

PRĪMFIT

S O L U T I O N S



Fall Prevention & Balance Training

A safe and progressive exercise program improving your body's functionality and mobility

- Improve your balance
- Enhance your ability to maintain dynamic posture
- Promote proper functional transfers from one position to your next
- Walk up and down stairs with ease

What Experts Are Saying about PRĪMFIT™ Footwear

“ PRĪMFIT™ Solutions footwear is a game changer for physical therapists working with patients with balance disorders and rehabilitating lower extremity orthopedic injuries. It allows a safe progression of increasingly more difficult movements that trains patients body control. I welcome PRĪMFIT™ Solutions as an important addition to my tools as I treat patients. **”**

— Al Amato, MBA, PT, Founder of FOTO



Available at
www.PrimFitSolutions.com



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PRĪMFIT™ Solutions

(Prīme Fit)

Our footwear offers the first portable and integrated training system for both functional and balance specific movement. Other unstable surface training products limit your movement which, in turn, minimize the benefits. Our balance and fall prevention program consists of 25 safe and progressive exercises which increase body awareness and enhance your performance on a variety of levels.

A System that Improves Balance and Stability

Each year in the United States, millions of people fall resulting in more than \$50 billion in medical costs and even worse, a significant, and often permanent, decrease in quality of life.¹ Falls result from a progressive loss of balance and the neuromuscular inability to react to the loss of balance. "Balanced impairments in older adults are one of the most experienced and reported problems to physicians, and balance and gait disorders are the second leading causes of falls."² PRĪMFIT™ Solutions footwear and exercise program enhance the neuromuscular reaction response and increase functional strength. The results are both balance improvements as well as reaction time improvements.

¹CDC "Important Facts about Falls"

²Clinical Interventions in Aging, "The effect of visual biofeedback on balance in elderly population: a systematic review"

Want to Know More?

Contact us at sales@primfitsolutions.com to learn more about PRĪMFIT™ Solutions and request additional information.

