

Balance and wellbeing for seniors



BALANCE PLAYS AN IMPORTANT ROLE in overall health, fitness and wellbeing, especially as we age. Now healthcare practitioners and fitness instructors can measure their clients' balance using a new sensor-based device.

The Multimetric Balance Mat comprises a lightweight nylon sensor mat, an internal mesh of optical fibre, a real-time dynamic graph and score display on computer or mobile device and an online score information system (SIS) for recording, storing and comparing results.

The product works by sensing and recording the continuous postural adjustments of a person standing on the mat during a sequence of sixty-second tests. Four different graphs and scores from four well-known, progressively harder standing positions are provided: normal, tandem and right- and left-legged stances.

Results for each standing position are captured in the SIS along with client biodata, health status and notes about known health conditions and balance improvement or deterioration for analysis and monitoring over time.



Measure your clients' balance accurately

The Multimetric Balance Mat offers physiotherapists, exercise physiologists, fitness instructors and yoga, Pilates, Tai Chi, Feldenkrais and Nordic Walking practitioners a unique way of measuring balance. It also taps into a worldwide fascination with personal fitness metrics such as body weight, heart rate and footsteps taken in a particular interval such as an hour or a day.

You can manage what you can measure

In fitness centres and healthcare practices the Multimetric Balance Mat can assist practitioners to tailor-make exercise programs to suit their clients' needs.

A weakness stemming from a long-forgotten ankle sprain, for example, can be treated with appropriate exercises and any improvements in balance symmetry noted and monitored.

Physiotherapists can use the device as an outcome measure for post-injury treatment and exercise rehabilitation, as well as for pre-employment screening and work fitness evaluation.

A unique suite of innovative features

- ✓ Novel Australian technology
- ✓ Breakthrough in balance measurement
- ✓ Quick and easy tool for fitness and healthcare practitioners
- ✓ Enhancement of traditional balance measurement tools based on subjective assessment or time alone
- ✓ Powerful metrics on several parameters corresponding to several accepted balance testing stances
- ✓ Option to run on Windows 10 computer or Android device
- ✓ Output displayed in real time as dynamic graph and score
- ✓ Data captured and stored in online score information system (SIS)
- ✓ Online or offline operability

Fitness instructors

- Help your clients gain a better understanding of their bodies
- Identify balance weaknesses for tailored exercise programs
- Benchmark individual scores against the scores of other cohort members
- Get real-time feedback on balance ability in different standing positions, including separate results for each leg
- Charge \$10+ per person for a four-minute balance test or offer free balance testing as part of your marketing strategy
- Use the novelty value of this world-first Aussie Multimetric Balance Mat to create a buzz around your business and give you a competitive edge

Healthcare practitioners

- Get a more accurate, richer result than time-based testing alone
- Use an objective measure to confirm your professional judgement based on experience, knowledge and observation
- Design a research program and publish your results in the scientific literature
- Be acknowledged as an early adopter of this new Australian technology
- Position yourself as a balance expert
- Generate more referrals from doctors and other healthcare professionals
- Charge for the test or offer free balance testing as part of your marketing strategy
- Boost the health and fitness of your business



Create a buzz around your business!



Add accurate, objective balance testing to your clients' fitness programs today.

Buy or lease a Multimetric Balance Mat for \$1,045 or \$88 per month at:

www.balancemat.com.au

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