

"The Clinical Advantage"™

WELLNESS SOLUTIONS

Attract Community Dwellers or New Residents

Expand Your Wellness Programs

Biodex Balance Challenge
A Fall Risk & Mobility Program



Balance System™ SD

Tests and trains balance
to reduce fall risk



BioStep™ 2

Builds strength & mobility with
zero-impact elliptical motion



Sit2Stand™

Promotes biomechanically
correct squat-assist exercise
for quad strengthening

They're depending on you... to remain active and independent

Offer The Biodex Balance Challenge



The Mobility Chain

The loss of mobility presents many challenges for aging adults, not the least of which is a loss of independence. As the baby boomer population ages, the need for therapy solutions to address patient mobility is growing at a rapid rate.

Biodex has developed the perfect combination of exercise and technology to encourage progress with measurable outcomes. Boost the essentials—Rising, Standing and Walking—and help patients retain their personal independence.

Members rely on you to reach their goals and Biodex can help. Tackle the risk of falls head on with our Balance and Mobility products. Our mission is to help you attract and retain members, convert patients to members, and keep everyone moving – without risk of falls.

#MobilityChain

RISE FROM A CHAIR – Power and Coordination

Strengthen the muscles required for standing from a seated position

The ability to stand from the seated position takes more strength than walking or climbing a set of stairs. Sit-to-stand is the most fundamental movement in the mobility chain, essential for activities of daily living and quality of life – and independence.



The Biodex Sit2Stand™ Squat-Assist Trainer is an exercise device that ensures biomechanically correct movement for ankles, knees, and hips – everything is aligned properly without compromise. This is a tremendous advantage over practicing to stand from a regular chair. Set the resistance to accommodate the degree of assistance required to build strength for balance and mobility.



Stand – Sit – Stand → Repeat
Improve Strength • Build Endurance • Increase Flexibility

www.biodex.com/sit2stand

BALANCE CHALLENGE

Fall Risk & Mobility Program

Includes:

950-560 Sit2Stand™ Squat-Assist Trainer

950-440 Balance System™ SD

950-240 BioStep 2™ Elliptical Ergometer

Finance combination for 60 months.

Ask about term details.

STAY BALANCED – Postural Stability

Consider offering a Fall Risk & Prevention Track

Whether your wellness program is part of a senior living community, hospital based, or embracing the new trend of converting patients to members in a physical therapy practice, the Balance System SD plays a critical role to assessing and improving on the ambulation of seniors. And of course, it is the foundation of The Biodex Balance Challenge.

A simple test can identify those considered at risk. A comparison between performance and age-matched normative values demonstrates the need for improvement both visually and numerically. The objective reporting keeps patients and members motivated to return to the program, using tangible results to fuel them toward their goal.



Some facilities have reported success by presenting The Balance Challenge as an additional fee-for-service 8-week program. Designed to improve balance and mobility, the program supports the Mobility Chain – Rise, Stand and Walk – with devices to build the strength, balance and confidence required for safe ambulation.

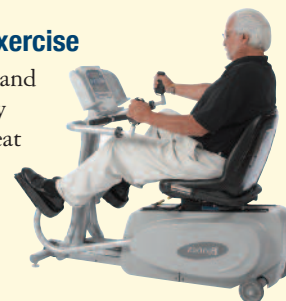
www.biodex.com/balance

WALK WITH CONFIDENCE – Ambulation

Strengthen muscles for ambulation

Offer your patients comfortable exercise

The Biodex BioStep™ is an ergometer and elliptical in one. It provides total-body exercise with a comfortable rotating seat and zero impact on the joints that arthroplasty patients and older adults specifically appreciate. The 1:1 leg-to-arm swing ratio mimics the natural movements of gait. For those with difficulty walking, or post-surgery, BioStep increases leg strength for ambulation and improves cardiovascular function.



www.biodex.com/biostep

BIODEX

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