



Kinesis Balance™

Self assessment of
falls risk and
physical function



Overview

Kinesis Health Technologies Ltd have developed *Kinesis Balance™*, a tool to facilitate self assessment of physical function, falls risk and wellbeing (www.kinesishealthtech.com/balance).

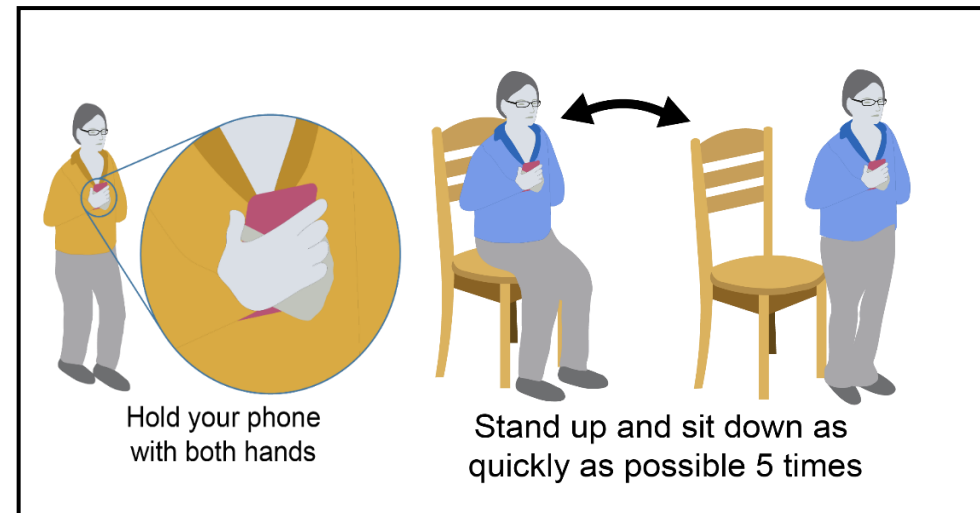
Kinesis Balance™ uses **inertial sensors embedded in a smartphone** or an **external inertial sensor** to measure an older adults **balance** and **functional strength** when completing a range of balance and functional assessments. The tool also includes an evidence-based analysis of fall risk and wellbeing.

Our validated, patent-protected algorithms are based on a large dataset of community dwelling older adults. Our products are supported by top tier peer-reviewed scientific publications¹⁻⁵ (www.kinesishealthtech.com/research).

Kinesis Balance™ allows an older person to assess and track their physical function and falls risk in the home or community environment and provides guidance and support to maintain independence and a balance in life.

Benefits

- Improving older adults' **awareness** of falls
- **Remotely** monitoring patients at home
- Supporting **self assessment** & supervised assessment
- Facilitating **intervention** to prevent falls
- Deliver falls prevention programs at **scale**

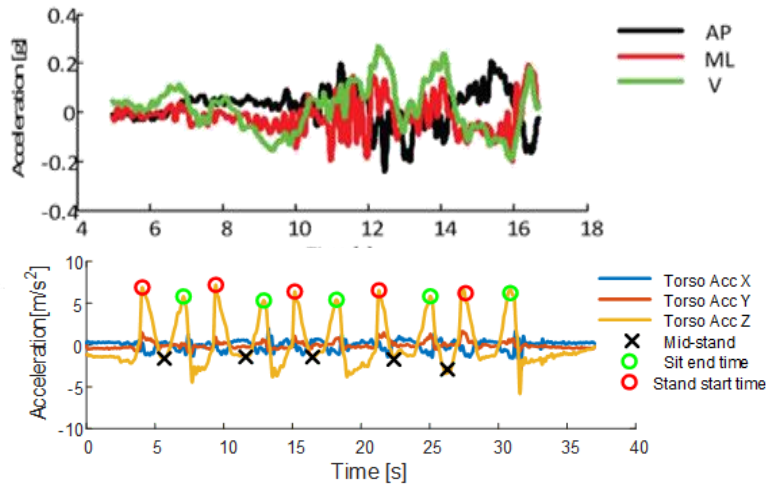


Kinesis Balance™ Features

- Reliable profiling and trending of fall risk, balance and function against age and gender norms
- Advice on staying healthy, maintaining function and avoiding falls
- Secure backup of patient data to the cloud
- Accessible and exportable data

