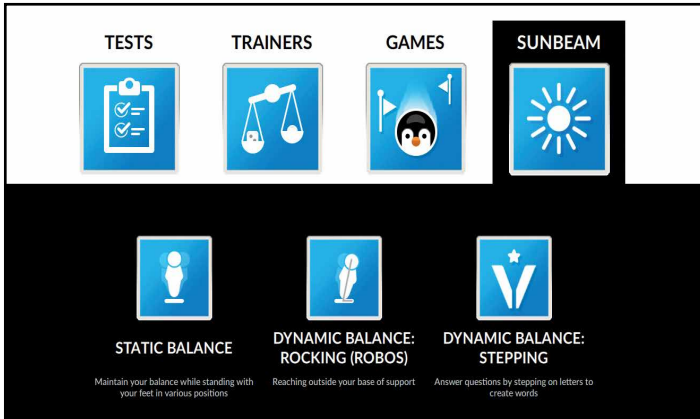


HUR SmartBalance - SUNBEAM module



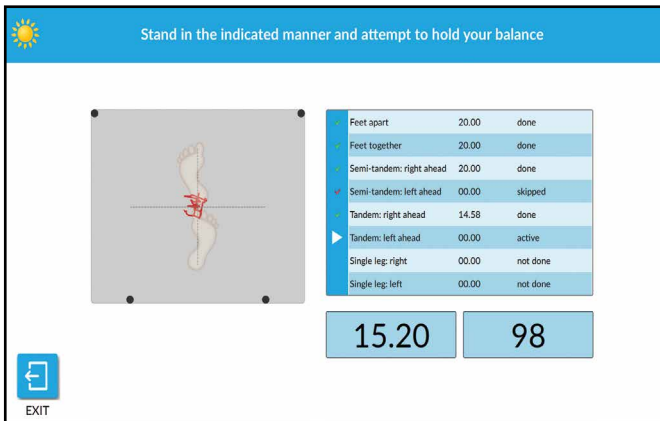
The Inclusion of the award-winning Sunbeam protocol as an additional module in the HUR Smart Balance allows for the inclusion of evidence-based balance training.

Static

- Standing positions and actions

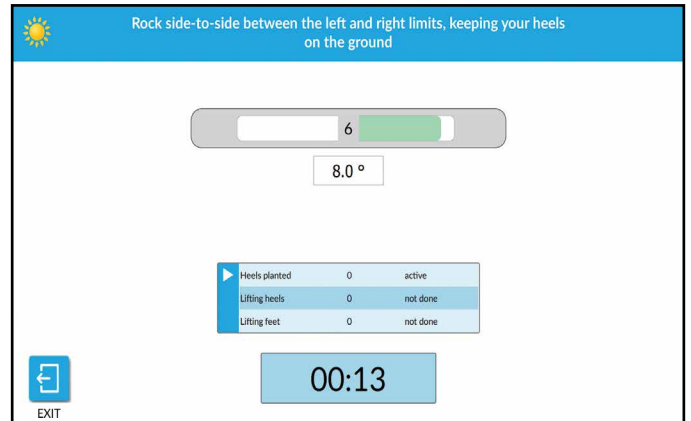
Dynamic

- Toe and Heel raises
- Stepping combinations



Feet apart	20.00	done
Feet together	20.00	done
Semi-tandem: right ahead	20.00	done
Semi-tandem: left ahead	00.00	skipped
Tandem: right ahead	14.58	done
Tandem: left ahead	00.00	active
Single leg: right	00.00	not done
Single leg: left	00.00	not done

