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Balance and Vestibular Neural Pathways

The findings of a recent study have been published in the British Journal of Sports Medicine.* The study shows a correlation between a person's ability to balance and their actual life expectancy. *Araujo CG. Et al. BrJ Sports Med 2022;0:1-7. Doi:10. 1136/bjsports-2021 – 105360

A team of Brazilian researchers found that those patients who could not pass the 10 second balance test showed an increased risk of dying from all causes within the next ten years. When taking into consideration society's continuing steadily declining physical condition, this finding actually makes sense.

Life Chiropractic's **ProBalance360 and its pressure plate** can in ten minute test a person's balance ability and produce key metric findings which will highlight obvious balance weaknesses/vulnerabilities, if present.

Evaluation and analysis of the metrics enable the production of an appropriate treatment plan tailored to the individual's specific balance and vestibular neuropathway rehabilitation requirements.

The **ProBalance360 and FDA cleared Vestibular Neuropathway Therapy** in association with **ProSoft Mechanical Motion Therapy** technology plus at-home exercise is the process which promotes progress through ongoing challenges to default balance deficits. The bottom line is "without challenge not much improvement will happen but with regular challenges improvement is expected."