



Bundesinitiative  
**Sturzprävention**



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### Perturbation treadmill training: Application in theory

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Perturbation-based balance training (PBBT) is a relatively new type of balance training that aims to improve these recovery balance reactions to unexpected loss of balance. *These recovery strategies are not under volitional control and thus, they cannot be trained through voluntary exercises.* Data suggests that using PBBT has better results than voluntarily controlled exercises; it reduces the incidence of falls among older adults by 46% (Mansfield et al., 2015). In the current presentation, I will present research findings from studies focusing on feasibility, effectiveness, and mechanisms of PBBT approach in several populations ranging from fall-prone older adults to stroke survivors, with the ultimate goal of helping subjects achieve the best possible functional outcome.



NETZWERK  
ALTERN-  
FORSCHUNG



Gefördert von der



Bundeszentrale  
für  
gesundheitliche  
Aufklärung

im Auftrag des Bundesministeriums der Gesundheit