



BioDex machine will help prevent falls

A fall at any age can bring serious health consequences, but for the elderly, it can be life threatening.

“Statistics show that 25 percent of aging folks who sustain a hip fracture from a fall die within one year,” says physical therapist Mary Jo Jeffrey. “Many more who survive lose their independence and need some form of ongoing medical care or a nursing home.”

To prevent falls, the Lincoln Hospital Foundation has purchased a digital Biodex Fall Risk Screening System — the latest in balance technology.

“The machine is extremely versatile and fun to use. It has a color touch screen which provides visual biofeedback to prompt patients with their balance. It provides testing, training and rehabilitation programs,” says Mary Jo.

Not only will swing bed and LTC patients have access to this amazing equipment, but the entire county can benefit. “We can hold fall risk screenings for the community,” says Mary Jo. “If the assessment shows a balance or weakness problem, you would get a referral for physical therapy to correct it before you experience a fall.”



It is also a helpful tool for athletes offering interactive game-like balance training which increases an athlete’s reaction time and exercise compliance.

The Balance System SD not only provides fast, accurate Fall Risk Assessment and conditioning for active older adults, it performs strength assessments and training for knee, ankle and hip injuries. It can also be used for balance training, providing a awareness of space (the feeling of leaning or falling), stabilization exercises, range of motion and weight shift exercises. Benefits to the community include...

- Fall and injury risk assessments for seniors, workers, athletes — anyone!
- Improved rehab and overall safety for Long Term Care residents
- Faster recovery for injury and rehabilitation patients
- State of the art diagnostics right here at home. No traveling!

The purchase of the Biodex was purchased with donations from the recent Lincoln Hospital Foundation Sharing Hearts Luncheon.

“Nearly 200 women of all ages from across Lincoln County attended and learned about the benefits this machine will bring to their friends and family,” says Foundation director Linda Wagner. “They believed in this technology so much that they donated over \$13,000 toward its purchase. These women are the true heroes who made this new program possible here at Lincoln Hospital.”