



The Gibson Center  
YOUR ONE-STOP HEALTH SHOP

Chiropractic, Acupuncture,  
Allergy & Stress Relief

## Balance and Parkinson's disease

**ProBalance360 with ProSoft Mechanical Motion Therapy** technology is designed to treat individuals with a variety of conditions which cause balance disorders and symptoms.

Parkinson's disease is a neurological disorder where brain nerve cell deaths result in ensuing loss of motor control as well as a decline in cognition.

The 2011 [1](#), 2016 [2](#) and 2023 [3](#) papers have demonstrated that physical activity may reduce the risk of Parkinson's in those who perform "**moderate to vigorous physical activity.**"

1. Ahlskog JE (July 2011). "Does vigorous exercise have a neuroprotective effect in Parkinson disease?". *Neurology*. **77** (3): 288–294. doi:10.1212/wnl.0b013e318225ab66. PMC 3136051. PMID 21768599.

2. Ascherio A, Schwarzschild MA (November 2016). "The epidemiology of Parkinson's disease: risk factors and prevention". *The Lancet. Neurology*. **15** (12): 1257–1272. doi:10.1016/S1474-4422(16)30230-7. PMID 27751556. S2CID 19994300.

3. *Neurosciences (Riyadh)*. 2023 Jan; 28(1): 4–12. doi: 10.17712/nsj.2023.1.20220105 PMID: PMC9987629

PMID: [36617448](#) "The role of exercise in Parkinson's Disease" [Mohannad A. Almikhlaifi](#), PharmD, PhD [Author information](#) [Copyright and License information](#) [PMC Disclaimer](#)

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It is vital that Parkinson's individuals stay active in order to redevelop, maintain and strengthen their remaining capable motor functions.



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**ProBalance360** with **ProSoft Mechanical Motion Therapy** provide the following therapeutic procedures:

- **Neuropathway Therapy:** Retrains neuropathways to improve the brain's firing patterns, resulting in improved nervous system energy and proprioceptive capacity.
- **Prosoft Mechanical Motion Therapy:** Restores flexibility in muscles and joints to improve ranges of motion.
- **Cognitive Therapy:** Simulates real-life situations in order to improve concentration during multiple problem-solving tasks while the patient is simultaneously focusing on solidifying their center of gravity to maintain stable and solid balance.

Our therapy is fun for the patient, but also effective for rehabilitating balance and coordination while cognitively challenging the **neuroplastic** (neuropathways in the brain grow because of challenges of performing specific imposed demands) brain.

It is now known that moderate to vigorous exercise can reduce the risk of Parkinson's; the prime goal of the **ProBalance360** with **ProSoft Mechanical Motion Therapy** would be to upgrade the individual's balance and stability abilities. These motor control upgrades result from the process of **neuroplasticity**. The upgrades are intended to enhance functions so the person can safely boost the frequency, capacity and complexity of their needed "**moderate to vigorous physical activity.**"



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The ProBalance 360 does in fact utilize **exercise as medicine** especially when complex dual activities such as balance and neuropathway therapies are simultaneously being tasked or progressively more difficult cognitive gauntlets are being chosen.

**ProBalance360** with **ProSoft Mechanical Motion Therapy** technology plus appropriate home exercise training maximizes mobility in association with the development of quicker righting reflexes. Thus, it is more difficult to stumble and fall which of course equals daily life independence.

**The ProBalance360** repeatedly and vigorously challenges the five interconnected body systems which contribute to balance. These five systems are constantly targeted during the progressively more difficult fun games. Progressively builds one's balance muscles.

Here are the five interconnected body systems:

- Visual System
- Hearing System
- Peripheral Nervous System
- Central Nervous System
- Musculoskeletal System

**NOTE:** The intent to help a Parkinson's patient does not include treating the disease of Parkinson's. Chiropractors do not treat disease. The intent is to improve coordinated movements/balance/cognition/vestibular capabilities so the person can more enjoyably do more "**moderate to vigorous physical activity**" and **perform better** in daily life.