

Reactive Step Training

ActiveStep[®] perturbation technology for the Gait TrainerTM 3

Biodex and Simbex Partner to Add Perturbation Training to the Gait Trainer 3 Treadmill

Simbex and Biodex are proud to announce their partnership to incorporate Simbex's ActiveStep[®] fall prevention training technology into the Biodex Gait Trainer 3 treadmill.

ActiveStep was designed and developed by Simbex to facilitate dynamic perturbation training and fall simulations for physical therapy clinics and biomechanics researchers. The Gait Trainer 3 is a Biodex rehabilitation treadmill with biofeedback and neurologic music training.

The addition of ActiveStep technology will add a dimension of perturbation-training capabilities, utilizing rapid changes in belt speed to simulate the motion of slips and trips, making the Gait Trainer 3 an even more powerful and versatile therapy tool.

Biodex Values Evidence-Based Effectiveness

Results of the Randomized ActiveStep[®] Clinical Evaluation (RACE) Study, a multi-center, randomized controlled trial with more than 500 participants were recently published in *Physical Therapy*.¹

Dynamic perturbation training on ActiveStep[®] was shown to reduce the chance of fall-related injury in older adults (65+) at 3-month follow-up, compared to standard physical therapy alone.

ActiveStep[®] is a dynamic perturbation training system designed and developed by Simbex. The RACE Study (NCT01006967) was funded by the NIH through the Agency for Healthcare Research and Quality. (NCT01006967)

¹ Jon D Lurie, Alexandra B Zagaria, Lisa Ellis, Dawna Pidgeon, Kathleen M Gill-Body, Christina Burke, Kurt Armbrust, Sharil Cass, Kevin F Spratt, Christine M McDonough, Surface Perturbation Training to Prevent Falls in Older Adults: A Highly Pragmatic, Randomized Controlled Trial, *Physical Therapy*, pzaa023, <https://doi.org/10.1093/ptj/pzaa023>



"Over the past five years, we've seen a proliferation of perturbation training research and products. We're excited to add a clinically proven and cost-effective tool for fall prevention into our GT3 treadmill."

-Ed Behan, SVP Market Development, Biodex Medical Systems, Inc.

"It is exciting to see our dynamic perturbation training technology being made available to therapists throughout the world through this partnership with Biodex"

-Rick Greenwald, CEO, Simbex.

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