

## CASESTUDY

**Residents in their 80's and 90's use the Biodex Balance System as part of their daily training programs to decrease fall risk and gain independence.**

### South Port Square



**BIODEX**  
Biodex Medical Systems, Inc.

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The Biodes Balance System is used to reduce the risk of falls in seniors and maximize patient outcomes to return home safely.

### **South Port**

South Port Square in Port Charlotte (FL) is an SHP Senior Living Services facility. They have four large senior living facilities in Florida; South Port Square is the first to get a Balance System.

#### **Building confidence and self-esteem in seniors while improving strength and balance.**

Smita Shinde, Wellness Director at South Port Square quickly states, “It is an amazing machine... we have had terrific results... 99% success rate, they all improve. The Balance System picks up small problems before they are noticed in traditional exams and we can begin to address the problems before the fall.” The residents actually line up in the morning to use the Balance System with 70% of those in the wellness program using the Balance System three-five times per week. It is being used for both Fall Screening as well as training. To quote Smita Shinde – “believe in it (the Balance System), work with it... it works.” In just four to six weeks she has seen marked improvements in her residents “...the scores just keep getting better.” She continued... “the adjustable skill levels allow the clinician to continually challenge the patients in their efforts to improve. Random Control Mode is the most popular training mode for all patients, helping improve reaction time along with strength and balance.”

Residents, most of which are in their eighties or nineties, are seeing great results. “Seeing is believing,” said Smita. “They see others getting better, they see their results improving, they work harder and they too get better.” She also added that it builds confidence and self-esteem, two factors that are vital for continued independence.

Margaret Parker (age 86) has progressed in just three-four months, from a failing Fall Risk Screening Test score of 3.5, which is on the high side of the 72-89 age range, to today’s score in the 1.2 range, which places her on par with scores from patients 36 years old. She has improved so much that recently while preparing for a social event she surprised herself when she realized she had been walking

without her walker for the first time in a long time. “I am excited and extremely happy with the results; it has added to my life and increased my confidence and independence; the Balance machine, and our program, is terrific.”

Bob Miller – improved from failing the Fall Screening test to becoming the most improved and being crowned “King of Balance.” “People comment on how much better I am walking. The whole program has been well worth the time and effort. The Balance System gives comprehensive evaluation of my condition and the subsequent progress of our entire exercise and therapy program.”

Joy Wilson (age 85) went from a poor score of 2.8 in November to 1.9 in March and 1.2 in April crowning her, along with Jeanne Miller the “Queens of Balance.” “I am much more mobile, more active, and overall it has been a great experience thanks to the Balance System combined with great clinicians and programs.” Joy stated. Jeanne, who uses the Balance System each morning five days a week could not climb stairs or walk any distance. Today, she scores 0.9 which puts her within the 17-35 age range on the normative data.

Ann Freeman (age 87) a frequent faller (4-5 times per day) has worked on the Balance System for six months - today she is Fall-Free. She had been using a four-wheel walker and now simply uses a cane for extra “steadiness.” Another exciting success is Jean Hoskins (age 91), she uses the Balance System three times a week. When she first entered the program she could not take a single step without her walker, today she comes to the wellness center, parks her walker and spends her time walking independently. Miriam Miner reports that after just six weeks of balance training she went from off the chart failure on the Fall Screening Test to showing super improvement. “I have progressed from using a walker all the time to only using a cane if I have to walk a long distance.” She related the following story... “Recently I had to attend a graduation ceremony for my grandson at the Superdome in New Orleans. I was able to walk up the stairs and through the Superdome with only the arm of my son... I am so pleased with my results; it has been amazing. Before the Balance System I would have never been able to attend.”

South Port Square also has a second Balance System in their Harbour Health Systems rehabilitation/nursing home facility on the campus. This Balance SD is just now getting up and running but already is seeing use in total knee patients as well as stroke rehabilitation. Jennifer Cooley PD/COTA is the Program Director, she states "Right now, in the skilled nursing facility, we are using it to screen any long term care residents that have had falls and may have balance issues. The therapist will test first, and then if deficits are noted we will get treatment orders from the doctor. Then we use it as a treatment tool to show progress with balance deficits. With the acute patients we mostly use it as a treatment tool. Obviously not everyone is appropriate (for the Balance System), but in the geriatric population balance is a huge issue and we plan to use the Biodex to reduce falls and to maximize patient outcomes to return home safely." The Balance System is being offered to the community at-large for outpatient Fall Screening programs.

**South Port Square  
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For more information on Biodex Physical Medicine & Rehabilitation devices, please contact:

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