



- APPLICATIONS
- sports
  - orthopaedics
  - paediatrics
  - older adult
  - neurologically impaired

# BIODEX BALANCE SYSTEM SD

*A simple, efficient balance screening and training tool. Ideal for pre-season baseline, injury pre-disposition or return to activity. The most popular balance system just got better*

## NEW! SIX INTERACTIVE TRAINING MODES

Featuring both Static and Dynamic capabilities.  
Colour printer included:



### Postural stability training

Emphasise specific movement patterns or strategies by placing markers anywhere on the screen. Score reflects how many times a target is hit.



### Weight shift training

Patients are challenged to shift and control their centre of gravity within two parallel lines. Changing the width of the lines controls the degree of difficulty. Score is kept to track progress.



### Maze control training

This defined movement pattern encourages proprioception and motor control. Add or subtract sections to vary the challenge.



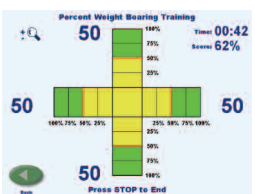
### Random control training

An undefined movement pattern where the patient is challenged to keep pace with a moving target. Target size and movement speed can be varied to match skill level. Ideal for motor control and vestibular training.



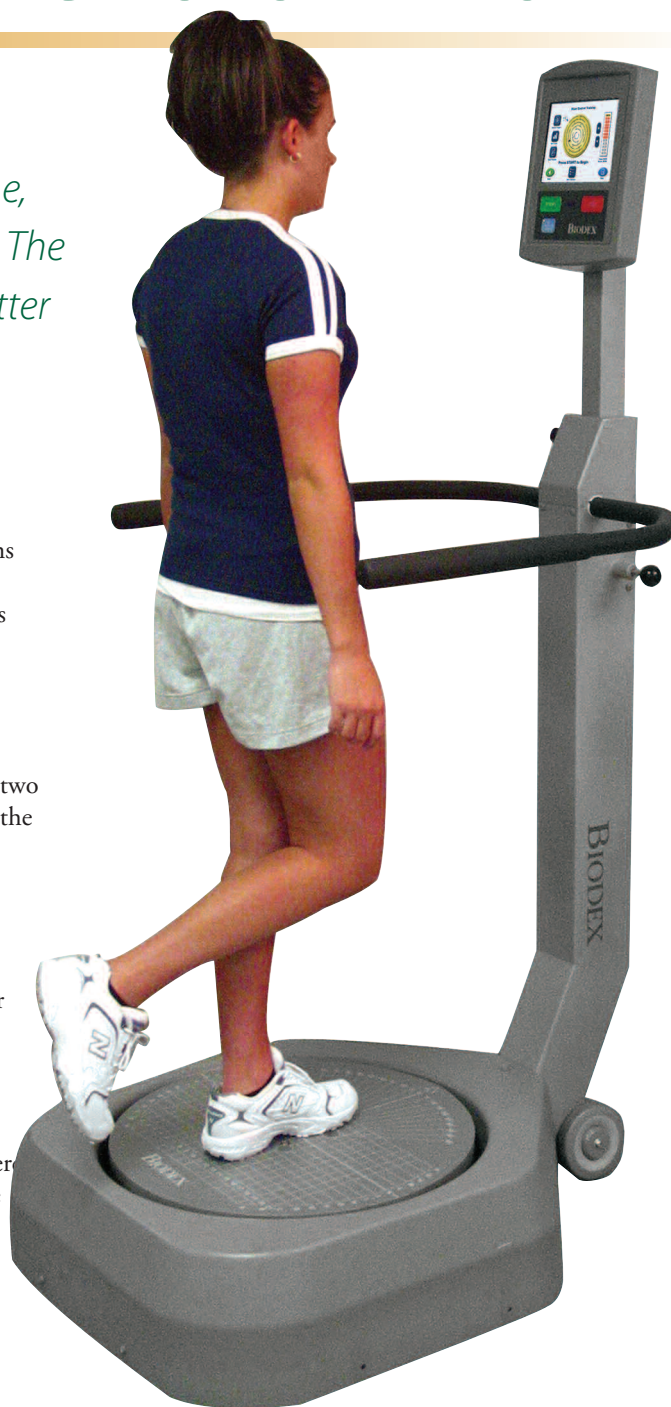
### Limits of stability training

Challenges the patient's balance within their sway envelope.



### Percentage weight-bearing training

This training mode provides real time feedback of the patient's percentage of weight they are bearing on their foot, ankle, knee leg, hip, body side, etc.



