



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

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

Those persons who live with a balance/vestibular deficit or failure 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 just aren't up to this complex task. In recognition of this reality fact, **ProBalance360 and Vestibular Neuropathway Therapy** were developed.

Welcome to ProBalance360; the new FDA cleared medical device that helps doctors help their patients improve their balance and 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. 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 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 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 "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 and fun for the clients who look forward to producing better scores than those produced during their previous session.

To see it for yourself, go to <http://www.probalance360.com/drhargreaves> or <http://www.spinestrengthforhealth.com>. If you are interested in speaking, I can be reached at (360) 734-5433.

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.





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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>.



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Balance, Stability and Mobility Building

I wanted to take a moment to emphasize the importance of maintaining balance and stability as a person ages, a topic which becomes increasingly significant for our older patients. Most professionals simply do not have an explanation for the rise in this complaint and there is not an “easy fix” available to treat balance deficits.

However, there is a solution that digs much deeper than the usual balance challenge exercises a patient would do by taking the traditional route.

The **ProBalance360** proprietary diagnostic technology allows the practitioner to assess multiple points of data (100 points of data per second) relative to sway, proprioception insufficiency and overall stability on both one and two feet. The metrics data enables the production of a stability index that is used as a baseline for customizing each individual’s therapy.

This approach is unique in that the patient does their therapy on the **ProBalance360** device. The patient interacts with the screen in front of them while doing “video game” style dynamic therapies that are **CHALLENGING** and **FUN**. The **ProBalance360** and **FDA cleared Vestibular Neuropathway Therapy** in association with **ProSoft Mechanical Motion Therapy** simultaneously challenges the patient’s vestibular system to improve their proprioception at the same time.