

## CASESTUDY

# Body In Balance Steps Up Mobility with Biodex Balance Technology

*Physical therapist Eleanor “Ellie” Hagan and her husband Dan founded Body In Balance in Linwood, NJ – one small room for treatment, and another for exercise. As a sole practitioner at the time, Ellie needed to find an efficient way to rehab a wide range of patients while standing out from competitors.*



She selected the Biodex Mobility package of devices. Assessment using the **Balance System SD** became an important first step to determine the right treatment program for each patient.

Studies show that balance training, strengthening and flexibility exercises not only improve mobility, but also reduce the risk of falling. The clinic began using the Biodex Balance System SD to assess and correct balance dysfunction in every patient.

Testing with the Biodex Balance System has helped PTs determine the precise visual, muscular and neurological issues that contribute to a patient's poor balance. Since most patients with neurological involvement present with balance issues, these assessments help set a growing patient population with Parkinson's or stroke on the right treatment path.



Clinic founder Ellie Hagan tests chronic stroke patient Sally on the Biodex Balance System SD, which offers both evaluation and training protocols.

Ellie explains, “We start by assessing their risk of falling by examining their lower body strength, balance and aerobic endurance. These three factors often determine whether an individual with balance and gait issues can safely remain independent in their home and community.”

### **Applying technology to precisely rehab and document**

The Balance System provides a range of patient-specific exercises that target these issues to improve an individual's ability to remain upright under a range of conditions likely to challenge them in their home and community.

The Balance System then maps patient performance against comparable populations of the same gender and age. The device has allowed therapists to easily record and store patient performance history from assessment through each therapy session, helpful for insurance reimbursement.

### **Poised for further growth**

Today, Body In Balance has grown their clientele significantly, and have expanded to dominate two floors of the original building where they launched their practice. With a variety of options for patients, enhanced by Biodex technology, Body In Balance is more than equipped to improve lives in their community.

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Biodex is always advancing our technology to serve you better.

**Balance System™ SD**  
[www.biodex.com/balance](http://www.biodex.com/balance)

For more information on Biodex Physical Medicine & Rehabilitation devices:

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