2020/04/24

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Code:	7779 (Mothers Section of the Tokyo Stock Exchange)
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Inviting participants to take part in paid trial of "Balance Training Sheet" ~ Improving the amount of exercise with a technology that enables inhouse training ~

CYBERDYNE Inc. [Tsukuba, Ibaraki, CEO: Yoshiyuki Sankai (the "Company")] announced to host a paid trial of "Balance Training Sheet (tentative name)" to verify the effect of the device on improving physical functions and suitable service operation for the device. Balance Training Sheet is a device that could be used at home by users who wish to improve their reduced physical function from diseases, users who wish to prevent frailty, users who wish to get in the habit of exercising at home and users who wish to improve their performance in sports. The device aims to create/increase the opportunity of exercise by enabling balance training at home, even for users who have difficulty going outside.

■ Purpose of development

Balance training and training of the body trunk is thought to be an important for maintaining/improving the physical function that would be necessary to walk, sit and stand. While one may conduct training to maintain/improve their functions at medical facilities or non-medical facilities that supervises such training, one could expect further outcome if they could also train at their own house. However, there are only few training devices that are safe and that encourages users to continue working on.

Balance Training Sheet was designed, partially using the funds from the government solicited program "Project for Promoting the Development of Equipment to Support Better Autonomy of Person with Disabilities" hosted by the Ministry of Health, Labour and Welfare. Balance Training Sheet is a non-wearable device that could be used at home. Not only it enables the users to conduct training safely, the device is also capable of transmitting the information related to the training to staff members, so the staff could provide feedbacks to the users so that they may motivate the users to get into a habit of exercising. On this occasion, the Balance Training Sheet will be lent out to users who wish to take part in the paid trial of home training. The trial will examine the effect of improving the users' function and the appropriate service operation for the device.

■ Outline of the device

The device is designed to improve the balance function and function of the body trunk, which is said to be an important aspect in the ability to walk, stand and sit. The device is composed from a sensor sheet and a tablet. User could start using the device simply by pressing the power button and sitting (or getting on) the sensor sheet. Users can see where their center of balance is on the screen of the tablet and practice transferring that position. The device is also installed with mini games that uses the transition of center of balance, allowing fun and safe balance training. Upon installation, the user would go through counseling to identify their physical conditions and their needs so they could set the appropriate training program. The

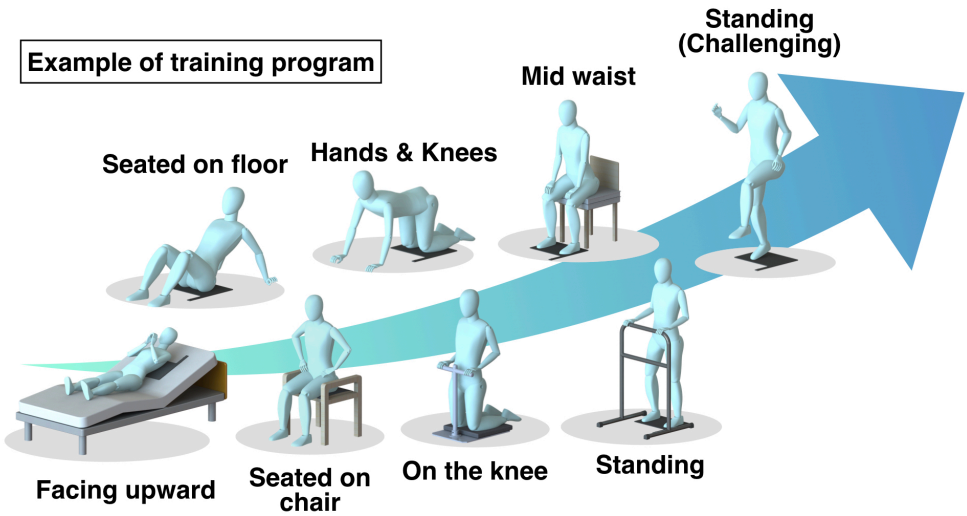
status of training will always be shared with the trainer, so they could receive helpful feedbacks from the staff.



