



PROBalance³⁶⁰™ *Lifestyle*



BALANCE

85% of Americans will experience balance problems at some point in their lives. Poor balance not only restricts movement but also can lead to increased risk of falls or injury.

PROBalance³⁶⁰TM *Lifestyle*

Welcome to

ProBalance360: an integrated approach to helping people improve their balance and stability, coordination, and activities of daily living.

We utilize a 5 Body Systems analysis that is completely unique.

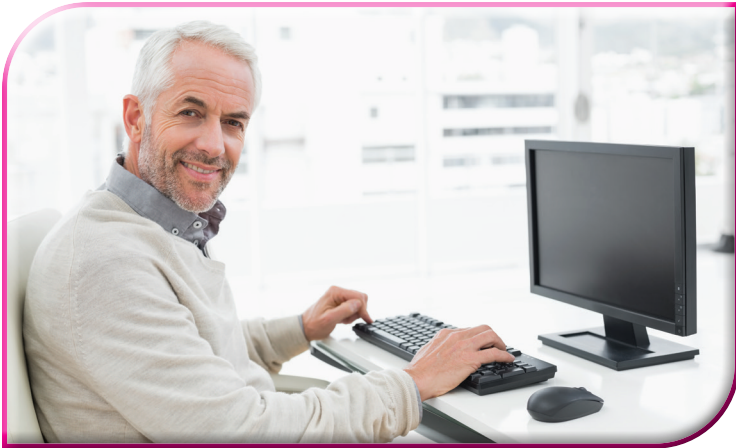
Harvard Medical dedicated a 54 page magazine to balance. That's how important balance is!

The ProBalance System is a comfortable, computerized, and consistent approach in helping people feel better and function higher.

Using highly advanced technology, ProBalance Therapy contributes to improved perception, coordination, and stability.

Take advantage of the opportunity to help yourself, your friends and family using technology.





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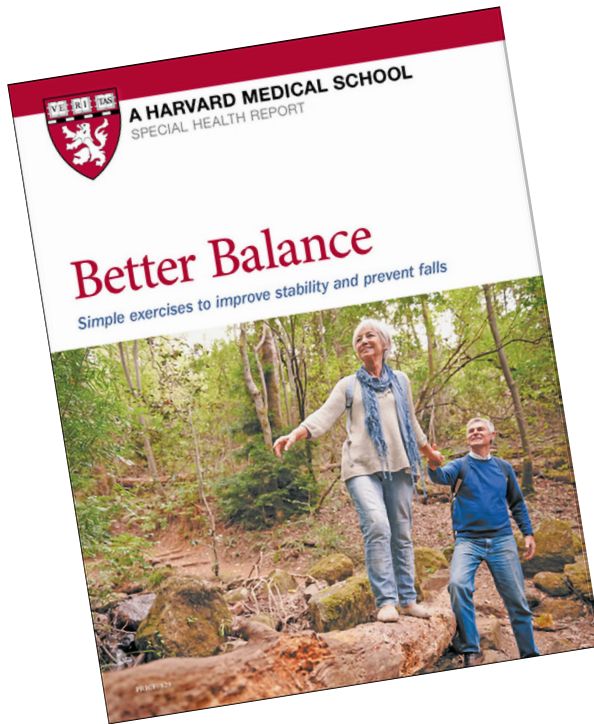
PROBalance³⁶⁰™



The ProBalance360 is a breakthrough in Balance and Fall Prevention Therapy. This innovative technology analyzes key balance metrics using a force pressure plate, and sends the data via bluetooth to sophisticated software to calculate the Stability Index.



5 MAJOR SYSTEMS OF THE BODY THAT CONTRIBUTE TO **BALANCE**



HARVARD
MEDICAL SCHOOL

BALANCE IS SO IMPORTANT, EVEN HARVARD SAID SO...
WHAT DID HARVARD MEDICAL SCHOOL SAY?

