Music-based therapy is gaining momentum as a powerful evidence-based treatment for Parkinson’s and other movement disorders. Music-Assisted Therapy features compositions written and performed by music therapists to facilitate correct gait kinematics. Repetition of correct movement through gait training enhances neuroplasticity. The advanced technology built into the Gait Trainer 3 documents progress, proving the value of treatment.

We utilize the Biodex Gait Trainer, combined with specific functional exercises, to help clients learn to walk safely and more confidently. Fran, a long-term Parkinson’s patient has been coming to Body In Balance for five years. Her therapy sessions help her through the limitations she experiences as a result of the disease. Fran’s left side is affected by Parkinson’s disease, and sometimes her left foot feels like it’s in cement. “My brain is telling my body that it wants to move, but my feet just do not respond,” explains Fran.

As part of her evaluation, Fran was introduced to the music-enhanced Biodex Gait Trainer. She claims her ability to move is totally different when she uses the Gait Trainer, and praises the combination of visual biofeedback and rhythmic music. “It shows a little diagram of where your feet should be and at what pace you should be walking. It gives you a regular musical beat to keep up with.” Fran feels the Gait Trainer does more than just keep her in rhythm, but makes it so that she wants to keep in rhythm. “When I am on the Gait Trainer, I might feel my body getting ready to slow down, and yet the gait trainer keeps my brain aware that my feet should keep going. It’s like mind over matter, you listen to the music and keep up with the rhythm of the music. It’s very effective.”

Eleanor Hagen, PT and Founder
Body In Balance Physical Therapy and Fitness Center, Linwood, NJ

Objective Documentation
Perfect for showing need, progress and outcome for specific gait parameters.

Document changes over time (average walking speed, exercise time, distance, steps, average step length, step length variability, and time on each foot) via progress reports.

Patient Shows Gains After Stroke

After suffering a stroke while vacationing with his wife in Hawaii, Jeff displayed considerable right hemiparesis and global aphasia. At Texas NeuroRehab Center, his therapists treat him with the new Biodex music-enabled Gait Trainer 3.

After six months of therapy on the Gait Trainer 3 with Music-Assisted Therapy, Jeff demonstrated impressive progress. His average walking speed increased (by 0.41 m/sec), step length increased (by 19 cm left, by 25 cm right), and time on each leg was symmetrical (previously 53% left, 47% right). Thanks to the data logging and normative database built into the Gait Trainer 3, therapists at Texas NeuroRehab were able to objectively track Jeff’s progress.

Read full case study: www.biodex.com/casestudy/texasneurorehab

Watch the Video

Fran, who has been living with Parkinson’s for 40 years, describes the effects of the music: “The Gait Trainer kept my brain aware that my feet should keep going.”

www.biodex.com/video/bib/parkinsons
NEW Mobility Assist™
Motorized Stand Assist and Walker – in one device

![Stand + Walk = One Device](image)

It is important to get patients up and walking. This basic activity overcomes circulation problems, disuse atrophy, stimulates neural pathways, and plays a role in the psychology of a patient’s sense of independence.

The Biodex Mobility Assist™ is a motorized stand-assist device that brings patients from a seated to standing position with the protection of a safety harness. As the patient stands using correct biomechanics, their center of gravity remains within the support of the device.

Once standing, the patient has the control to initiate ambulation. If they can move their legs, they can walk with Mobility Assist. From bedside or wheelchair to anywhere in the clinic or hospital setting – even outside to enjoy good weather in the courtyard – Mobility Assist will mobilize patients.

Progress patients safely
from Mobility Assist → FreeStep SAS
Create a safe ambulation environment for both therapist and patient

![Patients' rooms are often located quite a distance from therapy – Mobility Assist can be used as an alternative to a wheelchair.](image)

Protect Patients and Staff… For weak or unstable patients, Mobility Assist is the perfect precursor to FreeStep ambulation.

