

Introducing **TOTAL** SOLUTIONS

New Standard of Care for the Aging Populous



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The **Total Solutions** is a comprehensive, non pharmacological system to address health issues encountered by elderly, orthopedic and neuro patients. All modalities in the Total Solutions program challenge an individual's adaptation response eliciting meaningful improvement while providing clear quantitative performance assessments to clinicians and insurance carriers. These safe, proven and cost effective treatments improve quality of life, speed recovery, provide an ethical return on investment, and lower overall health care costs.





Nautilus ONE® Strength Equipment
Improving muscle mass and heart health with 1 program

Sarcopenia, the loss of skeletal muscle mass, strength, and endurance, is one of the most common maladies associated with aging, which is why strength training is a vital component of the Total Solutions program. Only through resistance training can sarcopenia be prevented or even, in most cases, reversed.

Designed for the unique needs of medical rehabilitation and senior living facilities, the Nautilus ONE® circuit of strength equipment addresses the biomechanics, safety, and function necessary to assist an aging, deconditioned population achieve their goals and regain their independence.

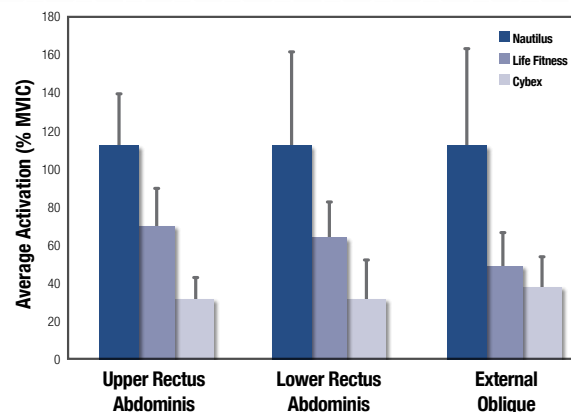
Safety is key. Low, 1lb. weight increments and range of motion limiters (on most equipment) provide a safe workout experience so that users of any age or ability can begin to strength train without worry of overexertion or excessive stress on the body. Each piece is easy-to-access with a clear path to the seat, free of bars or weight stacks impeding the entrance. There are handles to assist with entry and exit, as well as to provide stability during each workout.

Biomechanically correct and advanced solutions. The patented Optimal Strength Curve® Technology guarantees smooth resistance and proper muscle loading that dynamically matches the body's potential to increase and decrease in strength, creating the most efficient and biomechanically correct selectorized workout possible.

Built to last. Our patented design provides smooth motion with low friction which alleviates misalignment and tracking problems. Nautilus ONE® frames carry a generous lifetime warranty and require virtually no maintenance, maximizing return on your investment.

Quantitative Outcomes Measurement. Nautilus ONE® medical devices can be computerized allowing customization of exercise regimens and providing caregivers with a cloud based record of patient performance.

Significantly greater muscle activation on Nautilus



Rebuilding muscle mass and strength is key to helping aging populations regain and retain their independence while significantly reducing the cost of care. Learn more about Nautilus ONE®, the only strength line designed to meet the unique needs of this group, and how it can help your patients gain muscle mass, strength and synergistic heart health benefits as part of the Total Solutions program.

Studies have shown that high intensity training with Nautilus® equipment is at least as affective as aerobic endurance training for reducing some major cardiovascular disease factors. Large, well controlled studies confirm blood pressure reductions and increased HDL and decreased LDL as a function.

With more than 1,000 senior care facilities throughout the US incorporating the program, and more than 2,000,000 patient treatments with zero reported injuries with, the Nautilus® strength program is the best evidence-based method to improve physical health and well-being of older adults while delivering more efficient and effective healthcare management.

“ We have consistently used Nautilus machines for our research studies because the equipment design, precision cams, and four-bar linkage provide superb biomechanical function that enables our program participants to experience safe, effective, and efficient exercise sessions with outstanding results. In our published studies with thousands of subjects, 10 weeks of standard Nautilus strength training resulted in an average muscle gain of 3 pounds, an average fat loss of 4 pounds, and a 95% participant satisfaction rating.”

