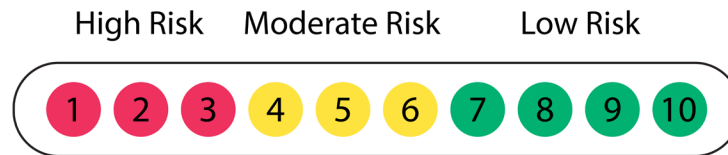


# STABILITY™ pro scale

A fast way to measure your balance and help reduce your risk of falling

Date: \_\_\_\_\_



The Stability scale measures your balance, or how much control you have over your body's movements to stay upright.

People who score in the high risk (1-3) and high-moderate risk (4) range have a 58% chance of falling in the next 12 months. People who score in the moderate risk (5-6) and low risk (7-10) range may still fall, but have a lower probability of doing so.\*

People who score 0 were unable to complete the 60 second test and therefore are considered high risk.

If you scored between 0-4, ask your doctor whether physical therapy would be right for you to help improve your balance.

\*The Stability Score is a valid and reliable predictor of falling down in the next 12 months and is 2-4 times better at predicting future falls than current clinical practices.

Forth et al. "A Postural Assessment Utilizing Machine Learning Prospectively Identifies Older Adults at a High Risk of Falling." Frontiers in medicine vol. 7 591517: 2020.



What you do every day affects your balance.

Your balance can go up or down when you:

- Change medications
- Do more or less exercise (regular exercise is good for balance)
- Sleep better or worse (sleep is important for balance)

*What can I do about my balance?*

When you change your daily habits, your balance can improve. It's never too late to work on your balance. Even if your balance score is low today, you can improve it. Ask about Judy's story for an example of how one 87 year old took her balance from 2 to 7 in just a few months.