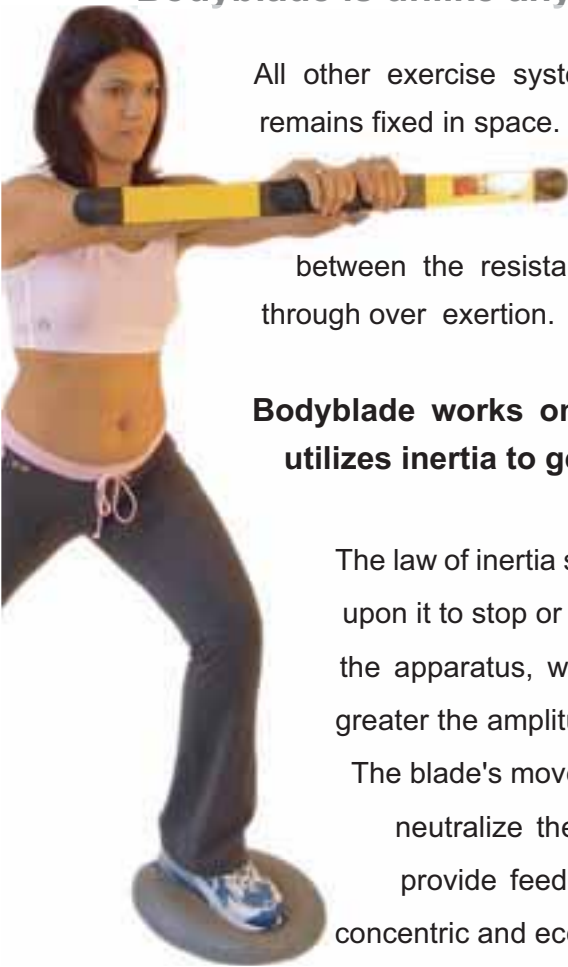


Principles of Sensory Motor Stimulation

Bodyblade is unlike any other piece of training equipment on the market today.



All other exercise systems are based on static resistance, in which most of the equipment remains fixed in space. Resistance is provided by a stack of weight plates or an elasticband which moves within a specific range. While the number of plates or the thickness of the bands can often be changed, there is no direct relationship between the resistance provided and the strength of the user. Injury is therefore possible through over exertion.

Bodyblade works on a different principle. It is a reactive, oscillating device that utilizes inertia to generate up to 270 muscle contractions per minute.

The law of inertia states that an object set in motion remains in motion until another force acts upon it to stop or change its direction. When you train with Bodyblade, you push and pull on the apparatus, which accelerates the blade and creates a force with amplitude. Yet the greater the amplitude, the greater the resistance that is needed by the body to counteract it.

The blade's movement therefore requires the user to contract his or her muscles in order to neutralize these forces. There is also an interaction with gravity. The proprioceptors provide feedback to the muscles, joints and brain. The muscles then produce rapid concentric and eccentric contractions which result in highly skilled adjustments in the control of movement. This muscle fiber recruitment results in increased muscular strength and endurance. It also increases the joint's mobility and range of motion, while protecting the user's joints. It also enhances coordination, flexibility, posture and the efficiency of muscle function. By varying the positions of the arms and hands, Bodyblade can target specific muscles in the upper body. This makes it a valuable tool for sports training and physical rehabilitation.

Coaches have found that Bodyblade helps athletes increase their skill levels and improve their performance. Since it can be utilized at a variety of angles and positions, Bodyblade can mimic the movements in a particular sport and provide the required variety of environments and task-oriented activities.

Bodyblade tends to normalize the way in which the joints function, eliminating the potential or imbalance that can occur with other exercise systems. It also permits a high efficiency of motion, producing the greatest rehabilitation gains with the least amount of effort. Patients love Bodyblade too because it is stimulating, challenging and easy to use in the clinic or at home.

These characteristics improve patient compliance with the prescribed routines and facilitate significant rehabilitative progress.

