### MediBalance Pro – in action



# MediBalance Pro – brief description

*Medi*Balance **Pro** offers a sound test of balance and coordination capabilities plus an individual training setting for you.

MediBalance Pro supports you dealing with

- lacking sense of balance and vertigo
- instability and inconsistent blood pressure
- problems with coordination and concentration
- excelling balance i.e. in sports
- back pain and tense muscles peak performance.

Please do not hesitate to contact our staff on behalf of this unique method. We will be happy to discuss your options and conduct the test for you if so needed.

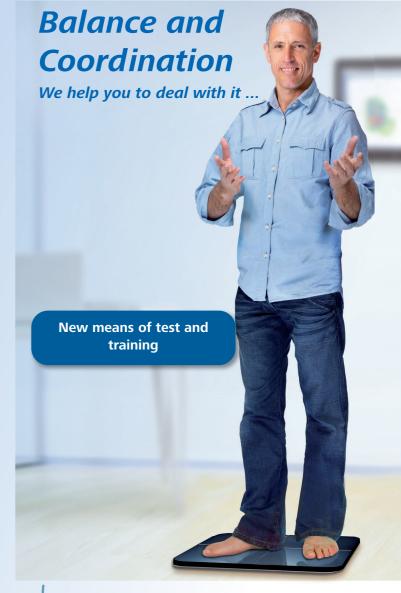
Your team



www.balance.meditech.de







MediBalance Pro

### Dear patients,

#### What is the test procedure?

# What is the training procedure?

- You are suffering from vertigo and feel unstable walking or standing?
- You easily lose your sense of balance?
- Your blood pressure goes wild at times one way or the other, but your physician is unable to find the cause of it?
- You crave to improve your coordination and concentration?
- Your back bothers you frequently?
- Your muscles often are tense and causing pain?

**NO?** Then you belong to a very blessed group of patients – congratulations.

If you <u>did</u> answer one or even several questions with **YES**, please contact our staff and ask them about test and training questions with the *MediBalance Pro System*.

A thorough test procedure allows to evaluate both your sense of balance and your level of coordination. The results provide us with valuable indications as to how to best help your need with an individual and specialized training. The primary test routine consists of four steps. Your exact movements are being recorded and are the foundation of the corresponding analysis:

- Step 1: You stand on the *Medi*Balance Pro platform relaxed the both legs.
- Step 2: You continue to stand on the platform but close your eyes.
- Step 3: Again you stand on the platform. However, the ground you stand on is being destabilized usein a special cushion on to of the platform.
- Step 4: You continue to stand on the special cushion but close your eyes.

Depending on your individual needs your *Medi*Balance Pro specialist determines which specific training measures are best for you. An individual training to improve your sense of balance in daily life is being provided.

> On a computer screen you receive specific tasks that you are asked to complete. At times you will i.e. move a virtual ball on the screen towards a specific location or into different screen sectors.

**Feedback** at screen **Evaluation** Simply by continuously shifting your weight and evence retraining your sense of balance. **Balance** yourself