



Dr. Richard O. Hargreaves,
Certified Strength and Conditioning Specialist
Certified Personal Trainer

1400 King Street, Suite 105

Bellingham, WA 98229

Phone: (360) 734-5433

Fax: (360) 392-8635

www.spinestrengthforhealth.com

The Five Body Systems Which Contribute to Balance

There are five interconnected body systems which contribute to balance ability and any condition that lies within these systems could result in a balance-related symptom or a group of symptoms, thus putting a person at a higher risk of falling and creating an injury.

- **Central Nervous System:** Stroke, Multiple Sclerosis, Parkinson's disease and other disorders of the nervous system
- **Peripheral Nervous System:** Nerve damage to the legs and feet (peripheral neuropathy)
- **Vestibular System:** Meniere's disease (may be related to upper cervical spine post-traumatic instability) and other conditions which originate in the inner ear which cause vertigo and dizziness
- **Musculoskeletal System:** Weakness in major muscles, particularly in the thighs, abdomen, back and legs
- **Vision System:** Cataracts, macular degeneration and glaucoma which distort vision

It is paramount to actively attend to balance problems in order to improve the overall well-being and safety of individuals affected by these conditions.

ProBalance360 and FDA cleared Vestibular Neuropathy Therapy, when paired with **Mechanical Motion Therapy** can produce positive changes every single training session (often within a single session) with the rates of and degrees of forward progress dependent on how quickly the impaired systems can adapt to **ProBalance's** specific imposed mental and physical demands.