



## sensbalance Fitness Board

*with Exercise, Measure and Game software*



A new, interactive piece of training equipment with meaningful exercise software, easy-to-understand measuring software and exciting game software. An effective tool for ankle and knee rehabilitation and a powerful tool for improving balance, coordination, proprioception and core stability.  
For Therapy, Prevention and Fitness.

**Sensamove** is a young, dynamic and innovative company that develops and produces interactive exercise equipment. Sensamove wants to encourage exercising by giving useful visual bio-feedback, making therapy more fun, and its results readily measurable.

## Sensbalance Fitness Board

The Sensbalance Fitness Board is a complete system for balance exercising in a standing position. The wobble board has a diameter of 60 cm and a sturdy, but flexible spring system allows tilting to a maximum of 20 degrees in every direction. The **wobble board** is equipped with sensors that record tilt movements. The corresponding data are processed by a **built-in mini PC**. Visual feedback about the tilting and the exercises performed are interactively displayed on a **touchscreen** at eye level. A **safety rail** ensures a safe exercise environment. Users don't have to have fear of falling and dare to push boundaries.

## Application

The Sensbalance Fitness Board is suitable for both therapeutic and preventive use. In a Fitness Gym environment dedicated training of balance and coordination skills has become very important, besides common cardiac condition training and muscle force training.

In a Therapy environment the Board is used both for core stability, and for rehabilitation of ankles, knees and hips. This makes the Sensbalance Fitness Board a very suitable piece of equipment for wide use in a general physiotherapy practice, as well as in rehabilitation institutions or specialized institutions for geriatrics (CVA, Parkinson's disease, Fall prevention)

## Sensbalance Measuring & Exercising Software

While exercising sensors register the tilt movements of the Fitness Board. The Sensbalance Measuring & Exercise Software shows these results directly as a moving red dot on the screen. As a result of the visual feedback the user can correct and improve performance interactively on the spot. Movements can be measured, recorded and compared with previous results. Exercises become more comprehensible and insightful. Core stability and coordination exercises become more effective and targeted due to the visual bio-feedback.

## Sensbalance Game Software

The Sensbalance Game Software adds a game element to the exercises. Suddenly, exercising becomes exciting. It adds a complete new dimension to the often tedious fitness or therapy exercises. Exciting game levels challenge and encourage users to improve their core stability and coordination. The pleasure of the game and the satisfaction of achieving subsequent levels have a positive influence on the frequency, persistence and effect of the exercises, either individually or in a group!



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