Wayne Westcott, Ph.D.
 Exercise Physiologist
 Renowned Author, Strength
 Consultant and Professor of
 Exercise Science





Power Plate® Whole Body Vibration

Studies have shown that whole body vibration has been used to treat a broad range of medical conditions, speed recovery back to normal daily function, reduce falls, increase strength and range of motion, reduce visceral fat, improve circulation, increase HGH and lower cortisol, and is recognized as a EU Certified Medical Device. Plus- patients love it!

The pro7HC is the first commercial machine designed specifically for medical facilities and treatment centers. With programs focused on neuromuscular rehabilitation and regeneration, the pro7HC features videos and activities depicted with an integrated Heart Rate display and programmable multi-direction variable resistance pulleys.

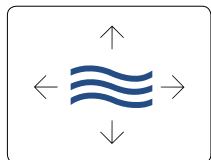
Power Plate® Whole Body Vibration technology uses a platform that creates a slight destabilization. By safely destabilizing the body, Power Plate triggers neurological responses eliciting a "tonic vibration reflex," or involuntary muscle contractions, increasing the natural production of restorative growth hormones. Additionally, the use of Power Plate increases overall circulation, provides faster recovery, and improves sensory motor function.

- With over 200 evidence based research studies demonstrating the efficacy and validity of vibration technology, it can be implemented with confidence into any health care or rehabilitation training setting.
- Power Plate is a medical-grade vibration platform designed to create instability in the human body, challenging patients to stabilize against movement in three planes to improve physical function and recovery.
- The Power Plate vibration platforms offer easy access to the plate, meaning its benefits can be experienced by virtually everyone, from able bodied to wheelchair-bound.
- PrecisionWave™ technology emits vibration waves in total synchronicity for maximum muscle response and ultimate results.

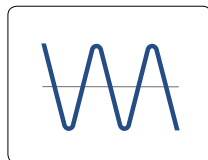


“ It is remarkable how many members have attributed improved strength and balance to Power Plate; they no longer fall and are now able to get up from a chair or the floor without assistance. ”

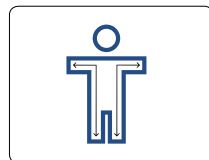
Rhonda Cap,
CSCS, HLC, GB
Director of Wellness,
Oasis Health Spa
Leisure World Arizona



01 Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back to aid balance and coordination.



02 Power Plate equipment uses PrecisionWave™ Technology—a high-fidelity harmonic vibration system that provides a controlled level of vibration across all areas of the plate surface for consistent and dependable results.



03 These vibrations cause the muscles to contract in a multiple, reflexive action between 25-50 times a second to deliver a full body treatment.



04 Whole Body Vibration movements, enhances user's performance while increasing the efficiency of the users time, allowing for a complete session in only 20 minutes, two or three times a week.



Power Plate is a registered trademark of
Performance Health Systems, LLC

korebalance®

Korebalance®

Stability training to improve balance and reduce falls

Instability and lack of balance are key contributors to falls, fractures, and other issues commonly associated with aging. Training the body to be more stable requires the mental and physical improvements offered by the only product of its kind – Korebalance®. This patent-pending modality is both a balance assessment device and a balance training tool that can be used to treat balance, vestibular, orthopedic rehab, and traumatic brain injuries.

Korebalance® is the only system with VSR – Variable Speed Reaction – training that challenges a patient's balance through various velocities, angles, and directions, demanding cognitive, visual, vestibular, and proprioceptive engagement. By challenging these systems simultaneously via repetitive actions, the body is required to make balance corrections automatically.

Engaging users with an interactive balance training program that challenges body control and balance in a 3D environment, creates patient compliance and a desire to continue the program, ensuring better, more lasting results. Through fun and stimulating games, users learn to create more automatic responses and subconscious reactions that are required in real life movement. The Korebalance Premiere 22" and Kompact feature an innovative cognition baseline capture and exercise program, which can be utilized with or without balance challenge. This feature is very useful in assessing mTBI's, mental decline, Parkinson's disease, and other neuro degenerative issues.

