

WHAT IS YOUR SAS SCORE?

SAS[®] MAT[®]

An Assessment and Treatment Tool

What is the SAS Measure?

A dynamic step and stop balance test.

Simple – one number result (0-70)

Functional – Step and Stop test

Consistent – Uses standardized mat

Validating – For both therapists and clients

Fast – result in minutes

Why is this better?

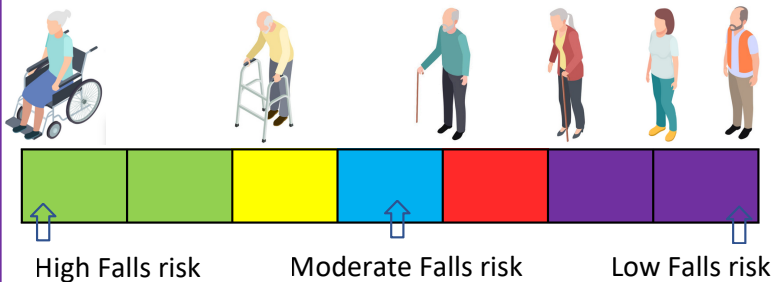
Common balance tests (BERG, Demmi and SPPB)

- Time consuming
- Onerous for the client and clinician
- Test static balance
- Not sensitive enough to be clinically useful.
- Cannot quantify balance.

The SAS MAT will save you time, clarify your treatment choice, and simplify client education

SAS Score Range (0-70)

Higher Scores = greater balance ability



How to use the SAS Mat.

First, Test....

- Stand with one foot on the purple star foot
- Step the other foot forward and stop 10 secs
- Move up levels until unable to progress.
- Record score

Then, Treat....

- Practice at the right level
- Monitor improvement over time
- Targeted Balance and strengthening exercises.
- Correct and reproducible technique ensured.



Learn More

www.sasmat.com.au



Quantify & Treat Balance Simply

Meaningful, measurable, and functional — for therapists and their clients

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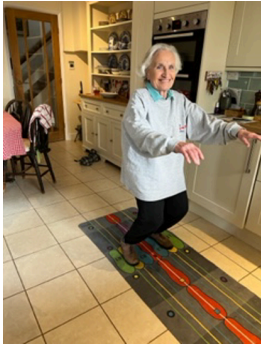


SAS[®]MAT



Progressing Stability, Agility and Strength with measurable outcomes

Client feedback



• “The SAS Mat is in my kitchen permanently!
The exercises strengthen and straighten my spine and improve posture. ...
It’s fun, its quite hard work!
It helps to retain and correct balance, when walking, climbing stairs, changing direction,
As a lifelong Physio (Qualified 1961) I know the value of regular exercise
As a patient, the clear colour and design of the Mat, and the picture of the girl
demonstrating the exercises reminds and helps,
The illustrations and colours of the pictures are helpful and progressive.
I recommend the system and the equipment” Josephine B. UK (82)



- ““The SAS Mat has been invaluable. My confidence is greatly improved and I’ve had no falls since - I can balance on the blue feet now!” Roger R. (85)
- “My mum is 91 and the pictures help her follow the steps independently - she is willing to exercise at home now.” Julie Q.
- “Great tool for improving balance and strength — my mum (75) with early Parkinson’s really likes it.” Vanessa K.
- I used the SAS Mat for my prehab and rehab for my knee replacement surgery. The exercises were specific and targeted which I believe helped with my fast recovery time. Fi M. (63)

Therapist Feedback:

- My client really liked it and is keen to purchase one if it is available to buy. He liked the foot positioning feedback and I made a few drills out of it which he found were complimented by the mat:
 - Hop scotch type of pattern
 - Tandem walking -> wide, mid then narrow stance
 - Cones on the dots for toe tapping
 - Backward tandem walking
 - Mini skater jumpsHe said that he was able to correct himself a lot better and made his movements more precise.
Hannah Neve. PT. Advanced Rehab Centre. Artarmon
- I have used the SAS Mat twice weekly with my group program providing balance training for people with dementia. The SAS Mat is fantastic as it provides a clear cue and I can say “walk on the red footprints”. It’s a clear replicable intervention that I can use in the clinic or anywhere in the facility.
Tanya Perry. OT. Bexley.
- I have found the SAS Mat to be a very useful tool to use in my mobile business.We perform static and dynamic balance exercises and easily add in motor and cognitive dual-tasking with the visual features on the SAS mat. Amanda Bussuttil. PT Active Flow Physio. Northern Beaches.
- The SAS Mat has been great because it’s so simple and easy to use for assessments.
We’ve had quite a few people in the clinic see others doing the assessment and want to try it themselves.
James H. Exercise Physiologist



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