



BODY 'N BALANCE PHYSIOTHERAPY

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<http://www.bodymbalancephysio.com/>

NEWSLETTER

New to Body 'n Balance:

Personal One—On—One Fitness Training

Jacqueline Kozluk a Fire Fighter with the city of Toronto, is a certified personal trainer with the International Sports Sciences Association and American Council of Exercise . She will now be offering 30 and 60 min personal training sessions. Session will include a 30 min free initial consultation. Fitness training can be targeted for all ages and fitness abilities.

Cost of training sessions are : 30 min = \$15

60 min = \$35

Please contact the clinic for more information and to schedule a
fitness session 705 429 9619



KINESIOLOGY AND YOU

What can kinesiology do for you?

Kinesiologists are highly educated, health care professionals who are experts in body movement. They use evidence-based research to develop programs for people, helping them get and stay fit, and perform at their optimum level. Kinesiologists believe in empowering people to look after their own health. They focus on prevention and wellbeing, increasing worker productivity and reducing time lost to injuries and accidents helping injured workers get back to work faster, thereby deliver savings to third party payers.

For more information on what a kinesiology can do please visit

<http://www.oka.on.ca>

FEB. /2012

SERVICES PROVIDED AT BODY 'N BALANCE:

- *Physiotherapy*
- *Athletic Therapy*
- *Massage Therapy*
- *Acupuncture*
- *Therapeutic Taping*
- *Yoga Classes*
- *Exercises Classes*
- *Women's Health and Incontinence*
- *Running Assessments*
- *Falls Prevention*
- *Stroke Rehabilitation*
- *Work Related Injury Rehabilitation*
- *Motor Vehicle Accident Rehabilitation*
- *Work hardening*
- *WSIB/MVA*
- *Third party FCE*
- *Peri-natal/pelvic floor*
- *Bracing*
- *3D Gait Analysis*

*HELPING YOU
ACHIEVE YOUR
WELLNESS GOALS!*

Preview of article: Home-based balance training programme using Wii Fit with balance board for Parkinson's disease: A pilot study

From The : Journal of rehabilitation medicine

DOI: 10.2340/16501977-0922

Abstract:

Objectives: To evaluate the effects of a home-based balance training programme using visual feedback (Nintendo Wii Fit game with balance board) on balance and functional abilities in subjects with Parkinson's disease, and to compare the effects with a group of paired healthy subjects.

Subjects: Ten subjects with moderate Parkinson's disease and 8 healthy elderly subjects. **Methods:** Subjects participated in a 6-week home-based balance training programme using Nintendo Wii Fit and balance board. Baseline measures were taken before training for the Sit-to-Stand test (STST), Timed-Up-and-Go (TUG), Tinetti Performance Oriented Mobility Assessment (POMA), 10-m walk test, Community Balance and Mobility assessment (CBM), Activities-specific Balance and Confidence scale (ABC), unipodal stance duration, and a force platform. All measurements were taken again after 3 and 6 weeks of training.

Results: The Parkinson's disease group significantly improved their results in TUG, STST, unipodal stance, 10-m walk test, CBM, POMA and force platform at the end of the 6-week training programme. The healthy subjects group significantly improved in TUG, STST, unipodal stance and CBM.

Conclusion: This pilot study suggests that a home-based balance programme using Wii Fit with balance board could improve static and dynamic balance, mobility and functional abilities of people affected by Parkinson's disease.

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J Rehabil Med 2012; 00: 00–00

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Submitted: March 20, 2011; accepted October 21, 2011

To see full Study please go to: <http://www.medicaljournals.se>

Body 'n Balance uses the wii as a tool in the clinic to help clients with proprioception.

WE'RE ON THE WEB AND FACEBOOK!

www.bodynbalancephysio.com