15.20 98

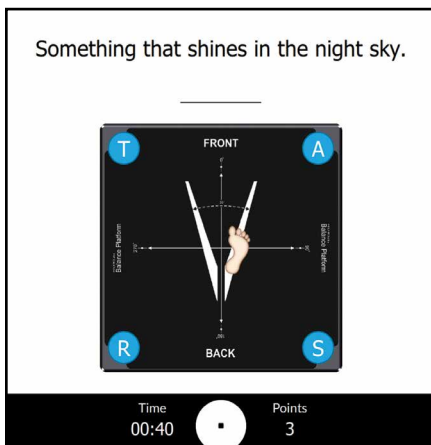


6 8.0°

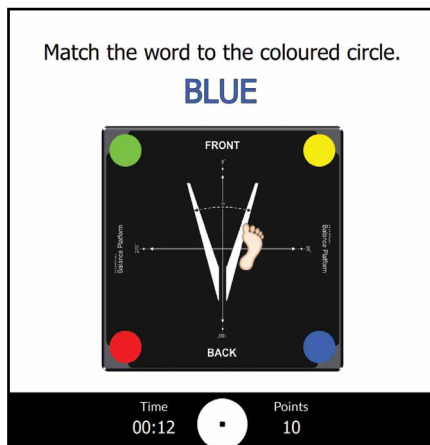
Heels planted	0	active
Lifting heels	0	not done
Lifting feet	0	not done

00:13

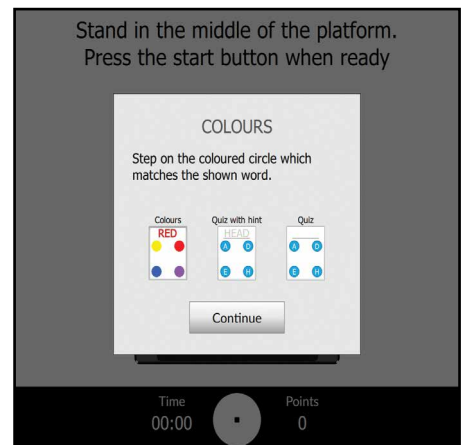
This module also contains additional training for reactive stepping and cognition.



Time 00:40 Points 3



Time 00:12 Points 10



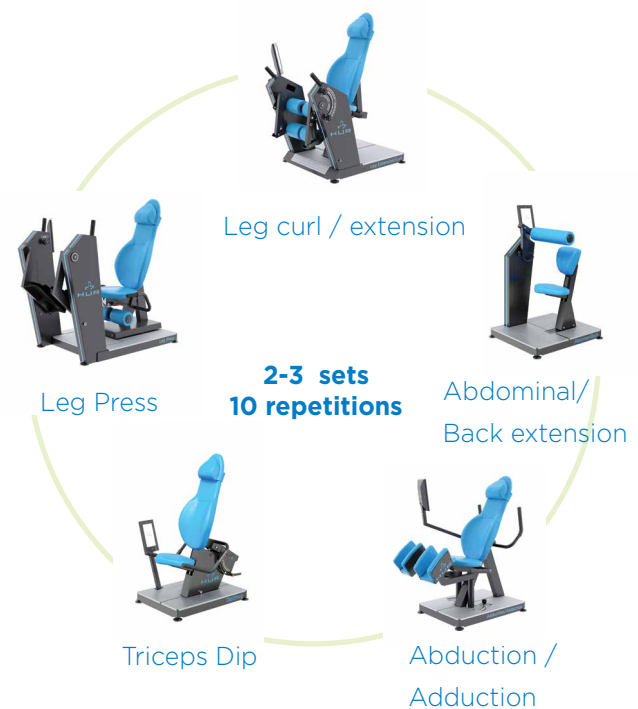
Time 00:00 Points 0

Strength and Balance Exercise in Aged Care (SUNBEAM) Progressive Resistance and Balance Training for Falls Prevention in Long-Term Residential Aged Care Facilities

Balance



Strength



Key Findings

- 55% reduction in rate of falls
- Improved balance, gait and strength scores (SPPB scores)
- Cost saving of \$ 670 per fall avoided

The module has been designed in collaboration with the Sunbeam lead researcher Dr Jennie Hewitt.

Published articles

Hewitt J et al. (2018) J Am Med Dir Assoc. Apr;19(4):361-369
Hewitt J et al. (2019).Clin Rehabil. Mar;33(3):524-534
Mak A et al. (2022).J Am Med Dir Assoc.May;23(5):743-749