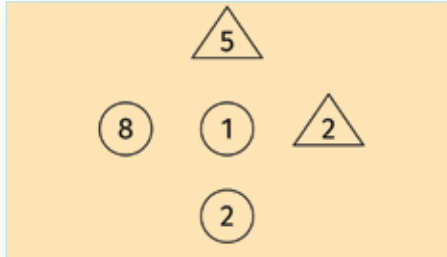




Reduce Falls & Improve Cognition

Introducing the **HUR Senso**, a scientifically based *dual-tasking* fall reduction and cognitive training platform designed to support independence. The *think and move* integrated, fun and easy to use equipment simultaneously **improves physical and cognitive function** through interactive motor training activities and gaming.

ASSESS



The **HUR Senso** identifies fall risk, potential areas of weakness and helps establish an individual's baseline.

- **Step Reaction Test**
- **Four Square Step Test (FSST)** measures dynamic balance and identifies potential fall risk
- **Benchmark scoring** based on movement patterns and ability to perform cognitive tasks
- **Progress tracking** through individual scores fuels user motivation
- **Cognitive and motor tasks** measured in milliseconds

TRAIN



The **HUR Senso** uses fun, dual-tasking fall reduction and cognitive training game-style exercises to improve executive function and includes:

- **Progressive training** adapts and gets increasingly difficult to challenge the user
- **Personalized** cognitive tasks are linked to motor movements
- **Customized routines** address and improve the user's unique cognitive and/or balance weaknesses
- **Goal setting and report tracking** for individual progress and outcomes

ENGAGE



The **HUR Senso** format keeps the user interested and increases the likelihood of program adherence through:

- **Gamification** that provides fun and interactive challenges designed to build strength and improve cognitive function
- **A variety** of 25+ different fun and engaging games
- **Quick engagement** in an easy to learn interface that supports user independence

Engaging Dual-tasking Program with Multiple Clinical Applications



HUR Senso provides the following key benefits:

- Cognition and fall **assessment tests**
- Trains and **improves balance and cognition**
- **Automated progressions** for all acuity levels
- Fun, social and includes a **full suite of games**
- **User-friendly** interface
- Games **simulate everyday movements** (i.e. initiation of walking, goal-directed and rapid stepping) to support ADL's
- Convenient **RFID personal user identification** interface (no sign-ins needed)
- **Outcome management tool** to easily track improvements and see results
- **Cloud-based software** allows for remote access & live software updates

Clinical Research correlation between Physical Exercise & Cognition

Better Cognition: Meta-analysis found that dual-tasking, performing a cognitive and motor task at the same time, improved cognition better than physical exercise alone.

~ Eggenberger et al. 2015

Falls Reduction: Cognitive and motor stepping interventions reduce falls in older adults by approximately 50%. This clinically significant reduction may be due to improvements in reaction time, gait balance and balance recovery but not in strength.

~ Okubu, Schoene & Lord, 2016

Improved Executive Performance: Combined cognitive and motor training improves gait stability and reduced fall rate by 80% ... and performance of executive functions can be optimized. A considerable proportion of falls in old age is associated with the decline in executive performance. Good executive functions can minimize the risk of falling.

~ van het Reve & de Bruin, 2014

SPECIFICATIONS

Width: 113 cm
Length: 113 cm
Height: 102 cm
Max user weight: 180 kg
WiFi: required



Want to know more?
Call **+358 6 832 5500**
or email **sales@hur.fi**

Assess, Train and Engage with **HUR Senso**

WHY HUR?

HUR builds strong bodies and even stronger senior living and rehabilitation centers.

Powered by HUR's **evidence-based strength, balance and technology solutions for older adults**, providers gain better results, enhanced customer satisfaction and the marketing muscle their centers, and their clients, need to thrive.

HUR SENSO

THINK & MOVE



Patamäentie 4
67100 Kokkola, FINLAND
Tel. +358 6 832 5500 | www.hur.fi

