

Innovation in Action

BIOFEEDBACK MOTOR CONTROL®

**3-D-BACK
BALANCE
CONTROL**

Centaur

CHARACTERISING FEATURES

◆ **Mode of operation - instrumental PNF**

Initiated activation of the autochthonous back muscles by activating the balance analyser

◆ **Goal**

Spatial training of the muscles stabilising the spinal column by changing the body position within the gravitational field of the earth

◆ **Method**

Computer based infinitely variable control of the movement process during training and of the neuro-muscular load of the lumbar spinal column motor system

◆ **Performance characteristics**

- Simply and easy to handle
- Saving time and space
- Many treatments in a short time



CTT- Computer-aided test and training system

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BFMC
BIOFEEDBACK
MOTOR CONTROL
GmbH

New

REPLY POSTCARD

CTT - Computer-aided test and training system

Centaur



THE CENTAUR 3-D-TRAINAGER FOR THE BACK

Back Balance Control

An innovative concept for an effective prevention and successful treatment of back pain with the help of functional training of the back muscles' sensori-motor system with the CENTAUR 3-D-trainager for the back.

Problem

A well-balanced function of the muscles stabilising the spinal column res. of the sensori-motor system is of great importance to avoid an overload of the spinal column and back problems resulting from such a situation.

In the majority of the cases back problems are a consequence of functional dysbalances and performance deficiencies of the trunk sensori-motor system. Using conditioning exercises for the trunk sensori-motor system as part of functional training is one way to counteract this both under preventive and

therapeutic aspect, but the problem of activating the deep muscles remains. The deep muscles stabilising the single vertebra, the so called autochthonous back muscles, can, a priori, not be activated voluntarily. Thus there is only a limited trainability of these muscles during the strength training with traditional apparatuses.

The new approach

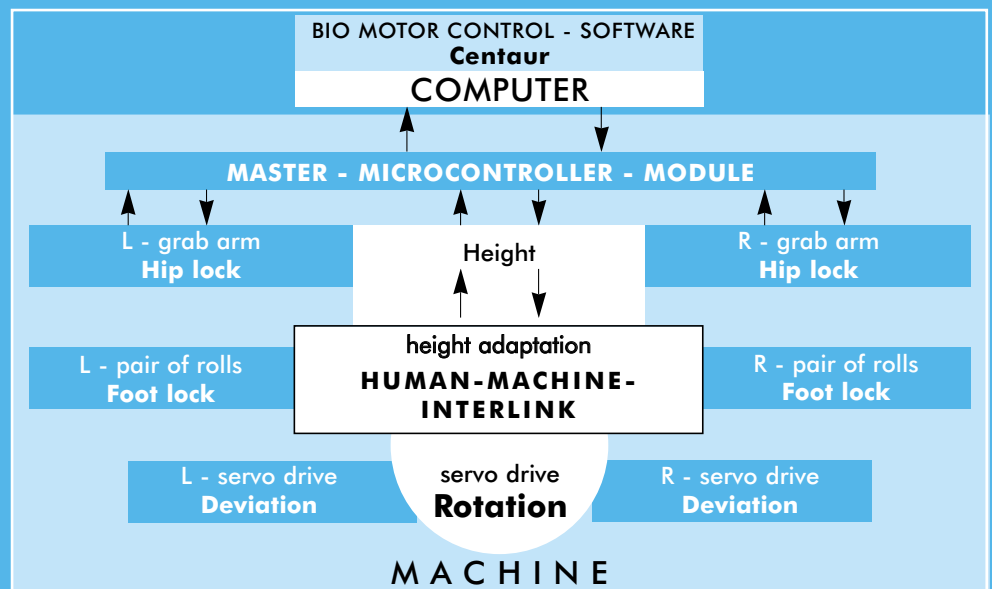
Using the newly developed CENTAUR 3-D-trainager for the back can bypass these problems. The controlled change of the body tilt within the gravitational field of the earth creates a defined load. In addition the balance analyser is activated, which again,

controls the deeper muscles. Thus the muscles stabilising the spinal column can be trained effectively.

FIELDS OF APPLICATION

The CENTAUR 3-D-trainager for the back can be applied both in rehabilitation clinics, departments for industrial medicine, in sports medical departments and medical departments of the armed forces as well as in orthopaedic and physiotherapeutic departments of medical hospitals, fitness and health centres. It can also be applied in the prevention of back pain in schools, for staff members of industrial enterprises, of IT firms, in the banking business and the public sector.

BfMC BIOFEEDBACK MOTOR CONTROL 3-D-TRAINAGER FOR THE BACK Centaur



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I AM INTERESTED IN YOUR OFFER

I would like to know more about the CENTAUR 3-D-TRAINAGER FOR THE BACK, please call me.

Please send an offer including financial conditions.

My telephone number: _____

Name: _____

Company: _____

E-mail: _____

PLEASE
POSTAGE
ENOUGH



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