- Rehabilitation of the 5 body systems involved in proper balance. (Harvard Medical School)
- Each body system sends a signal through the central nervous system, which the brain interprets.
- The brain must then send the proper signal to the muscles causing contraction and neuropathway signaling.
- ProBalance360 exercises visual, vestibular (inner ear) and proprioception (knowing where the body is in space) to find or create new pathways in the brain, improving stability. ProBalance360 is an essential component of any rehabilitation program.

*Help Us
Help You
Help Others*

WHAT WE DO

1. TESTING



2. FUN / THERAPY



3. ENHANCED PERFORMANCE



ProBalance360 is a FDA cleared, revolutionary medical grade device that uses integrated proprietary technologies for Diagnostics and Therapy to improve Balance, Coordination, Proprioception and overall Stability.

WHO WE HELP

1.



2.



Balance and Fall Prevention Therapy

The ProBalance360 is a breakthrough in Balance and Fall Prevention evaluation and therapy. This innovative technology analyzes key balance metrics using a force pressure plate, that sends the data via bluetooth to sophisticated proprietary software to calculate the Stability Index.

3.



Using this individualized Stability Index and the data from the baseline assessments allows the doctor to custom build therapy plans with different cognitive and therapeutic exercises designed to help improve and restore balance and coordination throughout the body.



BENEFITS

BALANCE seems to be all over the news and in medical journals these days, but many do not comprehend the importance that balance and stability plays in daily life for people of all ages. The number one fear of people over 50 is falling. One of the chief complaints from patients in the same age category is that they don't feel steady on their feet. There are millions upon millions of fall related injuries that cause hospitalization, permanent disability, and even death. Now is the time to pay attention to problems with Balance and Stability and use a proven effective method to rehabilitate them.

FALLING is a result of the inability to recover from a stumble. The fall rate continues to rise as the population of older adults grows, and is a very real concern to patients and their doctors alike. Falling is not just a concern for the elderly, but for all. There are obstacles out there in daily life that threaten falls constantly. The ability to NOT FALL when one of these obstacles is encountered is the key.

STABILITY is an important component of almost all daily activities. Simply walking requires a person to be on one foot at a time. In addition, weekend warriors and elite young athletes spend a LOT of time on one foot.

PROBALANCE360 is a data driven analysis system for the input from the 5 body systems that contribute to balance and stability (or conversely, balance deficit and instability.)

- EYES: Sight visual processing
- HEARING SYSTEM: The function and role of the ears with regard to hearing and vestibular function
- CENTRAL NERVOUS SYSTEM: The speed and accuracy of how the brain interprets information
- PERIPHERAL NERVOUS SYSTEM: The response time and accuracy of the nerves which transmit information from the body to the brain
- MUSCULOSKELETAL SYSTEM: Receptors within the joints and soft tissues that are responsible for proprioception (knowing where the body is in space) and mechanoreception (appropriate response and effective motion)

PROBALANCE360 uses the data from the analysis, which allows the doctor to customize balance therapy plans that address each patient's individual needs. The therapy addresses each of the body systems during each session while keeping the sessions fun, active and easily accepted by people of all ages.

PATIENT REPORTING

PROBalance³⁶⁰TM

2 Leg Balance Baseline

2 Leg Balance Baseline

Patient name: Carol Snyder
 Report generated on: Dec 12 2022 @ 08:52:29
 Birthdate: 4/13/1947
 Height: 53
 Weight: 154
 Notes:
 Injuries:

Explanation of results

The following graph indicates the levels of risk associated with the scores from the static and dynamic tests. The static test would be a 30 second test with eyes open and hands off the handrails. The dynamic test would be a 30 second test following a medium sized circle at medium speed with hands off the handrails.

Empirical Guidelines for Fall Reduction

Static Scores are calculated by summing the distance from the center of the circle to the quadrants and multiplying by the time in seconds. This value is the square root of the number of pixels off in the direction squared + the number of pixels off in the other direction squared. The number of pixels off in each quadrant is summed separately, increasing when the target is in that quadrant. Due to rounding, it is possible the sum of the four quadrants will not equal the total, but it will be within a pixel or two.