Assessing physical function

- Balance
- Five times Sit to Stand



Validated falls risk questionnaire

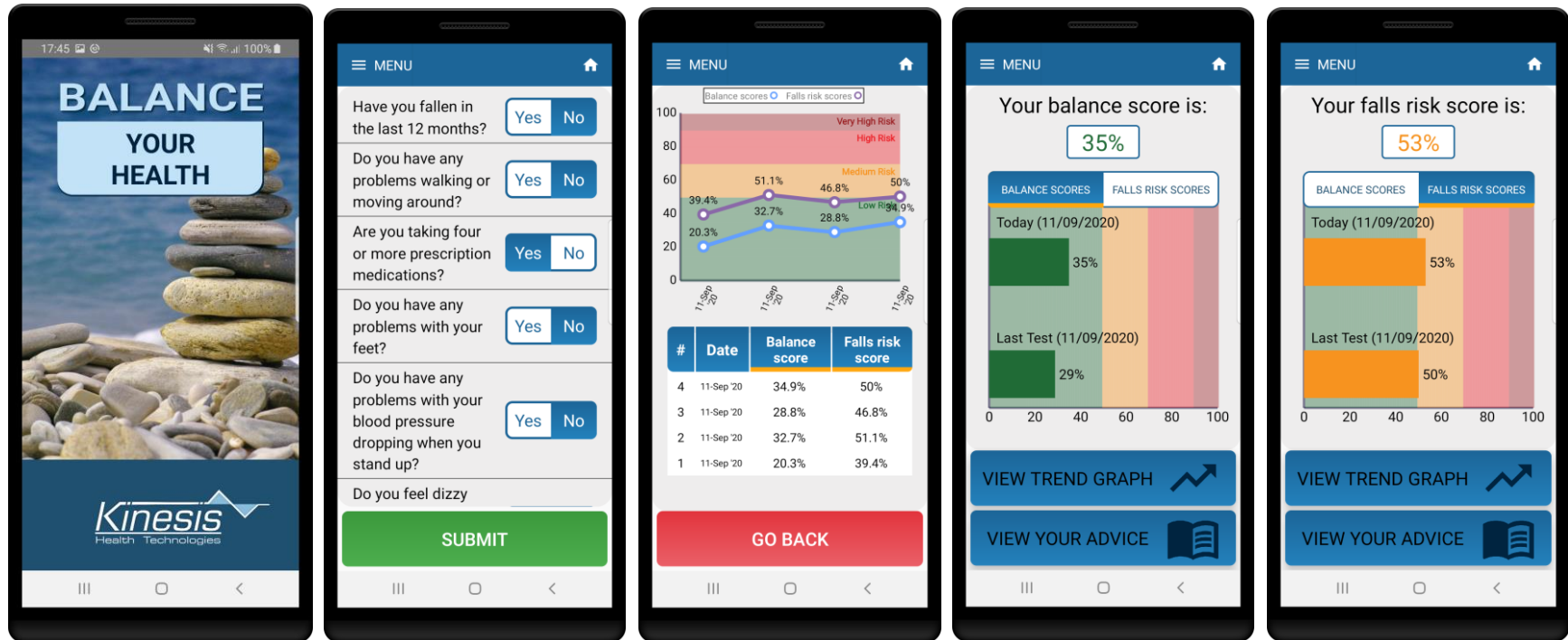


Tracking wellbeing



Usability

- *Kinesis Balance™* has been designed for ease of use by older adults for self-assessment of balance and falls risk. It can also be used with a family member or a carer in a supervised manner using an **external inertial sensor**



Use Cases

Kinesis Balance™ is suitable for use in:

- Population health and prevention
- Post-acute monitoring
- Therapy and rehabilitation
- Clinical trials

References

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6. B. R. Greene, D. McGrath, L. Walsh, E. P. Doheny, D. McKeown, C. Garattini, C. Cunningham, L. Crosby, B. Caulfield, and R. A. Kenny, 'Quantitative Falls Risk Estimation through Multi-Sensor Assessment of Standing Balance', *Phys Meas*, 33 (2012), 2049-63.
7. B. R. Greene, K. McManus, and B. Caulfield, 'Automatic Fusion of Inertial Sensors and Clinical Risk Factors for Accurate Fall Risk Assessment During Balance Assessment', in *IEEE Biomed. Health Inform. Conf* (Las Vegas, NV: 2018).
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Contact

For more information on how Kinesis Health Technologies can help improve care, reduce costs and prevent falls, contact us at:

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