

ACHIEVO PRESSURE BIO-FEEDBACK SYSTEM “APBS”

Lumbar stabilisation with Achievo

Deep local muscles are important in providing support and control to the individual vertebral segments by stabilising the spine during all functional tasks ranging from light tasks like walking to heavy tasks like lifting. **These muscles have to contract continuously through the task.**

Drawing in of the abdominal wall or “pulling the belly in” is an action in which the core muscle, **Transverse Abdominis** is involved. An **air-filled pressure sensory pad** is fitted to a computerised Achievo system to meet the challenge of quantifying the muscle contractions on the computer screen with Audio-Visual signals.

APBS is an **assessment as well as training tool for these deep abdominal muscles** mainly by measuring the change in pressure levels.



Cervical stabilisation with Achievo

In case of **chronic neck pain and headache**, weakness of the deep neck flexor muscles has been identified. Patients will show increased activity in their superficial neck flexor muscles as a compensation strategy. There may also be atrophy in sub-occipital extensors which may thus **impair the supportive deep muscles, affecting the neck stability.**

APBS unit gives valuable information to ensure quality and precision in exercise performance and muscle testing. An air-filled pressure sensory pad is fitted to Achievo system to meet the challenge of quantifying the muscle contractions on a computer screen with Audio-Visual signals.

Once assessed the same system is used for re-training the deeper muscles of the neck.

Call Physio Asia therapy centre for more details.