

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."***

