platforms."<sup>2</sup>*

The **HUMAC Balance System** gives you the force-platform testing you need for any comprehensive fall-prevention strategy, at a price every Senior Living Facility can afford.

- Simple plug-and-play setup
- Includes mCTSIB, LOS, and other tests
- Test results are matched to age-based Normative Data
- Exercise routines are compatible with all levels of care
- Comprehensive objective balance assessment and training

### Limits of Stability:

This testing mode has targets for the patient to move toward. This helps to identify weak areas around which training programs can be designed.



**mCTSIB:** modified Clinical Test of Sensory Integration of Balance challenges the resident's ability to remain stable while relying on their visual, vestibular, and somatosensory systems.



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<sup>1</sup> The Costs of Fatal and Non-Fatal Falls Among Older Adults, *Inj Prev* 2006;12:290-295 doi:10.1136/ip.2005.011015

<sup>2</sup> Brazilian Journal of Physical Therapy, Rev. bras. fisioter. vol.15 no.6 São Carlos Nov./Dec. 2011 Epub Oct. 14, 2011

# Designing Your Fall Prevention Strategy

The ideal fall-prevention strategy includes functional and objective evaluations. Functional evaluations are quick and easy to interpret. **HUMAC Balance** makes objective evaluations quick and easy to interpret as well. Plus, with **HUMAC Balance**, you have a choice of Test Report formats, based on need, and Progress Reports documenting the change in performance over time, both available in seconds.

**The Power of Visual Feedback:** The exercise programs included with **HUMAC Balance** provide the patient with a wealth of visual feedback. This keeps the patient engaged, and even gives the therapist the opportunity to work with other patients during the duration of the **HUMAC Balance** exercise session.

Reduce the fall risk and increase the energy level at your facility by implementing a proactive fall-prevention strategy today with **HUMAC Balance**.



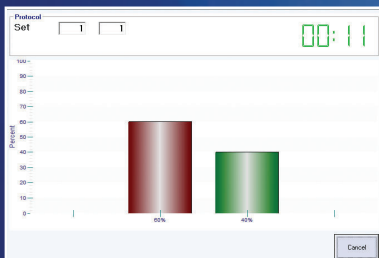
HUMAC Balance Board Exercise Display



HUMAC Flight Exercise Display



HUMAC Ski, Snowboard, and Luge Exercise Display



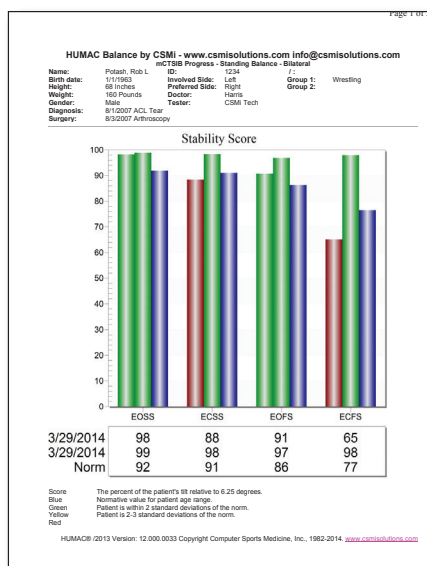
HUMAC Right Left Weight Bearing



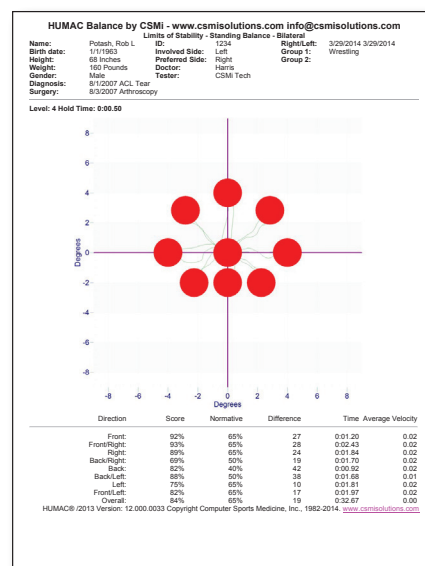
HUMAC Weight Shift



Portable HUMAC Balance Shown with Microsoft Surface



Modified Clinical Test of Sensory Integration Balance



Limits of Stability

Part No.	Description	Application
503607	HUMAC Balance - Static Only	Balance & Concussion
503746	HUMAC Balance - Static & Dynamic	Balance, Orthopedic, & Concussion
503779	Balance Pad	For use with CTSIB Test & Exercise



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