Expand Your Wellness Programs

Biodex Balance Challenge
A Fall Risk Mobility Program

- **NEW 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

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**“The Clinical Advantage”™**

**WELLNESS SOLUTIONS**

Attract Community Dwellers or New Residents

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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 get patients back to the quality of life they deserve.

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.

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.

STAY BALANCED – Postural Stability
Consider offering a Fall Risk & Prevention Track

Wellness programs supervised by a Certified Personal Trainer can utilize the Biodex Balance System SD 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.

Utilizing the Balance System, first measure and document balance to determine risk, then implement a 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.

WALK WITH CONFIDENCE – Ambulation
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 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