

"The Clinical Advantage"™

Improving strength, confidence, cardiovascular health, balance & mobility

Keep the **Active** in Active Aging...
with Biodex



Biodex devices will round out any wellness program.

BIODEX

www.biodex.com

1-800-224-6339

Int'l 631-924-9000

Wellness Solutions

BioStep® 2 Semi-Recumbent Elliptical



Low-impact total body exercise is ideal for senior fitness. If there is one piece of equipment for general aerobic conditioning of older adults, the Biodex BioStep 2 is it. The BioStep 2 is

simple to use, requires minimal supervision and allows exercise to progress at a natural pace.

The BioStep 2 provides a zero impact, safe and comfortable total body workout in both forward and reverse directions. The fluid motion is forgiving on knees, ankles, hips and lower back. Pivoting handgrips and articulating footplates add to the comfort.

The BioStep 2 helps strengthen the muscles important to maintaining function; those muscles specifically associated with mobility, walking and balance. The low-impact elliptical motion reduces the jarring impact often associated with the stop-start motion so common with other recumbent steppers.

www.biodex.com/biostep

Cross-Training Exercise for Older Adults

"The BioStep 2 has been one of the most successful pieces of equipment in our fitness centers. The smooth movement makes it easy for anyone to use, while providing a great upper and lower body workout. Residents have been able to use the BioStep 2 even when they have been unable to use any other piece of equipment - and their results have been outstanding."

- Lisa Bloder, Wellness Coordinator
Westminster Services, Florida



Watch video demonstration.
Search Biodex BioStep.

NEW Sit2Stand™ Trainer

Sit to Stand...Strengthen muscles associated with rising from the seated position.



One of the most fundamental motions required to maintain mobility and sustain a greater quality of life is the ability to stand from a seated position. Performed many times throughout the day, this biomechanically demanding movement requires more lower extremity joint torque and range of motion than walking or stair climbing.

Providing a safe environment, the Sit2Stand Trainer helps guide users through the seated to standing motions. Repeating the motions builds both lower-and upper-body muscular strength and endurance, and improves flexibility; therefore, the user maintains/gains independence.



Stand – Sit – Stand → Repeat
Improve Strength • Build Endurance • Increase Flexibility

www.biodex.com/sit2stand

Education & Training

Educating Today's Clinician

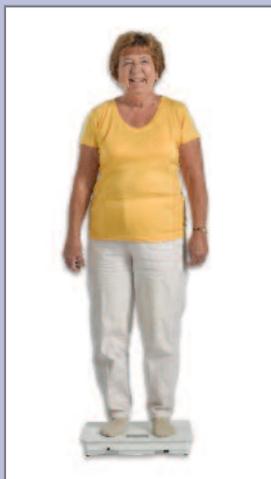
Biodex combines science with practical application to present a series of evidence-based clinical protocols and educational materials, eLearning modules and hands-on workshops all developed to help you better understand and utilize your Biodex investment.

NEW LivMD™ Vibration Plate

Improve balance, posture and mobility with low-intensity vibration

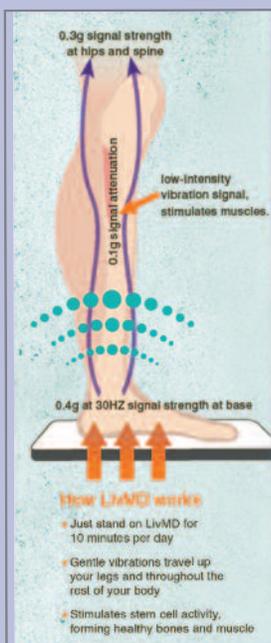
Rx Just 10 minutes a day

LivMD is for people that wish to remain ACTIVE, or as an adjunct therapy for supporting musculoskeletal health in the elderly or infirm. Unlike traditional whole-body vibration that operates with acceleration of 10g, low-intensity vibration (LIV) is a safe, scientifically-proven biological signal that improves physiological and neuromuscular health by improving muscle control and condition, balance, circulation and posture, as well as reducing pain – all of which contribute to increased mobility and reduced fall risk.



Active Aging

In place of, or in addition to exercise, LivMD is used to improve musculoskeletal health. The technology of low-intensity vibration is ideal for those who find it difficult to exercise or for whom certain forms of exercise may be unsafe due to risk of fracture, falls, or joint damage, or for those struggling to incorporate ample exercise to maintain independence.



www.biodex.com/livmd



Learn more www.biodex.com/ClinEd

Balance System™ SD

Balance exercise can reduce the incidence of falls...

Losing strength and balance can change any lifestyle. Fear of falling and declining leg strength are two potential precursors to a fall. The Biodex Balance System SD offers training modes to improve balance, increase agility, and develop muscle tone. The system includes a comprehensive Fall Risk Screening & Conditioning Program with an integral test that can quickly and accurately identify “potential fall” candidates. Biodex further supports the program by providing marketing materials to help your fall risk program succeed.



The Balance System SD is simple to use with an intuitive touch-screen display. Wellness members require minimal supervision and can progress through the various levels at their own pace. Training includes static and dynamic balance exercise, weight shifting, increasing limits of stability and improving reaction time. The system produces color reports to provide motivating feedback.

www.biodex.com/balance

Balance Development and Senior Fitness

“The Biodex Balance System SD fits perfectly into a program of traditional techniques that I use in balance development classes, and in our senior fitness test. The technology is an attractive addition to our overall balance program.”

– Kimberly Morris, Fitness Specialist
Sagewood Wellness Center, Phoenix, AZ



Watch video demonstration.
Search Biodex Balance System.

An Integrated Approach to Wellness



Balance System SD



BioStep® 2 Elliptical



NEW Sit2Stand™ Trainer



NEW LivMD™

Every wellness program should have a plan to improve balance & mobility.

Each Biodex device in their own right accomplishes much; together, however, they make all the difference.

BIODEX

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