



The Gibson Center
YOUR ONE-STOP HEALTH SHOP

Chiropractic, Acupuncture,
Allergy & Stress Relief

Balance is Everything

Balance is everything and being sure-footed is vital for everybody who wants to live an independent daily life.

- the young athlete who wants to take their game to the next level
- a father who injured himself while running
- **a middle-aged adult who is beginning to notice the losing of their confidence in their physical abilities such as coordination, quickness and strength to do what used to be “a walk in the park”**
- the grandparent who is literally fearful of going up or down stairs or walking on uneven terrain
- “I don’t want what happened to my parents happen to me”

ProBalance360 and ProSoft Mechanical Motion Therapy enables the acquisition of and the evaluation of key balance metrics. That objective data is then used to create a customized therapy plan. These customized plans are used to fine tune athletic performance, recover from injury, develop complex coordination maneuvers, internalize stability (stumble but not fall), free up reactive mobility (quickly recover from a stumble and immediately engage stability in order to not fall) and rehabilitate to individual potential.

The ProBalance360 focuses on enhancing one’s current balance ability into a reliable and therefore confident balance ability. The musculoskeletal system and neurologic pathways are strengthened to improve overall balance, movement coordination, stability, mobility and proprioception.