Score = $\sqrt{X^2 + Y^2}$ Time

Dynamic Scores are calculated by summing the distance from the center of the circle to the quadrants and multiplying by the time in seconds. This value is the square root of the number of pixels off in the direction squared + the number of pixels off in the other direction squared. The number of pixels off in each quadrant is summed separately, increasing when the target is in that quadrant. Due to rounding, it is possible the sum of the four quadrants will not equal the total, but it will be within a pixel or two.

Score = $\sqrt{X^2 + Y^2}$ Time

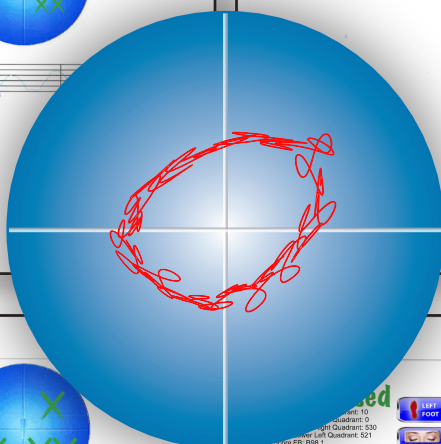
The static graph represents the path of the crosshairs during the test. For static tests it should be close to the center and movement should be minimal. Any drastic changes in position indicate a loss of balance. For Dynamic tests, the path should follow the path of the ball. This will depend on the size and shape selected. Generally if the path has any drastic shifts or directional changes this indicates a loss of balance.

• BALANCE IS EVERYTHING •

Test Type: Static
 Timestamp: 11/15/2022 11:01:46 AM
 Time: 30 seconds
 Feet: Both
 Hands: Off
 Eyes: Open
 Score Upper Right Quadrant: 22
 Score Lower Right Quadrant: 137
 Score Upper Left Quadrant: 60
 Score Lower Left Quadrant: 25
 Score FB: F30.3
 Score LR: RL1.5
 Score Total: 245
 Standard Deviation: 6.5

Test Type: Static
 Timestamp: 11/15/2022 11:03:48 AM
 Time: 30 seconds
 Feet: Both
 Hands: Off
 Eyes: Closed
 Score Upper Right Quadrant: 0
 Score Lower Right Quadrant: 251
 Score Upper Left Quadrant: 113
 Score Lower Left Quadrant: 0
 Score FB: F31.9
 Score LR: RL100
 Score Total: 365
 Standard Deviation: 10.1

Test Type: Dynamic
 Timestamp: 11/15/2022 11:05:50 AM
 Time: 30 seconds
 Speed: Medium
 Direction: Counter-clockwise
 Shape: Circle
 Size: Small
 Feet: Both
 Hands: On
 Eyes: Open
 Score Total: 1130
 Standard Deviation: 56.6



PROBalance³⁶⁰TM

1 Leg Balance Baseline

1 Leg Balance Baseline

Patient name: Carol Snyder
 Report generated on: Dec 12 2022 @ 08:53:57
 Birthdate: 4/13/1947
 Height: 53
 Weight: 154
 Notes:
 Injuries:

Explanation of results

The following graph indicates the levels of risk associated with the scores from the static and dynamic tests. The static test would be a 30 second test with eyes open and hands off the handrails. The dynamic test would be a 30 second test following a medium sized circle at medium speed with hands off the handrails.

Empirical Guidelines for Fall Reduction

Static Scores are calculated by summing the distance from the center of the circle to the quadrants and multiplying by the time in seconds. This value is the square root of the number of pixels off in the direction squared + the number of pixels off in the other direction squared. The number of pixels off in each quadrant is summed separately, increasing when the target is in that quadrant. Due to rounding, it is possible the sum of the four quadrants will not equal the total, but it will be within a pixel or two.

Score = $\sqrt{X^2 + Y^2}$ Time

Dynamic Scores are calculated by summing the distance from the center of the circle to the quadrants and multiplying by the time in seconds. This value is the square root of the number of pixels off in the direction squared + the number of pixels off in the other direction squared. The number of pixels off in each quadrant is summed separately, increasing when the target is in that quadrant. Due to rounding, it is possible the sum of the four quadrants will not equal the total, but it will be within a pixel or two.