1 in 3 adults 65 or older fall each

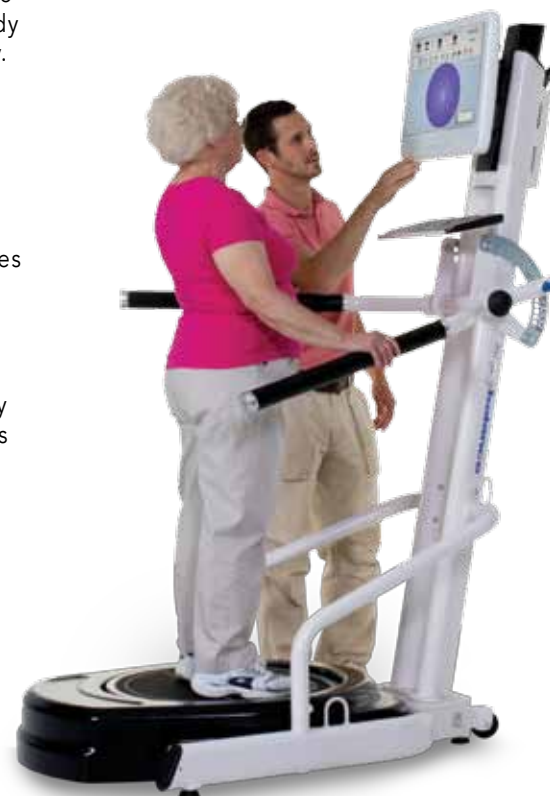
year. According to the National

Institute of Health, costs associated

with falls will account for up to

\$43.8 billion by 2020.

Korebalance® comes in a variety of models to ensure that the Total Solutions program can be incorporated into any facility or in-home training environment. Computer/touchscreen combo on the Korebalance® Premiere 22" model is medical grade and features antimicrobial treatment, minimizing cross-contamination.



“ One of the main reasons for debilitating falls in the aging population is proprioceptive dysfunction. Korebalance® retrains the proprioception neural fibers, and re-teaches our body to utilize its natural reflexes necessary for proper balance.

We utilize Korebalance® in rehabilitating our injured Marines and sailors. It needs to be a part of a total wellness program for individuals at all stages in life... There is nothing out there that compares to Korebalance® to retrain our balance system... ”

Joseph Moore, MD
Captain Medical Corps,
United States Navy (Retired)

Staff Physician, Sports Medicine and
Reconditioning Team (SMART) Center

MIRAMAR Prior Fellowship Director,
US Navy Sports Medicine Fellowship

Prior Commanding Officer,
USNS Hospital Ship MERCY

Prior Commanding Officer,
Naval Clinics Pearl Harbor



Boxmaster® Knocking out Parkinson's

Recent research has shown great promise in mitigating the manifestations of Parkinson's disease. Seems a bit counter-intuitive, particularly given that many attribute the late Mohammed Ali's Parkinson's affliction a function of being hit in the head too often. However, training for boxing- sans the punches in the face- has shown to have a very positive effect on Parkinson's patients.

Many studies have shown that this type of training can slow the progression of the disease- with the added logical benefit of increased acuity based upon the engagement" aspect of the program and correlation to proliferation of Brain Derived Neurotrophic Factors (BDNF).

- The Boxmasters quantitative numerical pad system facilitates reproducible and random physical and cognitive challenges with 12 distinct targets
- The Boxmasters ergonomically designed targets absorb force axially, protecting wrists, shoulders, and elbows.

- The Boxmaster is safe- both for the participant and the pad holder as the targets are positioned properly for every strike minimizing possibility of hyper-extension and ad holder shoulder injury.
- The Boxmaster is less labor intensive- one leader can supervise multiple participants.
- The Boxmaster is fun! Multiple target combination and challenges are motivational and enhance compliance.
- The Boxmaster program works- proven programming provides maximum benefit.
- The Boxmaster program can be quantified- by combining baseline balance and cognition testing and re-testing and training on the Korebalance modality.



