



Can You Balance on One Leg?

The ability to balance on one leg may actually indicate how long a person will live. This is a strong statement, however the British Medical Journal of Sports Medicine * reported a study that determined that people who fail a single leg balance test are twice as likely to die within the next 10 years. *Araujo CG. Et al. Br J Sports Med 2022;0:1-7. Doi:10. 1136/bjsports-2021 – 105360

Bilateral and unilateral balance is a critical component of overall physical fitness and can have a significant impact on a person's ability to change positions and walk. These motions are crucial in maintaining independence as life goes on. Failure of the single leg balance test shows us insufficiency in the strength and stability of the core and lower body musculatures. It is with utmost importance that those who fail the single leg balance test need to improve this inner default. Without simple to complex intervention, decline and deterioration are likely, which will accelerate proprioception deficits and the risk of falls and often-debilitating injuries.

At The Gibson Center, with a ten minute metrics-based **ProBalance360** evaluation, we can demonstrate your predilection, if any, to fall. The challenging variety physical training methods supplied by the **ProBalance360** and **ProSoft Mechanical Motion Therapy** have been designed for a singular purpose. That purpose is to retrain and strengthen the Musculoskeletal, Peripheral Nervous System, and Central Nervous System in order to improve overall balance, coordination, proprioception and cognition.