

A resounding failure: The postural rehabilitation platform

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Failure is always a question, but this failure more than any other: it is irrational ... Everything is proven about the principles that drive this desired campaign to eradicate falls in the elderly. The teaching method is brilliant and we can't even blame it for being expensive! Then ?

The postural rehabilitation platform (Gagey, 1993) is an extremely simple instrument: a platform resting on the ground through a spherical cap. When a subject is standing on this platform, he feels unstable, even more unstable if he closes his eyes, unable to avoid the fall if, eyes closed, he turns his head sharply in all directions to panic his vestibular system. Descended from the platform, he finds that he can stand on firm ground, even with his eyes closed and even when turning his head sharply in all directions.

In three minutes any subject experiences that in order to stand upright we are using information that comes from the eyes, from the vestibular system, but also from the feet; facts which have been proved by a considerable number of experimental works.

It is also proven that postural stability can be improved by training, for example during the practice of sports which require perfect stability such as indoor rifle shooting at 10 meters (Dudde, 2016) [fig. 1].

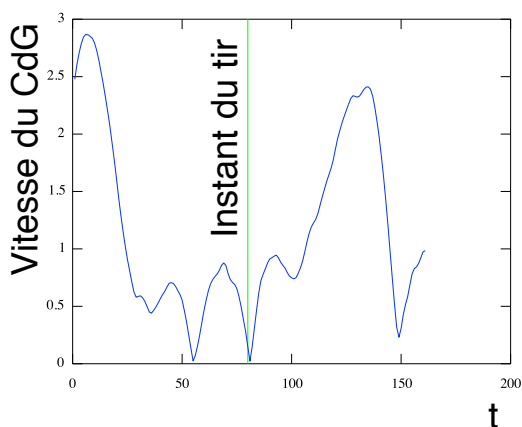


FIG. 1 - Movement speed of the Center of Gravity [CoG] of an international rifle shooting champion, as a function of time.

*The training of this world-class shooter allows him to negate the speed of movement of his CoG at the instant of the shot. Years of training! but the stability is perfect ...
(R. Dudde recording)*

The elderly can understand that it is possible to prevent the balance problems that threaten them by climbing on the postural rehabilitation platform every day for a few minutes ... But in fact they do not! Even when they already feel unstable. Weird.

While our Canadian friends are squeezing their tag line: "Evidence-based Medicine" (Guyatt, 1992), in fact it's not working, this 'evidence-based' treatment of balance disorders in the elderly is a failure. And I do not know why...

Of course old age is often an ambiguous age, we don't want to die, but at the same time we don't really want to live anymore. So what's the point of "breaking out" doing rehab every day, even just a minute or two ... "To let go away" is so much easier and not unpleasant. Could this be a reason for the platform's failure?

It can also lack a playful aspect to the platform, for to have the pill pass! For example I would see a target on a screen with a moving point, controlled by the movements of the CoG, that the subject should maintain in a certain area. By spicing up the game by adopting different positions of the eyes, head or spine which would introduce the role of proprioception, hitherto ignored in this story ... We would remain in the imaginary of shooting.

"The imaginary", hey! Why would he not also be involved in this failure? Since the philosophers of the "Enlightenment" we no longer dare to speak of the imagination, it is frowned upon. There would only be room for reason today if Freud and then Bachelard had not invited us to convert to the imaginary (Gagey J., 1969). But the Doxa still totally ignores the power of the imagination, Fethi Benslama's book (2016) is very little read, and mine even less (Gagey P., 2021). Yet our experiences inhabit us with their obviousness - this is not a scoop - so we spontaneously believe in our imagination and ... much more easily than anything others say, even rationally and elegantly!

I do not know if all these attempts at explanation are true or false, but I know that absolutely all the elderly people to whom I strongly advised to do rehabilitation exercises on platform gave up after eight days ... Except me ! My imagination is saturated with thousands of marksmen recordings that ensure efficacy of postural training, so I believe it.

But what a failure!

References

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