Herlev og Gentofte Hospital

Afdeling for fysioterapi og Ergoterapi

- Department of Occupational Therapy and Physiotherapy, University Hospital of Copenhagen, Herlev and Gentofte
- Dept. of ORL, H & N Surgery and Audiology University Hospital Rigshospitalet
- Department of Sports Science & Clinical Biomechanics, University of Southern Denmark

Specific Training According to BaLance Evaluation (STABLE) A novel approach for personalizing balance exercises

Kasper Søndergaard, PT. MSc. Ph.D. Stud.

Carsten Bogh Juhl, Senior researcher, PT, MPH, Ph.d.

Derek Curtis, Senior researcher, PT, Ph.d.

Per Caye-Thomasen, Professor, MD, DMSc

REGION



HOW TO FIND OUT IF YOU'RE OLD, FALL DOWN...

- · IF PEOPLE LAUGH, YOU'RE YOUNG
- · IF PEOPLE PANIC, YOU'RE OLD!











Results reliability

	Intrarater (intraday)	Intrarater (interday)	Interrater (interday)
MREACH	.898 (.851 to .930)	.832 (.712 to .904)	.688 (.336 to .841)
TRIB sum	.968 (.945 to .982)	.819 (.693 to .897)	.531 (.320 to .692)
RFSST	.879 (.799 to .926)	.710 (.510 to .834)	.632 (.366 to .786)
TAT	.949 (.900 to .971)	.746 (.502 to .867)	.603 (.125 to .809)
ASTS	.919 (.846 to .953)	.655 (.445 to .797)	.561 (.260 to .743)
DTC% for CTUG	.525 (.324 to .680)	.443 (.165 to .654)	.237 (001 to .456)
DTC% for objects	.107 (103 to .320)	.123 (179 to .403)	.332 (.090 to .540)





	Domain	Test	Force-plate measures	IMU measures
Ex Reference Measures Construct Validity and Opensionences	Power	ASTS	Power in rising phase (w). Time of rising phase (s) Max GRF (N) Overshoot (N) Incline (N/s)	Spectral arc length (SPARC) Dimensionless jerk (LDJ)
	Sensory orientation	CTSIB	Cop Length (cm) <i>AP/ML:</i> Amplitude (cm) Mean speed (cm/s) RMS Displacement Rambling (cm) Trembling (cm)	SPARC LDJ
	Turning	TAT		Total number of step Turn duration (s) Mean turn velocity (deg/s) Max turn velocity (deg/s) Mean number of steps to turn SPARC LDJ

More

http://godbalance.dk/