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The rapid increase in the popularity of snow boarding has necessitated a whole new breed of specialists in training, design innovation and injury prevention. Until now the only way to experience snow boarding was to hire or buy the whole kit and arrive on the appropriate snowy hill side. This direct route to your new sport created a lot of problems. These included discovering that your hastily arranged foot position in the store where you purchased your board from is totally alien to your centre of gravity, which at best results in repeated falls and could potentially result in torn knee ligaments or even worse injuries.

I had the pleasure of assessing the StanceFind machine for biomechanical efficiency and validity in establishing an individual's true foot position for balance. Human biomechanics is so unique we cannot use a set formula for all to establish balance on a snow board. Human biomechanics is multi segmented involving many bones and their support structures. The tibia alone has a wide range of variations amongst the population from intoed, neutral or out-toed stance depending on the natural rotational torsion present in the shaft of the bone.

The StanceFind machine allows both experienced and newcomers to snow boarding to find their true stance whilst on the machine's platform.

What does this mean? Well, potentially decreased risk of injury by allowing the feet and therefore body find its most efficient and effective posture during knee flexion. The knees flex during movement on the board to allow the body above to absorb shock and to balance. If the feet are not set up effectively this mechanism is ineffective and can cause injury. The StanceFind machine allows effective positioning of the feet and therefore body centre of gravity potentially reducing the risk of injury.



I am delighted to recommend this technology.

Clifton Bradeley: MD, Podiatrist/Clinical Director

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www.sub4orthotics.co.uk – www.cycleplate.com – www.sub-4.co.uk



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