

## HUBER Information

- ◆ PIHC had the first **HUBER** system in Australia and currently has the only one in Western Australia
- ◆ The main components of the **HUBER** include the following:



Rehabilitation: balance

- Oscillating platform
- Mobile column
- Sensory handles
- Target which gives specific feedback after each session

- ◆ The **HUBER** is used by:
  - The French Soccer team, including Zinadine Zidan
  - The Brisbane Lions football club
  - Elite level golfers, including Tiger Woods
  - Various Olympians, including Christine Aaron (Olympic Rower)
- ◆ Clinical research has shown evidence that neuro muscular benefits result from using the **HUBER** after 6-10 treatment sessions
- ◆ **HUBER** programs are tailored to suit each patient's own needs and goals
- ◆ The practitioner is present at all times to guide the patient through a **HUBER** session

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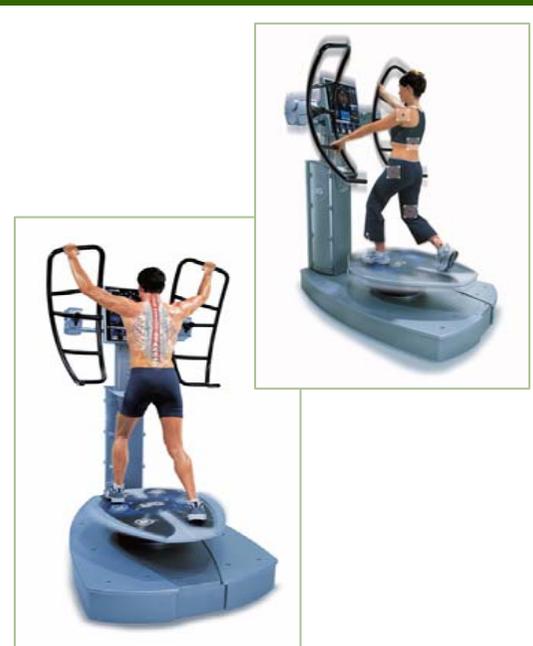
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# HUBER



# HUBER—Optimising Physical Rehabilitation and Enhancing Performance

- **BALANCE**
- **STRENGTH**
- **CO-ORDINATION**
- **SYMMETRY**
- **CORE STABILITY**
- **POSTURE**

The deep muscles of the spine, also known as the intrinsic stabiliser muscles, are the most crucial of all the body's musculature. They are essential in all physical movement and are repeatedly recruited for balance, posture, co-ordination and flexibility.



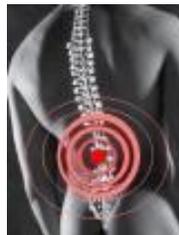
**HUBER** is the first and only system in the world to activate, pinpoint and strengthen the deep muscles of the spinal column—the vital axis of the body.

Treatment on the **HUBER** is designed for utilisation by males and females of all ages, with a focus towards:

- ◆ **Rehabilitation and injury prevention**
- ◆ **Pre and post pregnancy**
- ◆ **Performance enhancement in elite athletes**
- ◆ **Heightened developmental outcomes in children (sensory processing, coordination, speech, concentration, sleep, fatigue, bladder & bowel).**
- ◆ **Falls prevention and wellness in seniors**
- ◆ **Neurological conditions**

The **HUBER** can contribute significantly to improved stability, mobility, strength, flexibility and reduced pain in the following conditions:

- **Ankle** (strain, sprain, injury, instability)
- **Knee** (surgery, weak joint, injury)
- **Hip joint** (surgery, restricted mobility)
- **Sacroiliac joint** (restrictions)
- **Chronic low back pain**
- **Shoulder** (frozen shoulder, weak joint, instability, surgery)
- **Neck** (headaches, restrictions)



**Neuro- Muscular Occupational Therapists and Exercise Physiologists** at PIHC have had extensive experience in treating all of the above conditions utilising the **HUBER**—combined with neuro-muscular treatment and exercise programs.



Any exercise can be recreated on the **HUBER** in terms of the movements and postures that are required to be successful in that sport.

These sports have included (but are not limited to):

- **Golf**
- **Swimming**
- **Gym**
- **Soccer**
- **Gymnastics**
- **Netball**
- **Cricket**
- **Volleyball**
- **Cycling**
- **Surfing**
- **Sailing**
- **Hockey**
- **Racquet sports**
- **Athletics**
- **Football**



**HUBER** programs are individualised to each person, with a focus towards personal goals and maximal functional performance.

**Occupational Therapists** have the specialised knowledge to identify required components of different sports. Breaking down the movement into both specific (serve, swing, stance etc) and general (balance, coordination, core stability etc) biomechanics is necessary to enhance performance.

**Exercise Physiology's** understanding of the physiological mechanisms underlying exercise is important for the improvement of exercise performance.