



# Balance



# Trainer

Focus on Movement to Improve Balance



**Product:** ADL Balance Trainer

**Benefit:** Stand, shift, lean, stoop, twist, bend, stretch & reach for better balance! Build balance in a functional way with the ADL Balance Trainer. Help individuals learn to stand again with confidence as they build balance for activities of daily living.

- Closely spot/facilitate patients
- Cross disciplinary (PT's & OT's love the Trainer)
- Versatile for use with high & low level patients
- ADL Balance Games compatible
- Easy to adjust to increase/decrease challenges
- No electricity needed

**Price:** \$2,950.00

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more products

ADL+

Leg



Press

Build Strength Without Transferring Out of Wheelchair

Leg Press



Press Downs



Lat Rows



**Product:** ADL Leg Press

**Benefit:** Get stronger without transferring out of the wheelchair. Build functional strength in legs for sit-to-stand transfers. Includes adjustable arms upper extremity exercises. This multi-use machine is a great option for gyms with limited space!

**Price:** \$2,750.00





**ADL Rumble Board™**



**ADL Hurdle Kit**



**ADL Hip Stick™**

<p><b>Product:</b> ADL Rumble Board</p>	<p><b>Product:</b> ADL Balance Hurdle Kit</p>	<p><b>Product:</b> ADL Hip Stick</p>
<p><b>Benefit:</b> This rocker board is made for rehab: less aggressive arc for improved stability, notching for sensory feedback, slide-resistant bottom, and handle cut-outs for easy carrying.</p>	<p><b>Benefit:</b> Add multi-directional stepping, weight shifting, high stepping and reactionary balance to treatments. Includes 2 Straight Hurdles, 1 Quadrant Hurdle, 4 Hurdle Stands (3-12 in. high), and 1 Training Manual.</p>	<p><b>Benefit:</b> Hip strategies are underutilized for balance recovery. By placing the ankles at a disadvantage, this product emphasizes hip strategies for balance. Though simple in design, this product is big in results.</p>
<p><b>Price:</b> \$195.00</p>	<p><b>Price:</b> \$245.00</p>	<p><b>Price:</b> \$95.00</p>



**ADL Reach Trainer**



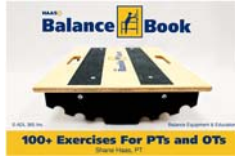
**ADL Balance Mat**



**ADL Bandy Board**

<p><b>Product:</b> ADL Reach Trainer</p>	<p><b>Product:</b> ADL Balance Mat</p>	<p><b>Product:</b> ADL Bandy Board</p>
<p><b>Benefit:</b> Help patients gain confidence and stability while reaching. Place on a table top to simulate high reaches (cupboard, cabinets, closets, etc.) or set on the floor for low reaches (shower, dishwasher, shoes, etc.). Integrates with existing cones &amp; ADL Balance Games.</p>	<p><b>Benefit:</b> Strong and confident stepping strategies are important for balance recovery and fall prevention. Use the colored quadrants, lines, and numbers for a wide variety of weight shifting and stepping exercises.</p>	<p><b>Benefit:</b> Low-friction surface allows for early movement and strength building. Add elastic bands to progress strength. Because notches hold the bands, therapists hands are free to cue movements, prepare exercises, document treatments, etc.</p>
<p><b>Price:</b> \$295.00</p>	<p><b>Price:</b> \$295.00</p>	<p><b>Price:</b> \$150.00</p>

## Balance Education Products



<b>Product:</b> <i>Balance Training: 100+ Exercises</i>	<b>Product:</b> <i>Balance Training: 100+ Exercises for PTs &amp; OTs. Private In-House Presentation</i>	<b>Product:</b> Steady for Life (fall program subscription)
<b>Purpose:</b> This book contains over 100 static, dynamic, and reactionary exercises to improve balance. A great addition for clinicians wanting to enhance their balance treatments.	<b>Purpose:</b> Train your whole team at one time! Invite as many therapists as you want to this 6.5 hour course on static, dynamic, and reactionary balance exercises. This is a hands-on course for clinicians on effective balance training.	<b>Purpose:</b> Get all of the tools you need to start and manage your fall prevention program. Includes Fall Factor Form 15, database storage, reports, education sheets, 10-Minute Balance exercise program, and more.
<b>Price:</b> \$30 digital; \$39.50 hard copy	<b>Price:</b> \$2,950.00 (includes travel)	<b>Price:</b> \$5.00/month

Order online at [www.ADLbalance.com](http://www.ADLbalance.com) or use form below:

Product	Model	Price	Quantity	Total
ADL Balance Trainer	ADLBT1	\$2,950.00		
ADL Leg Press	ADLP	\$2,750.00		
ADL Balance Hurdle Kit	ADLBHK	\$245.00		
ADL Rumble Board	ADLRB	\$195.00		
ADL Hip Stick	ADLHS	\$95.00		
ADL Balance Mat	ADLBM	\$295.00		
ADL Reach Trainer	ADLRT	\$295.00		
ADL Bandy Board	ADLBB	\$150.00		
Balance Training Book	HBB	\$30 digital, \$39.50 hard copy		
Balance Training Class	HBT	\$2,950.00		
ADL Facility Package	ADLFP	\$8,500.00		
<b>Check or Purchase Orders (POs):</b> Please email POs to <a href="mailto:shane@adlbalance.com">shane@adlbalance.com</a> and mail checks to ADL 365 Inc., Attn: Shane Haas, 187 Lost Creek Drive, Bulverde, TX 78163. Call (806) 785-6300 for any additional assistance.			Sub-Total	
			Tax (if applicable)	
			<b>Total</b>	