

Clinical Insights to Improved Overall Brain Performance Utilizing the SitTight™ Chair: A Clinical Trail (2018).

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A recent clinical trial conducted by Turning Point Medical Group of Colorado Springs, clearly demonstrates that the SitTight chair increases overall brain performance. The use of the SitTight chair when combined with specific in-chair proprioceptive exercises, significantly improved overall mental performance and attention processing. The pre and post testing evaluations quantify the value of employing the SitTight chair to clearly improve all areas of brain performance and skill development.

A pre and post computerized posturography CPG (Neurocom Force Plate) and quantitative electro encephalography qEEG (Brainmaster Discovery with Newmind) was performed for the study on eight healthy individuals between the ages of 25 and 51. Each individual received exact the same three specific proprioceptive exercise protocols applied with the SitTight chair over a one week period.

Outcomes:

The computerized posturography revealed a significant improvement in the reaction time of each individual. The Mod.CTSIB (Modified Clinical Test of Sensory Interaction in Balance), this test is designed to assess how well a person is using sensory inputs when one or more sensory systems are compromised, revealed on overall improvement on an unstable surface. Also, an improvement in movement velocity MVL, directional control DCL and endpoint excursions EPE was noticeable.

The qEEG showed changes in the Theta-Beta Ratio in all subjects after the study prescribed exercise period. Changes in the Theta-Beta ratio is an indication of the change of the Theta Rhythm in the hippocampus which increases brain performance. Significant overall improvements in executive processing, memory processing, math comprehension, verbal processing visual processing and reading comprehension were noticeable on the qEEG.

Conclusion:

The SitTight chair when combined with specific in chair exercises improves overall postural balance and increases brain performance and mental function. Future study targeting specific computer monitor exercises when combined with the SitTight chair has the potential to improve overall mental performance and productivity.

References:

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