950-570 Mobility Assist
Includes rechargeable battery, battery charging cable, stabilization strap and one universal safety harness.

www.biodex.com/mobilityassist
Introducing Emory’s Brain Health Outpatient Program

Devra Brown, PhD, is manager of the outpatient rehab program at Emory Rehabilitation Hospital. She received her physical therapy degree from the Medical College of Georgia, and recently graduated as doctor of physical therapy.

“Our neuro rehab clinic is hospital-based and supports the Emory Rehabilitation Hospital located on our main campus,” Dr. Brown explains.

The Emory Brain Health Center in Atlanta is building what it believes will be one of the nation’s leading outpatient rehabilitation centers for patients with neurological diseases and conditions. The heart of this modern center on Atlanta, Georgia’s Emory University campus is a team of highly experienced therapists equipped with one of the field’s most advanced range-of-technology systems, including the first music therapy-enhanced gait trainer, and the nation’s most extensive FreeStep SAS track systems.

New technology accelerates therapy, protects patients and PTs

Emory’s new FreeStep track system protects patients being treated on the clinic’s Gait Trainers from a potential fall and injury, as well as those relearning to ambulate safely over ground. By increasing staff efficiency and reducing risk of their injury, the track system enables the clinic to better meet the challenge of changing reimbursement, since it enables a single therapist to treat each patient, no matter how unstable or obese.

“Most clinics attempt to guard patients at risk of falling while ambulating with a therapist and an aide. Such a practice can expose both patient and therapists to risk of injury – and obviously, therapists can’t prevent a fall when a patient is on a treadmill,” Dr. Brown explains. “The FreeStep lets a single therapist train even our most unstable or obese patients without risk of injury to either patient or therapist.”

“In addition to safety, the integration of the FreeStep track system allows the patient to safely experience changes in balance and learn how to respond physically to those changes in balance. That’s crucial to patients learning how to safely walk in the community – and can’t be learned with aides or parallel bars, as in most clinics.”

Read full case study: www.biodex.com/casestudy/emory

FreeStep Accessories

Components and options make customization for your facility easy

Therapists using safe patient handling equipment are experiencing increased options in therapy, accomplish more, and mobilize patients earlier in their recovery.

FreeStep shown with Gantry System – Custom configure to your facility’s needs, complementing the existing equipment floor plan.

www.biodex.com/freestep

Portable Motorized Lift – Suitable for environments where the demand for higher weight transfers are a reality.

▲ Therapist exercises a patient with Parkinson’s as he navigates an obstacle course, assured he cannot fall by the clinic’s FreeStep track system.

▲ Protected from falls with the FreeStep, the patient safely trains on the Biodex Gait Trainer equipped with the latest Music Therapy feature.
In practice, the patient stands on the Balance System™ SD and is asked to shift their weight left and right. The Balance System can capture, quantify and document any overcompensation. As a result, therapists can determine if an inappropriate response is a unilateral strength issue, or an initiation or stabilization issue.

The training exercises of the Balance System SD are geared to improve strength, range of motion, gait and balance for those patients suffering from neurological involvement associated with Parkinson’s, Stroke or Peripheral Neuropathy.

Perform interactive testing and training such as Percent of Weight Bearing, Limits of Stability and Postural Control.

Attract New Patients
Ask about the Marketing Support available for the Biodex Balance System SD.

www.biodex.com/balance

Restore functional mobility
The Biodex NxStep™ Unweighing System enables partial weight-bearing therapy with open access to the patient. Offloading a percentage of body weight allows the opportunity for early rehabilitation while providing a safe environment for patient and therapist. Therapists can focus on treating their patients, manually facilitating lower extremities.

The dynamic, single-point suspension of NxStep accommodates pelvic rotation and vertical displacement. This encouragement of proper mechanics allows functional gait patterns to be practiced. When used in combination with the Biodex Gait Trainer, a comprehensive gait training environment complete with audio cueing and visual biofeedback, is possible.