Introduction video: Balance Training Sheet to enable inhouse training (available in Japanese only)
https://youtu.be/syIVgrELJx0

Example of training program

- User who have difficulty holding the correct seated position:
  Training to move the center of balance back and forth by tilting the pelvis from front to back in order to induce the function of the body trunk.
- User with paralysis on one half of the body through strokes or head injury:
  Training to move the center of balance from one side to another while seated or standing, to practice putting the weight on the side with paralysis.
- Balance training focusing on the side with paralysis:
  Training to move the center of balance back to front on the paralyzed side, to induce improvement of the balance function in paralyzed side.

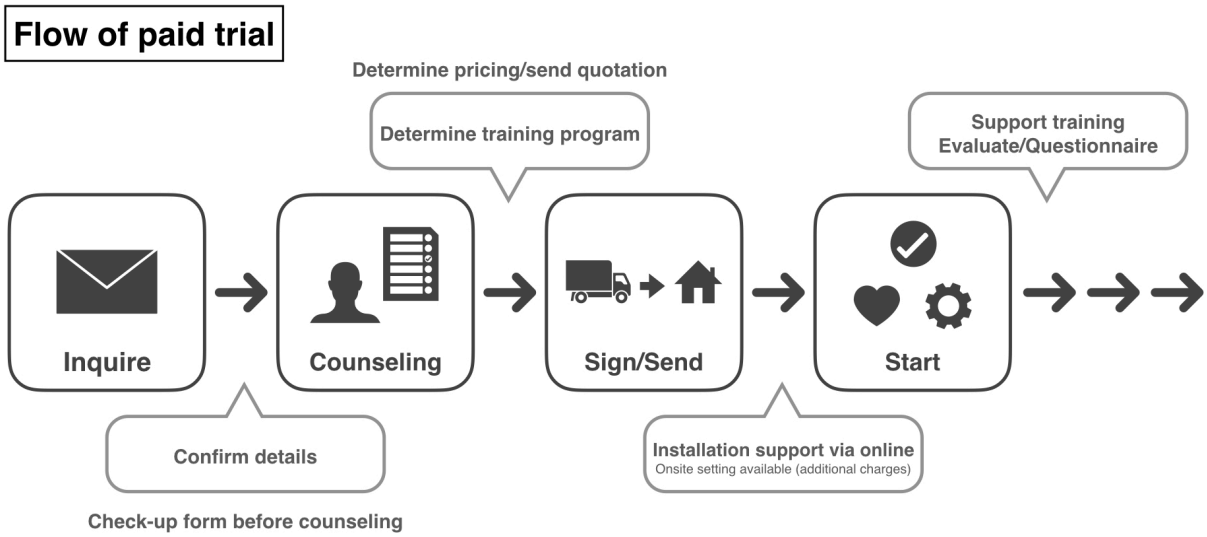


In addition, there are varieties of training programs prepared in different postures or positions such as trunk training by rolling over, training in a knee position, training in the mid-waist position to correctly apply the weight and many more.

■ **Invitation to take part in the paid trial (available in Japan only)**

The Company invites users to take part in paid trial from 3 to 12 months in order to examine the effect on improving the physical function and suitable service operation for the device. Before renting out the device, the staff member will conduct counseling to determine the training program suited for each participant. The user will receive feedbacks on their training on frequent basis in order to get in the habit of training at home and to continue training effectively.

The paid trial is only available for customers living in Japan, and all support will be provided in Japanese language. Please contact us from the link below if you wish to take part in the trial.



Contact
https://robocare.jp/contact/

Terms and condition to take part in the trial

- Participant must take counseling from the assigned staff members before renting the device
- The device will be rented to individual at price
- Participant will be selected by order of application and the applications shall be terminated when the number of applicants reaches the necessary number.

■ **Prospects**

Currently stay-at-home order is announced as a counter measure to the spreading of COVID- 19, limiting many people from going outside. As part of the Company's endeavor to realize a society where all people can live healthy and rich life, the Company will continue to accelerate the development of products and services that will contribute to creating/improving opportunities to exercise at home.

Link
Website for Balance Training Sheet (available in Japanese only)
https://robocare.jp/bs/

November 11, 2019
MHLW adopted CYBERDYNE's proposal on "Project for Promoting the Development of Equipment to Support Better Autonomy of Persons with Disabilities"
https://www.cyberdyne.jp/wp_uploads/2019/11/20191111_tekijikaiji_ENG.pdf