

Our mission.

To provide each individual with the most comprehensive evaluation and care in Southwest Michigan. Our goal is to help get you back to your desired activity or sport as quickly and as safely as possible. We know that just stopping is not an option.

Getting started.

All that we need to get you started is a prescription from a primary care physician or specialist with an appropriate medical diagnosis.

Simply, call our office during normal business hours at 269.329.0934 and our friendly staff will assist with all the necessary scheduling and insurance verification.

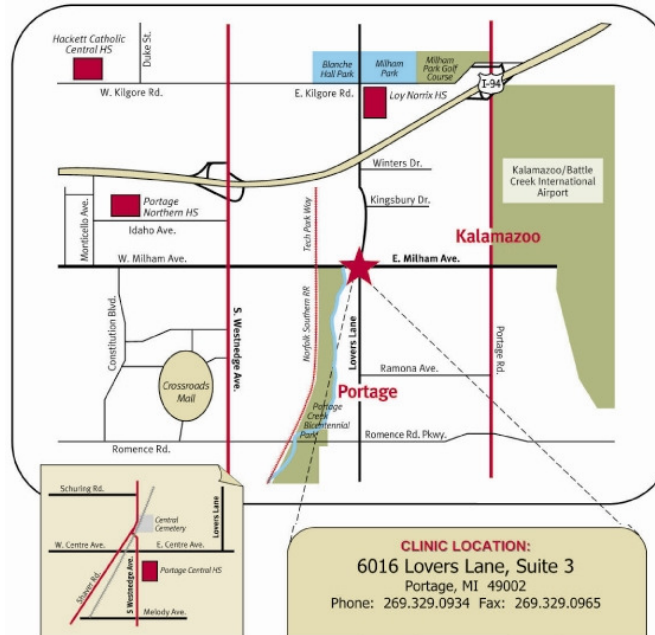
For more information about any of our physical therapy or sports performance services, you can visit our website at www.agilitysportsmedicine.com.



Agility Physical Therapy & Sports Performance, LLC

Our location.

We are conveniently located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane and the main entrance to our clinic is facing Milham Ave.



CLINIC LOCATION:
6016 Lovers Lane, Suite 3
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Agility Physical Therapy & Sports Performance, LLC

**Neuromuscular
Wii - Education**



**Balance and Postural
Re-training**

Neuromuscular Wii™—education

What is Wii™—education?

Agility Physical Therapy & Sports

Performance is pioneering the use of the WiiFit™ in Southwest Michigan as part of our comprehensive outpatient physical therapy program. The use of the WiiFit™ Balance Board has become very popular in traditional rehabilitation settings and continues to demonstrate outstanding patient compliance and outcomes.

Our **Neuromuscular Wii™—education** program utilizes the principles of Reactive Neuromuscular Training (RNT) for both the upper and lower extremities combining technology and fun with functional activities. Our program will focus on:

- ✓ Balance / Proprioceptive training
- ✓ Strength training & Core stability
- ✓ Aerobic activities
- ✓ Stretching / Yoga exercises

Core stabilization: Tall kneeling on a BOSU® ball playing Wii™ Tennis



WiiFit™ assessment.

We are able to perform several different assessments utilizing the WiiFit™ system to enhance each patient's rehabilitation experience and improve key areas for a healthier lifestyle. The "Body Test" in the WiiFit™ is a short and simple set of activities used to gauge each individual's performance. The WiiFit™ Balance Board will measure center of balance, Body Mass Index (BMI), and body control. Based on these results, we will be able to establish a baseline and then track each patient's progress.



Balance

The "Body Test" will begin simply by checking the patient's balance. By stepping onto the Balance Board with feet spread equally apart, the WiiFit™ will evaluate postural alignment to calculate center of balance.



Body Mass Index/Weight

Body Mass Index (BMI) is determined in WiiFit™ by a formula comparing weight and height. Taking into consideration several variables, including weight of clothing, an accurate BMI will be calculated.

Body Control

After calculating BMI, the patient will be tested on their body control. The WiiFit™ measures your body control by using two randomly selected balance tests.

Common diagnoses that would benefit.

Appropriate for the pediatric to geriatric patient with any of the following conditions:

- ✗ Plantar fasciitis / Achilles tendinitis
- ✗ Lower leg pain / Hip pain
- ✗ Anterior knee pain / Patellofemoral pain
- ✗ Iliotibial band (ITB) syndrome
- ✗ Low back or Sacroiliac (SI) joint pain
- ✗ Gait instability / Postural imbalances
- ✗ History / Risk of Falling
- ✗ Post-op rehab for upper or lower quarter
- ✗ Sports functional training

Is this covered by insurance?

The use of the WiiFit™ Balance Board has already been utilized in several rehabilitation programs nationally. With an appropriate medical diagnosis and referral to physical therapy, specific exercises are approved physical therapy procedures and can be billed as *Therapeutic Exercise, Functional Activities* or *Neuromuscular Re-education*.