Focus on Mobility

Independence is characterized by freedom… freedom from the support of others. For many, working toward or maintaining independent ambulation is the freedom they seek. And they are looking to your clinic for results.

Biodex offers a collection of wellness devices that work together to improve muscle strength specifically for ambulation. Rising from a seated position, leg strength, upper body strength – all necessary for ambulation – are addressed.

Keeping Seniors Fall Resistant

“As the fitness specialist at Sagewood, my responsibility is to assist our independent living residents in maintaining a healthy lifestyle. Residents range in age from 62 through 93, 80-90% of which have some balance issues,” states Morris.

“One of the programs I’ve developed is our eight-week Balance Challenge, designed around the Biodex Balance System. When you compare [the] residents’ performance to age-matched norms, you find that many are on the edge of a problem and just haven’t fallen yet.

“Our residents really like the Balance System. I have several clients that use it four or more times a week and are very pleased to see their pretest and posttest results after completing the program,” says Morris with a hint of pride.

Avoiding falls is a shared concern. Facilities like Sagewood are equally determined to avoid falls that could sacrifice a resident’s independence. A fall and broken hip could result in moving to a different kind of facility.

“Even our high-functioning residents have a fear of falling,” says Morris. “Some residents volunteered that they noticed their leg strength deteriorating. Fear of falling and declining leg strength are two potential precursors to a fall.”

Excerpt from:
Sagewood Integrates Biodex Balance System SD into Award-Winning Fitness Center… Keeping Seniors Young & Fall Resistant

To read the case study, visit:
www.biodex.com/casestudy/sagewood

Kimberly Morris, Kinesiologist, was a Fitness Specialist from National Institute for Fitness and Sport (NIFS) at the time of reporting. Sagewood is a Life Care Services LLC senior living community.
Wellness & Senior Fitness

MARKETING 101: Differentiate or Die

Wellness centers for seniors are being challenged to reinvent themselves – expectations have changed. Today’s baby boomers are seeking to improve or maintain their health in a non-institutional environment that offers boutique amenities and programs such as cardio drumming.

At this point you may be asking yourself, “What the heck is cardio drumming?” Well, apparently it’s a thing. If you are also wondering if your center is clearly setting itself apart – and ahead – of the competition, we can help with that. Biodex technology lets you offer some of that uniqueness that attracts and retains members.

Every Wellness Program Should Have a Plan for Balance

Wellness programs supervised by a Certified Personal Trainer can utilize the Biodex Balance System to perform Fall Risk Screening. A simple test identifies those considered at risk and depicts a comparison between their performance and age-matched normative values to help them appreciate the need to improve. Tests and training performance, such as Postural Stability, Percent Weight Bearing and Limits of Stability, can be quantified and reported, encouraging participation. Stir things up with a “Balance Challenge” and watch how members get a little competitive with improving their score. Consider offering a Balance Program as a tier for premium members.

Accommodate the growing demand for Stroke and Parkinson’s exercise

Studies indicate that forced exercise (FE) improves overall motor function for people with Parkinson’s disease. Biodex offers medBike®, a lower-body ergometer that uniquely offers a motorized Passive Mode to “force” pedaling at higher speeds, up to 90 rpm, to elicit higher neural activation in the brain.

medBike is also great for post-cardiac conditions, anyone that does not tolerate standing or is too weak to pedal on their own.

www.biodex.com/medbike

Upper Body Exercise

Great for cardiovascular exercise and upper body strengthening of shoulders, back, neck, wrists and elbows. The UBC seat is easily removed for standing or wheelchair access. Features Biodex Quick-Start software with 15 resistance levels for maximum results.

www.biodex.com/ubc

Consider offering a Fall Risk & Prevention Track

Wellness programs supervised by a Certified Personal Trainer can utilize the Biodex Balance System to perform Fall Risk Screening. A simple test identifies those considered at risk and depicts a comparison between their performance and age-matched normative values to help them appreciate the need to improve. Tests and training performance, such as Postural Stability, Percent Weight Bearing and Limits of Stability, can be quantified and reported, encouraging participation. Stir things up with a “Balance Challenge” and watch how members get a little competitive with improving their score. Consider offering a Balance Program as a tier for premium members.

www.biodex.com/balance
**Strengthen muscles specifically 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 members line up to use! 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](http://www.biodex.com/biostep)

**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.

[www.biodex.com/sit2stand](http://www.biodex.com/sit2stand)

**Primary Muscles Strengthened:**
- Hamstring
- Quadriceps
- Adductors
- Abductors
- Gluteals

**Safely Practice Reactive Postural Control**
The inability to walk is a major cause of distress among seniors. Many gait abnormalities in this age group are due to musculoskeletal deficiencies, dormancy and weakness.

The Biodex FreeStep SAS, a ceiling mounted track and harness support system, allows people to move freely, without the fear of falling – without risk to staff.

[www.biodex.com/freestep](http://www.biodex.com/freestep)
Getting seniors up on their feet – with the Biodex Sit2Stand™ Squat-Assist Trainer

“Seniors generally understand that advancing age presents challenges,” explains Kathryn Nguyen, a wellness instructor at the Heritage Pointe Retirement Center for seniors in Mission Viejo, CA, “but it’s also important for them to recognize that strengthening their bodies helps maintain and sustain their quality of life. That’s why we encourage everyone here to use our fitness center as often as they can.

“Once our residents started using [the Sit2Stand™ Trainer] it quickly became one of our most popular devices. Basically, I show residents how easy it is to adjust the height and weight settings, and then tell them to give it a try.” Nguyen is especially pleased that there is little supervision needed. That leaves the fitness instructor free to tend to other members.

“We have one 79-year-old resident here who underwent knee replacement surgery six weeks ago and this system has really helped her out… it seems to be helping to strengthen both legs and knees while improving her ability to move from a seated to standing position. She comes back to work on this machine every single day…”

“So far,” says Nguyen, “we have had no complaints about this system – not one! Residents are free to exercise on their own,” which is exactly what happens. “I’d surely recommend the Biodex Sit2Stand Trainer to other facilities.”

Excerpt from:
Heritage Pointe recognizes improved strength in residents using the Biodex Sit2Stand Trainer.

To read the case study, visit:
www.biodex.com/casestudy/heritagepointe