“ In the past, when we'd offer therapeutic exercises using focus pads, I had to worry about getting hit by patients. With BoxMaster, I can observe the patient fully and watch for lags or other indications of areas for rehab. It's a great tool. ”

Sarah Crouch,
South Hampton
Roads YMCA
Suffolk, Virginia



Balance training and objective documentation of balance and cognitive ability can be performed and captured with the Korebalance system. Augmenting the boxing training with balance training and assessment, give the clinician a clearer picture of progress or regression.



CyberCycle

Cybercycle Cognitive Improvement

The Total Solutions program brings to you the CyberCycle, a completely new category of wellness product for older adults. It is built on the principle of having FUN and delivers unparalleled benefits to the MIND and the BODY. Stay independent longer and experience a higher quality of life with the CyberCycle.

Virtual Reality

The CyberCycle redefines engagement. With over 40 stunning virtual worlds to choose from, including games and social challenges, you will enjoy your workouts and benefit mentally as well as physically.

Superior Ergonomics

All aspects of the CyberCycle have been designed to meet the unique physical needs of seniors. The walkthrough design, oversized seat, extended adjustment bar, and support grips make getting in and out of the seat a snap.

The oversized buttons and large lettering make it easy to navigate the software. And while you are riding, the counterweighted platform pedals with heel cups ensure that your feet will stay in place until you're finished.

Motion Control Handlebars

Outdoor bikes have handlebars that can turn and shift. Cardio bikes should too! CyberCycle motion control handlebars steer and shift just like an outdoor bike, engaging your upper body throughout your workout.

Active Resistance

Feel the terrain as you ride. With Active Resistance pedal

"CyberCycle riders had significantly better executive function than those who rode a traditional stationary bike..."

American Journal of Preventive Medicine

intensity changes as you climb or descend. Shift through 30 gears, just like a road bike, for fine grained control of your workout.

Patient Reporting

The CyberCycle automatically records and reports rider activity. Exercise data is saved and delivered online through an easy to use reporting tool. Engaging users with an interactive program that challenges cognitive and cardio function in a 3D environment, creates patient compliance and a desire to continue the program, ensuring better, more lasting results. Through this fun and stimulating game, users learn to create more automatic responses and subconscious reactions that are required in real life movement.



" Cybercyclists experienced a 23% reduction in progression to mild cognitive impairment compared to traditional exercisers. **"**

American Journal of Preventive Medicine

" We found that for older adults, virtual-reality enhanced interactive exercise, or 'cybercycling' two to three times per week for 3 months, yielded greater cognitive benefit, and perhaps added protection against mild cognitive impairment (MCI), than a similar dose of traditional exercise. **"**

Cay Anderson-Hanley, PhD
Healthy Aging and
Neuropsychology Lab
Dept. of Psychology
at Union College,
Schenectady, NY



bioDensity™

**Combat bone density loss in under
5 minutes a week**

According to World Health Organization (WHO), osteoporosis is second only to cardiovascular disease as a global healthcare problem and medical studies show a 50-year-old woman has a similar lifetime risk of dying from hip fracture as from breast cancer.

Since osteoporosis affects the elderly population which is growing, it will put a bigger burden to the health care system as treatment is expensive. International Osteoporosis Foundation (IOF) estimates that the annual direct cost of treating osteoporosis fractures of people in the workplace in the USA, Canada and Europe alone is approximately \$48 billion.

The Total Solutions program incorporates bioDensity™, a groundbreaking system that is the only product to offer a homeopathic, non-pharmacological, non-invasive method for treating osteopenia, or the loss of bone mineral density.

bioDensity™ places users in the optimal biomechanical position for maximum loading, which provides the opportunity to create a neuro-musculoskeletal stimulus ("Wolff's Law") to trigger a response in the body to increase density in bone and connective tissue and joints.

