



## SPINE & CORE STRENGTHENING

The overall balance and posture of the body are dependent on the spine, its position and strength.

SpineForce was designed and developed by leading European physicians, physical therapists, strength conditioning coaches and experts in Biomechanics to offer the most state-of-the-art three dimensional rehabilitation/exercise equipment in the world today.

SpineForce is designed to restore strength and improve balance, coordination, proprioception, posture and range of motion all in one unique technology.

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SpineForce's neuromotor strength and balance exercises will help you overcome mobility challenges by strengthening the deep spinal muscles, tendons and joints that support the spine.

SpineForce's virtual trainer and interactive visual response system, motivates and challenges the patients proprioception, balance and coordination rehabilitation efforts.

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## PROPRIOCEPTION REHABILITATION

BALANCE DISORDERS

FALL PREVENTION

NEUROMUSCULAR DISORDERS

DEVELOPMENTAL COORDINATION

STROKE PATIENTS



3-D REHAB EXERCISE  
TECHNOLOGY

LPG





# Postural Stability & Balance

## FALLS ARE ONE OF THE MOST SERIOUS PROBLEMS ASSOCIATED WITH AGING.

- More than one-third of adults age 65 or over fall each year.
- Among older adults, falls are the leading cause of injury deaths.
- Last year more than 1.8 million seniors over 65 were treated in emergency departments for fall related injuries.
- By 2040 the number of hip fractures is expected to exceed 500,000 per year and of these, 25 percent will never regain full mobility.

Balance includes the ability to maintain positions, recover and react from forces that might throw you off balance, as well as the ability to safely fall, minimizing injuries. Coordination is the ability to smoothly execute a movement through space.

Balance and coordination depend on the interaction of multiple body functions that can be trained three dimensionally on SpineForce.



### 1 IMPROVE SPACIAL BALANCE

The functional rehabilitation performed with SpineForce utilizes the naturally occurring interaction between neurological input and muscular performance. The oscillating platform on the SpineForce creates an instability that challenges the sensory and motor systems to react and modify each other resulting in improved balance and postural control.



### 2 ENHANCE COORDINATION & PROPRIOCEPTION

SpineForce's testing and measurement exercises determine sensory imbalances to create a highly targeted, personalized proprioception training regimen. This neuromotor coordination challenge enhances all bodily biomechanics, harmonizing inter-muscle dexterity and kinesthetics while teaching your body to react better, longer and faster.



### 3 NEUROMUSCULAR REEDUCATION

The SpineForce Reactive Neuromuscular Trainer is designed to create a unique muscular performance environment that challenges the somatosensory system to improve strength, coordination, balance and posture.



## Spineforce® Precision Training

**+30%\***

**INCREASE IN COORDINATION**  
8 sessions

**+15%**

**AVERAGE STRENGTH**  
10 sessions

\*Jean Marcel Ferrer & the French Institute of Osteopathy, 2006.