



# HUR SMARTBALANCE

## BALANCE MATTERS

Balance is an ability that is important to maintaining strength and independence. Every day activities like climbing stairs and carrying groceries require good balance.

Balance is determined by a complex combination of musculoskeletal actions, visual inputs and the inner ear's vestibular system. Effective balance programs can assist in establishing baseline measurements and aid in suggesting individualized training regimes.

## BE PROACTIVE: DON'T WAIT FOR A FALL

HUR SmartBalance is the perfect tool for assessing balance before you fall, identifying key areas to help you minimize your risk for falling. An assessment is followed with activities and balance training programs tailored to each individual.

## WHAT TO EXPECT

- Personalized, one-on-one therapist
- Testing and training on the same device
- Built-in testing protocols
- Stimulating visuals and games
- Low step up height
- Height adjustable screen, with sturdy support rail



## RESULTS YOU CAN MEASURE

HUR SmartBalance combines scientific balance assessments and a variety of interactive training programs into one complete balance program. Balance scores are provided in addition to the ability to compare previous balance tests in order to track progress.

As a technology-driven testing, training and reporting system, HUR SmartBalance offers:

- Scientific Balance Assessments such as Romberg's and Limits of Stability
- Versatile options for focused, personalized training.
- Customized training recommendations and easy comparison of previous balance tests make it easy to analyze change.

**With a prescription from your primary care doctor, you will likely qualify for an assessment paid through your insurance plan. Please call our Outpatient Rehabilitation office to verify coverage.**

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