Score = $\sqrt{X^2 + Y^2}$ Time

The static graph represents the path of the crosshairs during the test. For static tests it should be close to the center and movement should be minimal. Any drastic changes in position indicate a loss of balance. For Dynamic tests, the path should follow the path of the ball. This will depend on the size and shape selected. Generally if the path has any drastic shifts or directional changes this indicates a loss of balance.

• BALANCE IS EVERYTHING •

Test Type: Static
 Timestamp: 11/15/2022 11:06:59 AM
 Time: 10 seconds
 Feet: Left
 Hands: On
 Eyes: Open
 Score Upper Left Quadrant: 0
 Score Lower Left Quadrant: 209
 Score Upper Right Quadrant: 477
 Score Lower Right Quadrant: 287
 Score FB: B57.7
 Score LR: RL20.8
 Score Total: 971
 Standard Deviation: 1

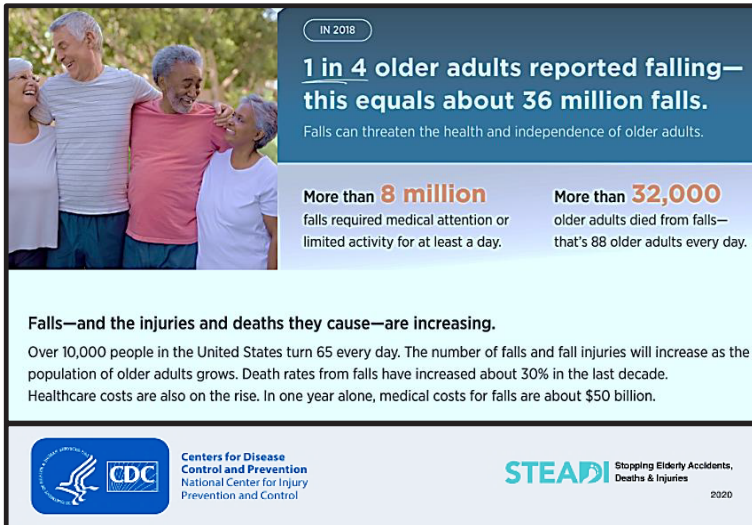
Test Type: Static
 Timestamp: 11/15/2022 11:07:35 AM
 Time: 10 seconds
 Feet: Right
 Hands: On
 Eyes: Open
 Score Upper Left Quadrant: 116
 Score Lower Left Quadrant: 0
 Score Upper Right Quadrant: 398
 Score Lower Right Quadrant: 485
 Score FB: B76.9
 Score LR: RL20.3
 Score Total: 1000
 Standard Deviation: 1

Test Type: Static
 Timestamp: 11/15/2022 11:08:49 AM
 Time: 10 seconds
 Feet: Right
 Hands: On
 Eyes: Closed
 Score Upper Left Quadrant: 0
 Score Lower Left Quadrant: 315
 Score Upper Right Quadrant: 378
 Score Lower Right Quadrant: 161
 Score FB: B82.5
 Score LR: RL20.5
 Score Total: 1058
 Standard Deviation: 2.2

Test Type: Static
 Timestamp: 11/15/2022 11:08:49 AM
 Time: 10 seconds
 Feet: Right
 Hands: On
 Eyes: Closed
 Score Upper Left Quadrant: 0
 Score Lower Left Quadrant: 320
 Score Upper Right Quadrant: 521
 Score Lower Right Quadrant: 161
 Score FB: B81.1
 Score LR: RL1.5
 Score Total: 1008
 Standard Deviation: 1.5

BALANCE METRIC REPORT

BALANCE THERAPY




IN 2018
1 in 4 older adults reported falling—this equals about 36 million falls.
Falls can threaten the health and independence of older adults.

More than **8 million** falls required medical attention or limited activity for at least a day.

