

HUBER®

COORDINATION

BALANCE

STRENGTHENING

POSTURE



HUBER®

LPG®

A world exclusive technology devised to **re-energise** the human body.



All of us would like to remain young, attractive, energetic and in good health, in spite of growing older. However this desire for physical and mental well-being is impeded by the constraints of our everyday lives, which speed up the ageing process: • A sedentary lifestyle • Stress and lack of exercise • Poor posture. Your clients regularly ask you for help in dealing with these problems. Now LPG has created **HUBER**, which can, in just a few minutes, stimulate a series of identified muscle chains leading to adapted muscle strengthening, improved posture, optimised coordination and a unique proprioceptive workout.



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With HUBER[®] your expertise takes on a new dimension

DYNAMIC POSTURE CONTROL

Muscle strain and excessive stress contribute towards the ageing of the back. HUBERs' dynamic exercises **strengthen the spinal muscles**, allowing a targeted workout, in selected positions. The patient will be able to improve his posture as the sessions progress.

STIMULATE BALANCE THROUGH MOVEMENT

Ageing leads to a loss of balance associated with an increased fear of falling. This fear has a particularly disabling effect on the elderly. HUBER can gently help to regain balance, by means of programmes which are totally safe and accessible to all. Using simple sequences carried out in an unstable environment (oscillating platform, mobile column), balance is regained by using the **proprioceptive system** and intensifying muscular work.

OPTIMISING COORDINATION

The ability to carry out, link together and synchronise one or more precise movements is an essential component of our everyday lives. The user learns to manage his physical effort in spite of the movements of the platform or the column. Hence, coordination is facilitated by working **hips and shoulders** independantly. Huber therefore allows the patient, to coordinate and precisely reprogramme his body movements and to improve his everyday quality of life.





► STRENGTHENING THE MUSCLE CHAÎNS

Strengthening the muscle chains is crucial for maintaining good posture and carrying out, harmonious movements. By using up to **80 muscles** at the same time and with precise exercises, HUBER specifically stimulates the identified muscles whilst at the same time encouraging the user to carry out a global tridimensional workout.

Finally, you have a simple device to strengthen the muscle chains, optimise coordination, stimulate balance and improve posture. It can be **applied to the majority* of your patients, regardless of their age or physical shape.**



*Please refer to the Precautions for use.

APPLICATIONS

Anti-ageing effects: articular mobility, suppleness, strengthening of the back muscles, improved bearing and stability.

Aesthetics: figure, appearance, posture, muscular shape.

Sport and fitness: deep global muscular development, cardio-training, getting back into shape.

A revolutionary device for **original results**

1 MOVING PLATFORM

The motorised oscillating platform, whose parameters for range, speed and sense of



rotation can be adjusted, puts the patient into a state of imbalance. This allows us to obtain a postural adjustment from the soles of the feet to the top of the spine.

2 ERGONOMIC HANDLES

The handles are equipped with sensors which can instantaneously analyse



the push/pull strength achieved by the patient. As they can be adjusted to suit any height and size, they allow the patient to work through all the positions recommended by the therapist.

3 THE SCAN EFFECT

Vertical movement the mobile column (SCAN effect) combined with the oscillation of



the platform increases use of muscles and of their connections. Using the SCAN effect, LPG has created a method of working on zones which were previously inaccessible.

4 INTERACTIVE SCREEN

HUBER assesses the ability of the user to coordinate his efforts to the left and to the right



in order to achieve a predetermined target while being placed in an unstable environment (platform and mobile column). This ability involves several mechanisms for regulating balance (proprioceptive reflex, visual system and internal ear).

5 POLYVALENCE OF THE PROGRAMMES

HUBER offers 4 levels of programmes (beginner, intermediate, expert and free level) meaning



that specific treatments adapted to all types of patients can be carried out.

6 ASSESSMENT AND PROGRESSION

This unique evaluation device allows an assessment, in real time, of strength and coordination for the right

LEFT		RIGHT	
Action		Action	
AVS	CS (%)	AVS	CS (%)
31	57	29	43
Reverse		Reverse	
AVS	CS (%)	AVS	CS (%)
27	42	25	34

and left sides of the body during physical exertion. As the sessions progress the improvement of these parameters can be measured.

