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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 average).**
- **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. Prior to the acquisition of **ProBalance360** and our other technology I used balance boards and wobble boards as that was basically the available equipment. Now I know what to do because of ongoing training and use of **Balance Enhancement Therapy** using a platform called **ProBalance360**. **ProBalance360** assesses 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.

**ProBalance360 and FDA cleared Vestibular Neuropathway Therapy** in association with **ProSoft Mechanical Motion 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.