More than **32,000** older adults died from falls—that's 88 older adults every day.

Falls—and the injuries and deaths they cause—are increasing.
Over 10,000 people in the United States turn 65 every day. The number of falls and fall injuries will increase as the population of older adults grows. Death rates from falls have increased about 30% in the last decade. Healthcare costs are also on the rise. In one year alone, medical costs for falls are about \$50 billion.

 Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

 **STEAD** Stopping Elderly Accidents, Deaths & Injuries
2020

Patient Benefits

Helps Prevent Fall Injuries & Death

- Full Balance Testing (Static, Dynamic, Cognitive)
- All 5 Body Balance Systems Involved
- Key Balance Metrics - Analysis and Reporting
- Vestibular System Therapy Capable
- Neuro-Musculoskeletal Therapy Capable
- AMA Fall Prevention Guidelines Utilized

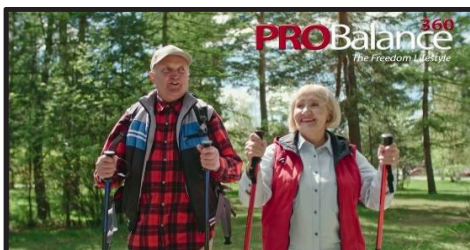
Helps Patients Return to Their Normal Life Faster

- 15 Minute Testing and Evaluation Completed Easily on 1 Device
- Short Therapy Blocks of Bi-weekly, 15-minute Sessions for 5 weeks
- All 5 Body Balance Systems Involvement for Maximum Benefit in Minimum Time
- Biofeedback Design to Help Maximize Therapy Benefits
- New Neuropathways Location/Creation Support to Help Improve Balance

Helps Patient Confidence & Comfort in Daily Activities

ProBalance360 can be helpful in providing patient therapy to aid in:

- Musculoskeletal System Strengthening
- Agility, Reaction Time, and Motor Control Improvement
- Unstable Environment Response Improvement
- Impending Falls Reaction/Recovery Improvement



BALANCE THERAPY

PROBalance³⁶⁰™

Helps Patients Gain a Sense of Control Over Their Therapy

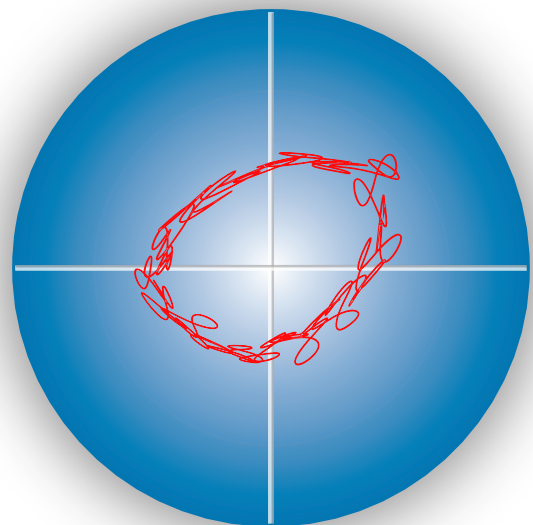
- Interactive Approach in Testing, Evaluation and Therapy
- Biofeedback Design to Help Maximize Benefits and Patient Satisfaction
- Patient-Directed Therapy Options for Patient Choice
- Easy Access to Device Controls for Patient Ease of Use
- Objective, Metrics-Based Reports on Patient Progress & Outcomes

Helps Patients Be More Successful in Their Therapy

- Adaptable to a Wide Variety of Patient Sizes, Weights, Ages, and Abilities
- Biofeedback Design to Help Maximize Benefits and Patient Engagement
- Objective Data Provided from Testing, Evaluation, and Therapy
- Care Plan/Therapy Progress Based on Objective, Standardized Metrics
- Adjustable Testing/Sensor Sensitivity for High Performance Individuals

Objective, Metrics-Based Documentation

- Detailed Test Results with Metrics
- Stability Index Calculation and Report
- Ongoing Therapy Progress and Outcomes Reports





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