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“Every 19 Seconds a Fall-Related Fatality Occurs.” The Harvard Medical School

Those who live with balance/vestibular deficits or failures unfortunately may not know where to go or what to do about it. Frankly, there are not a great many ways to tackle this increasingly prevalent issue. Wobble boards and rocker boards just aren't up to this complex task of tackling balance and vestibular deficits. In recognition of this reality fact, **ProBalance360 and Vestibular Neuropathway Therapy** were developed.

Welcome to ProBalance360; the new FDA cleared Vestibular Therapy medical device that helps doctors help their patients improve their balance reflexes and body coordination.

Do not ever take balance (or lack thereof) for granted. During our individual tracks through life, numerous physical and physiological changes occur, and our bodies are forced to adapt for the purpose of preservation of caloric energy and survival. One of the most critical aspects of our well-being which often gets overlooked is the ability to maintain balance and stability while being freely mobile. The seemingly simple skill of being confident and sure-footed becomes increasingly vital as we get older. It is not until one has a fall and hard landing that the person realizes they have balance and coordination issues that could have been addressed before an often devastating injury.

Life Chiropractic's Proadjuster chiropractic adjusting instrument, ProSoft Mechanical Motion Therapy and physical training procedures complement the ProBalance360's ability to restore and preserve balance to the individual's anatomic and neurologic potential. Some are able to progress to their individual level while with others break through as if “the sky is the limit.”

The **ProBalance360 and Vestibular Neuropathway Therapy** in association with **ProSoft Mechanical Motion Therapy** offer a variety of interactive progressive personal challenges which are fun to do for the clients who look forward to producing better scores than those produced during their previous session or even within the same session.

PROADJUSTER®



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How Would You Define a Fall?

Let me give you my definition and see if it aligns with yours.

A “fall” is defined as “when a person has a trip or a stumble and can’t recover from the trip or stumble. The result is a person coming to a painful rest on the ground.”

According to the CDC:

- **Each year, 3 million people are treated in the ER for fall injuries (8,219 per day).**
- **1 in 5 falls causes a serious injury such as broken bones or a head injury**
- **95% of hip fractures are caused by falls**

Most of the individuals I know who have fallen, patients and non-patients, have had their daily life functions significantly diminished, often for life, myself included. I share this with you because Life Chiropractic now offers **Balance Enhancement Therapy** using a platform called **ProBalance360** that can assess a person’s balance deficits with data-driven metrics. The metrics provide the ability to develop a tailored treatment to combat the individual’s specific balance and vestibular deficits.

Balance Enhancement Therapy is interactive, fun and challenging for the patient while being effective for rehabilitating balance and coordination by restoring the integrity, strength and range of motion of the joints and dense connective tissues.

Let’s do what we can do to help people stay out of these statistical columns so they can physically and mentally thrive during their daily lives. Visit <http://www.probalance360.com/drhargreaves>.





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Balance and Coordination Decline in Older Adults

One of the most immediate and serious concerns associated with a loss of balance capability is the increased risk of falls as they can produce severe injuries, permanent disabilities and even death.

According to the CDC, it is predicted that by the year 2030 there will be 7 fall-related deaths every hour! A single fall can impact anyone's quality of life therefore it is incredibly vital to maintain healthy balance and vestibular capabilities.

We offer a solution for these persons using the ProBalance360, an FDA cleared innovative approach to assess balance ability and provide Vestibular Rehabilitation. This proprietary diagnostic technology assesses the patient's stability index by determining insufficiency in proprioception, coordination, balance and stability.

ProBalance360 metrics enables the use of a tailored treatment and therapy plan designed to restore and improve balance and coordination throughout the interconnected body. Thus, daily human performance becomes less stressful through increased efficiency.

- **Vestibular Neuropathway Therapy – Retrains neuropathways to improve proprioception**
- **Mechanical Motion Therapy – Restores strength in muscles and joints and improves range of motion**
- **Cognitive Therapy – Simulates real-life situations to improve concentration and problem-solving while the body is in motion.**

For more information, visit <http://www.probalance360.com/drhargreaves>.