Perform interactive testing and training such as Percent of Weight Bearing, Limits of Stability and Postural Control.

www.biodex.com/nxstep

Improve Strength • Build Endurance • Increase Flexibility
With attention to detail in the biomechanics of the sit-to-stand motion and the therapy process, the Biodex Sit2Stand™ is designed to allow the therapist full access to the patient to train and reinforce strategies while providing the patient a safe environment.

By varying seat height and foot position, the patient will learn the effects of body position and joint angle to control center of mass and the role of momentum in rising. The large, comfortable contoured seat with pivoting backrest articulates naturally to correspond with pelvic tilt during sit-to-stand motion.

Perform interactive testing and training such as Percent of Weight Bearing, Limits of Stability and Postural Control.

www.biodex.com/sit2stand

Active and Passive Motion for Upper and Lower Body
Designed for people with physical limitations, medBike® enables both upper and lower active-passive training in one compact device. Simple operation supports independent use by individuals in their home, or in clinical settings. The open design offers comfortable access when exercising from a chair or wheelchair, allowing for earlier movement training interventions.

Proven very effective for patients with Parkinson’s disease, the movement training of medBike helps gently loosen and strengthen muscles and reduce spasticity. Research has shown that some people with Parkinson’s disease can benefit by exercising in the Pedal Assisted Mode at the higher rpm levels that the medBike offers, up to 90 rpm.

The Continuous Control System avoids overstraining the lower- and upper-leg muscles, creating safe exercise conditions.

www.biodex.com/medbike
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.

FINANCE TO OWNERSHIP

Music Moves Me
Parkinson’s Program

Help patients with Parkinson’s disease improve ambulation, increase function and reduce the risk of fall. With more than 60,000 new Parkinson’s cases reported annually, Biodex Balance & Mobility devices can help this growing, and underserved population. Intense exercise has been shown to slow the progression of symptoms.

Includes:
950-194 medBike® Whole Body Cycle
950-440 Balance System™ SD
950-400 Gait Trainer™ 3 Treadmill
950-413 Music-Assisted Therapy

Finance combination for as low as $769/mo for 60 months.
Ask about term details.
Freight calculated separately.
All prices are United States only; international pricing available upon request.
Prices subject to change without notice.

Balance Challenge
Fall Risk & Mobility Program

The Balance Challenge is an 8-week program designed to improve balance and mobility. The program starts with a risk-factor screening which includes:

Balance Assessment - Analytical balance testing compared to universally accepted normative data and medical protocols, consistent with the American Geriatric Society Clinical Practice Guidelines.
Chair Stand Test - Assess lower leg strength.
Six-Minute Walk Test - Assesses distance walked over 6 minutes as a sub-maximal test of aerobic capacity/endurance.

Includes:
950-560 Sit2Stand™ Squat-Assist Trainer
950-440 Balance System™ SD
950-240 BioStep™ 2 Elliptical Ergometer

Finance combination for as low as $459/mo for 60 months.
Ask about term details.
Freight calculated separately.
All prices are United States only; international pricing available upon request.
Prices subject to change without notice.
SHOW THE NUMBERS

Position Your Clinic as a Partner for Value-Based Care

PROVE that your therapy programs and technology get patients better, faster.

Biodex technology provides positive outcomes, accelerates rehabilitation and reduces readmission. DOCUMENTED.

Contact Biodex today and ask us how.

View sample reports: www.biodex.com/balance/testing

Attract ACO partnerships with objective reporting and efficient rehabilitation.

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Let’s get a discussion going...

Foundation for Physical Therapy
1076 Corporate Partner

BIODEX

MOBILITY SOLUTIONS

Biodex Gait Trainer 3 with Music-Assisted Therapy

Because you believe in providing better outcomes, we believe in using science & technology to drive treatment innovation.

See inside for the NEW Gait Trainer™ 3 enhanced with neurological music.

Published by Biodex Medical Systems, Inc.

Biodynamics

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