# PMS™

An exciting new balance assessment and training tool.

## Standard balance tests to assess clients

Show your client their weekly progress report

Motivate and inspire your clients to do more balance training

Create a fun environment for your clients

Send clients home with software to record off-site exercise compliance and data

Compare your client's data to normalised data for their demographic from an online database.

## Why test and train for better balance? Injury prediction and injury prevention

1. Int J Sports Med. 2007 Mar 20; Balance and Injury in Elite Australian Foot ballers. Hrysomallis C, McLaughlin P, Goodman C.
2. Clin J Sport Med. 2000 Oct;10(4):239-44. Balance as a predictor of ankle injuries in high school basketball players. McGuine TA, Greene JJ, Best T, Leverson G.
3. Am J Sports Med. 2006 Jul;34(7): 1103-11. Epub 2006 Feb 13. The effect of a balance training program on the risk of ankle sprains in high school athletes. McGuine TA, Keene JS.
4. Clin J Sport Med. 2007 Jan;17(1):17-24. A prevention strategy to reduce the incidence of injury in high school basketball: a cluster randomized controlled trial. Emery CA, Rose MS, McAllister JR, Meeuwisse WH.
5. Arch Phys Med Rehabil. 2006 Aug; 87(8):1141-9. Video game-based exercises for balance rehabilitation: a single-subject design. * Betker AL, Szturm T, Moussavi ZK, Nett C.
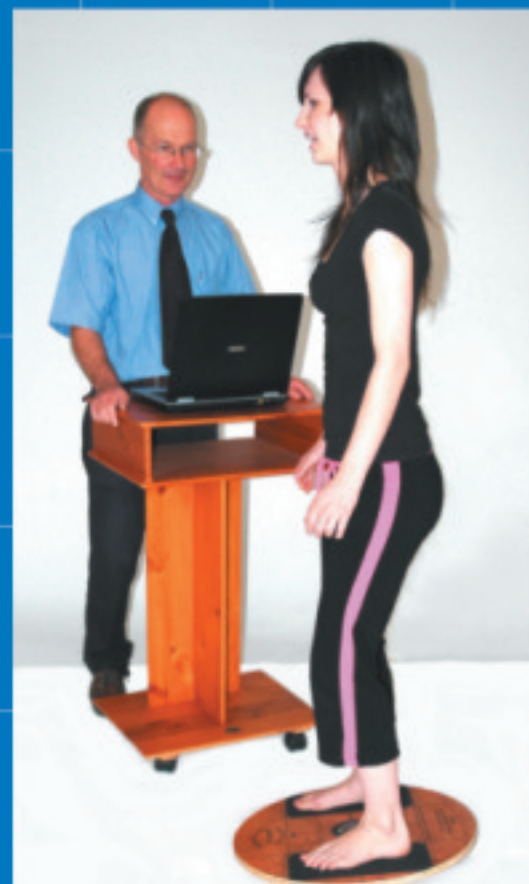
Innovative solutions in physiological data collection and analysis

# PHYSIOLOG MOTION SYSTEM ™

**PhysioLog Motion System™ (PMS)** is an exciting new tool for balance assessment and training.

Live data is sent from a balance board to a computer to give feedback to the user and collect data for the trainer.

Excite and motivate your clients to improve their balance.

Produce graphical progress reports to provide evidence of improvement.

Impress your clients by having the latest technology at your fingertips to help them.

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When a Wobbegong™ Motion Sensor...

..is combined with a top quality standardized balance board

and state-of-the-art software...

...you have **the PhysioLog Motion System™**

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## How to use the PhysioLog Motion System™

### 1. BE SCIENTIFIC.
PMS comes with a number of pre-set tests e.g. Both legs standing, one leg standing, eyes open, eyes shut, etc.

### 2. BE ORGANIZED.
Training can be based on test results and set up in Protocols. If someone favours left back, train them to right front; You can do this by plotting a balance course for them to follow live on screen, whilst standing on a balance board. This becomes like a game for the client, but a game they can reap huge benefits from!

### 3. BE CREATIVE.
Let those creative juices flow.
Balance testing
Core stability exercises
Ankle Joint rotation exercises
Hip exercises
Abdominal training etc.
Put your client in various positions using a variety of tools to challenge them. Use balls, resistive bands, weights etc. to add variety to their workouts on the PhysioLog Motion System.

### 4. BE CONSISTENT.
The PMS balance board (and rocker board) are especially marked for consistent foot placement. Progress reports only mean something if test conditions are consistent each time - the PMS boards are marked so you can be consistent.

### 5. BE SAFE.
The PMS balance boards are made from top quality 16mm marine ply. Strong enough to safely support your biggest client. At 55cm they are much wider than the standard balance board, giving the client a greater sense of safety. High grip non-slip pads keep the client on the board and the stability ring reduces speed of travel on the board, making it easier for less stable clients.