## Judy's Balance Journey

How measuring your balance can make a difference to your life

Judy, a sprightly grandmother who prides herself on fully participating in her community, took part in a study to measure typical changes in people's balance over time, using ZIBRIO technology.

All she had to do was stand on the Stability scale once a week. The scale gave her a score from 1-10, with 10 being the best balance.

At the start of the study, she scored 3/10, which put her at high risk for falling. She decided to be more careful as she moved around.

One day, Judy fell in her apartment, and although she didn't break any bones, she was shaken and feared it happening again.

## "I feel I had a lucky escape this time," she said.

She was afraid her life was about to change, that she would have to give up her full social life and travel plans. "Aging's not for sissies," she said. "But it's better than the alternative."

Judy asked her doctor for help. Her doctor referred her to a physical therapist, who was able to come to the therapy room in her facility.

After the first weeks of physical therapy, Judy was relieved that she began to feel



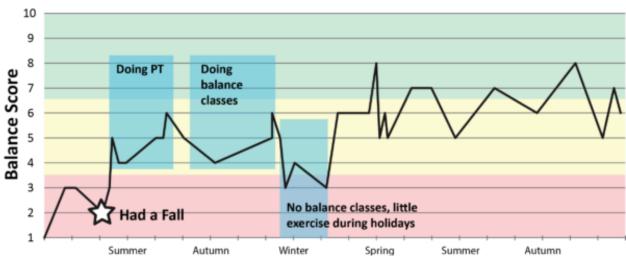
stronger and was enjoying the exercises her therapist gave her. She started attending balance classes in her facility and was delighted to see her Stability score improve! After just one month of physical therapy she scored 5/10 (in the moderate risk zone for falling).

"I can't believe it!" she told us excitedly when we visited.

"I got a five!" she called out to one of her friends.

When her physical therapy ended, she enrolled in an additional exercise class, and for the rest of the year, her balance scores remained in the moderate zone. She was confident enough to visit family at the other end of the country, enjoying the freedom she felt.

"I knew I had to keep myself moving," she said. "I really notice it now if I take a couple of weeks off."



Judy's Stability scores

When the Holidays came round and the exercise classes took a break, Judy turned her energies to organizing social events with friends. She was alarmed to see her balance score drop to 3/10 again.

It motived her to get back to exercising again immediately. She did not want another fall!

The following year, Judy was delighted to even get into the green zone for balance, which means low risk for falling.

"I feel pretty good about getting 7/10 at my age," she said. "Even though my stability score isn't high every time, it's like a little challenge to myself to see how close I can get."

## "Measuring my balance has really opened my eyes as to how much my balance changes and how the little things I do every day have such a big impact."

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ZIBRIO Stability scales measure balance and fall risk by using Artificial Intelligence to analyze the tiny movements made when standing still. The algorithm inside the scale detects when movements have been made in control and when there is a micro failure of dynamic control. The score has been validated in two published, prospective trials and is proven to be 2-5 times better at predicting falls than other clinical tools.



Disclaimer: The example given here is from a real person, however it is intended to illustrate how daily habits can affect balance and fall risk. No part of this story can be taken as suggested action for an individual. Stability scales measure balance, they cannot change a person's balance or fall risk. Always consult a trained physical therapist or your doctor for advice on what is right for you.