

The Monitor[®] exercise feedback

The Baseline[®] Monitor[®] exercise feedback device is the perfect way for physical therapists, athletic trainers, and their patients to precisely measure and monitor body movement

- Simple device makes it easy to detect changes in air pressure during exercise giving real-time visibility of progress when performing exercises correctly
- Specially designed to aid in core stabilization training – an effective exercise which can help improve lumbar spine health and functionality
- Using the pressure gauge, inflate or deflate the pressure chamber to select pressure amounts (as determined by the exercise) to perform core stabilization exercises
- Pressure gauge measures from 0 - 4 PSI (0-200 mmHg) analog pressure with an accuracy of ± 0.06 PSI (± 3 mmHg)
- Comes complete with pressure gauge, inflation tube, pressure chamber and instructional exercise booklet

13-1520 Baseline[®] The Monitor

Place pressure chamber under areas of the body, like the back, to practice and monitor body movement during core stabilization exercises