According to the U.S. Surgeon General, maximal loading has been shown to increase bone mass density, which reverses the process of osteoporosis. NASA research also indicates that mechanical loading of multiples of body weight increases bone density. bioDensity™ facilitates this specific level of loading.

One 5-minute session per week includes five seconds at each of the four precise "load exposure" positions for a total of 20 seconds of activity each week per patient. Studies have shown significant bone density improvement over the course of treatment with subjects gaining upwards of 7% bone density within a year. Statistically this improvement reduces "bone age" and can lead to a marked reduction in osteoporetic fractures.

Medical professionals and scientists endorse bioDensity™ for its revolutionary approach to treatment for bone osteoporosis and osteopenia, and as an alternative to pharmaceutical methods, which are known to cause negative side effects.

bioDensity™ includes 15 years of research and development plus 6 years of testing and training with over 500,000 datasets and 25,000+ individuals. Subjects showed a 90% increase in force production after just 9 weeks of bioDensity™ training.



“ bioDensity is a very effective modality for improving endurance, strength and bone mass. It's a fast and efficient way of improving muscle and bone strength. It also provides a predictable and measured change in muscle and bone mass. Functional and daily activities improve with bioDensity training. ”

Dr. Raj M. Singh,
Double Board Certified,
American Academy of
Physical Medicine and
Rehabilitation Medical
Director Neurospine and
Rehabilitation, Barrow
Neurological Associates



In addition to competitive pricing we offer:

Experience - We have facilitated thousands of clinic opening and expansions in our managements 30+ years of experience in rehabilitation and Long Term Care. Our least senior associate has over twelve years of experience!

Logistics - We coordinate shipments, installations, and special needs of the clinicians on an individual basis
Education - We provide application advice and training via our clinical experts, including Dr. Jason Conviser & Dr. Rich Colosi, DPT.

Training - We schedule introductory application webinars with purchasers of our modalities, and provide no charge refresher sessions to insure proper use of the modalities.

Billings - We provide complementary initial consultations with our third party billing expert, Kathy Young, to insure maximum return on investment and mitigate audit potential.

Insurance - We offer to name our major customers as secondary insured on our \$2,000,000 products liability policy.

Marketing - We assist our clients in designing marketing materials to attract physician referral, educate the public, and provide press release fodder to enhance clinic exposure.

Web Site - We list facilities that offer our advanced clinical services (Power Plate, bioDensity, Korebalance) on our web site.

Financing Options - We offer lease, rental and open term purchasing



"We have been fortunate to serve the needs of the rehabilitation and aging populations worldwide for the past 35 years. Our Total Solutions program is the result of rigorous research and program development efforts designed to allow patient to take control of their own health. Non-pharmacological evidence based programs that can mitigate and reverse many of the comorbidities of aging and unhealthy lifestyles.

We continue to add new programs and applications as they become available and are deemed efficacious.

We appreciate the patronage and invaluable input we receive from our customers, and are gratified by the results that they are achieving."

All the Best,

Dean G Sbragia,
CEO
Medical Fitness Solutions



**Balance
& Fall Reduction**

**Circulation &
Ulceration
Mobility**

Muscle Loss
(Sarcopenia)

Neuropathy

**Orthopedic
Rehabilitation**

**Osteoporosis &
Osteopenia**

**Pain &
Numbness**

Cognitive Decline

Parkinsons

By starting at the root of the issues, Total Solutions focuses on increasing bone density, building muscle mass, and improving balance and core strength in order to empower adults to retain their independence and to age gracefully.

As the over 65 populous continues to grow, and the number of illnesses and medical conditions associated with aging escalate, there is a rising sense of urgency to address high costs and litigious exposure in the treatment of the elderly. In order to get the greatest number of facilities in compliance, the Total Solutions program also offers financing and programming to round out the complete package.



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Medical Fitness Solutions 543 East Alvarado St. Fallbrook, CA 92028

Medical Fitness Solutions is a minority woman owned small business.

For more information about Medical Fitness Solutions products, to book an interactive webinar that brings our showroom to you, or to discuss financing options, please contact us at 800.831.7665 info@medicalfitsolutions.com