**“If you are not using this equipment, how else are you measuring proprioception? A great way to test and train.”**

Mark Leather, Head Physiotherapist, Wigan Warriors RFC

# BIODEX BALANCE SYSTEM SD

"The most popular balance system just got better"

## Features

### Balance testing

- Pre-season baseline
- Determine ankle and knee status
- Post injury return to activity

Test results are compared to age and gender-dependent normative data

### Balance training

- Proprioception and stabilisation exercise
- Range of motion exercise
- Weight shift candidates
- Core stability

### Visual biofeedback

Real time biofeedback prompts patients into proper postural and balance control

### Objective documentation

Printed reports track progress and document outcomes

### Normative data

For comparisons to healthy populations

### Locking surface

Ensures safe entry and exit

### Adjustable support handle

Locks in place for safety or swings away for an unobstructed open environment for a variety of training activities

### Transport wheels

Portability for moving around the clinic community-based balance assessment programs

### Multiple levels of platform instability

Provide testing, training and rehabilitation programs for diverse populations



## What's new?

**Large colour touch screen display** and improved graphics/colour Reports

**12 Levels of platform instability** (compared to eight before)

**Six Interactive Training Modes** (including Postural Stability, Limits of Stability, Weight Shift Training, Maze Control Training, Random Control Training and Weight Bearing Training)

**New 'Static' Measuring Capabilities** – Can now measure and display balance activity (patient's centre of gravity) while the platform is locked. All training and testing protocols can be performed on the locked platform simply by 'leaning'. This is great for vestibular and neuromuscular re-training.

**Patient Data Storage Capabilities** – Store and recall over 1000 patients' test results, which can then be downloaded to a computer.

## Evaluating neuromuscular control

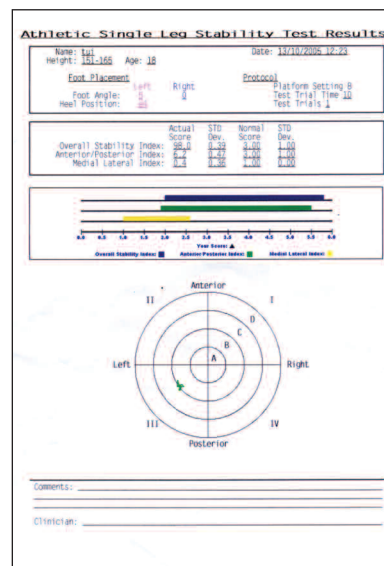
The Biodes Balance System evaluates neuromuscular control by quantifying the ability to maintain dynamic postural stability on an unstable surface.

By recording the patient's ability to control the platform variance from a perfectly balanced position, postural control and balance can be assessed. An on-screen graphic display provides real time biofeedback and makes it easy for patients to reproduce specified motion patterns. A variety of stability levels and up to 20 degrees of support surface tilt provides progressive stimulation of joint mechanoreceptors.

## Testing and training

Biodes Balance System Tests helps to determine limits of stability and determine ankle and knee status pre and post injury or surgery. Test results are compared to age and gender-dependent 'normal' ranges. Comparing one extremity to the other allows for the identification of proprioception of strength discrepancies.

Training programmes on the Biodes Balance System help improve proprioception and neuromuscular control, range of motion, strength and endurance for diverse populations from athletes to older adults. Easy-to-follow prompts lead you through test and training protocols.



Printer generates full-size 8.5" x 11" reports

## SPECIFICATIONS

- Dimensions: 76cm x 112cm floor space
- Printer stand: 61cm x 61cm floor space
- Power: 230 VAC, 50/60Hz, 15 AMP
- Warranty: 2 year parts and 1 year labour



## Evidence-based reference examples

ARNOLD, BL, et al.  
Normal stability patterns and relationship as assessed with the Biodes Balance System  
J of Athletic Training, Vol. 32 (2):S-25 / April-June 1997. Biodes #93-268

BEHAN, E  
A comparison of a dynamic balance system to a static force plate system for orthopedic and musculoskeletal rehabilitation  
Biodes Medical Systems, Biodes #91-113

BLACKBURN, JT, et al.  
Balance and joint stability: The relative contributions of proprioception and muscular strength  
J of Athletic Training, Vol. 34(2):S-30 / April-June 1999. Biodes #91-104

BLACKBURN, TA, et al.  
Single leg stance: Development of reliable testing procedure  
Berkshire Institute of Orthopedic & Sports Physical Therapy, Wyomissing, PA  
Biodes #93-207

FINN, JA, et al.  
Stability performance assessment among subjects of disparate balancing abilities  
Southern Connecticut State University  
Biodes #93-286

PATERNO, MV, et al.  
The return of neuromuscular coordination after anterior cruciate ligament reconstruction  
Biodes Medical Systems  
Biodes #91-112

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