

How does the BrainPort Balance Plus system work?

The BrainPort Balance Plus provides the user immediate biofeedback regarding head and body position when performing balance training exercises. When performing these exercises with your eyes closed you receive instant cueing when moving out of an upright head position.

This feedback is achieved via gentle electro-tactile impulses on your tongue. A small array is placed on your tongue and when your head is centered you will feel gentle impulses in the middle of the array. Impulses outside of the center of the array mean you are swaying in that direction.



What is it used for?

The BrainPort Balance Plus is indicated for use by individuals with vestibular dysfunction for the improvement of balance, gait, posture and related symptoms, who have reached a plateau with conventional vestibular rehabilitation &/or balance training. It is an oral electronic training aid that provides real-time feedback about the user's head position when performing balance training exercises. It is primarily intended for those with loss of vestibular function whereby the balance organs in the inner ear(s) are no longer sending the brain adequate information about head position. It can also be utilized in balance retraining programs for a variety of etiologies, including:

- Central Vestibular Disorders
- Stroke
- Traumatic Brain Injury
- Concussion
- Multiple Sensory Deficits

The BrainPort Balance Device is a **training tool** and provides feedback to a patient regarding their position in space. The patient learns to use this feedback to help improve their balance.

As with any treatment, people respond differently, and training with the BrainPort device is not a 'quick fix', nor does everyone see improvement.

How long does a person use it for?

The BrainPort Balance Device is intended to be used for 2, 20-minute sessions per day, separated by at least 4 hours. You should expect to use the device on an ongoing basis to maximize and then maintain your gains. In our experience, people are typically able to wean down to a lower training frequency over time while maintaining a level of balance that they are happy with.

Who should NOT use the BrainPort Balance device?

Patients should not use the BrainPort device if they have any neurological condition that causes impaired sensitivity to the tongue or loss of consciousness. Please see Appendix 1 for additional precautions.

Patients should have the cognitive ability to understand the training and concentrate on maintaining balance in unsupported sitting or standing for 20 minutes. Patients also need adequate voluntary muscle control to be able to make balance reactions.

How can I try the BrainPort Balance device?

Lifemark is the exclusive distributor of the device in Canada and we currently have 3 of our locations offering the opportunity to train with the device and if desired, purchase.

How long is the training?

Training takes place twice per day (separated by at least 4 hours), over 2 consecutive days.

Is there a cost for the training?

Training sessions cost \$240 CAD (~\$180 USD) each for the first and last session (1.5 hours each) and \$160 (~\$120 USD) each for the middle 2 sessions (1 hour each).

If I decide to purchase, what is the cost of the BrainPort Balance Plus system?

The BrainPort Balance Plus is \$6750 CAD plus tax for the complete system (approximately \$5200 USD). Taxes in Ontario total 13% (Tecumseh and Brampton locations), and in British Columbia 12% (Vancouver location). This includes the device, 2 rechargeable batteries, charger, and protective carrying case.



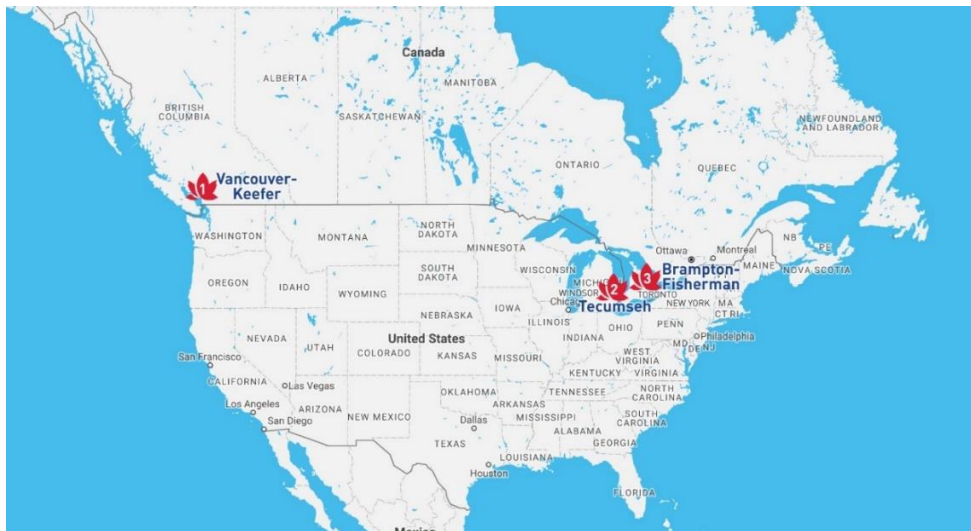
What methods of payment are accepted?

The 4 training sessions can be paid for by major credit cards, debit, Canadian cash or personal cheques. Should you decide to purchase the BrainPort device, we are accepting payment by credit card or certified cheque. The purchase document includes a section where you would be asked to consent/authorize us to charge your credit card. It is recommended that you advise your credit card company ahead of time that you might make this purchase so that they don't block the transaction due to it looking unusual.

How can I make an appointment to train with the BrainPort Balance Plus System?

Please email or fax this fillable **APPLICATION FOR USE**: http://bit.ly/brainport_application to your preferred Lifemark location (3 options) below. We will contact you once the application is reviewed regarding appointments.

Non-Canadian residents: Those coming from outside of Canada require proof of full vaccination to attend our clinics for BrainPort training, until further notice. Please provide proof of vaccination along with the Application For Use.



1. Vancouver, British Columbia (near Vancouver International Airport)
 Lifemark Physiotherapy - Keefer Place
 #230, 181 Keefer Place
 Vancouver, British Columbia. V6B 6C1
P: 1-604-687-5911 (F: 1-604-687-3944) or **Email:** vancouver.bookings@lifemark.ca
 Webpage: <https://www.lifemark.ca/Keefer-Place>
 Therapist – Abeed Hirji: <https://www.lifemark.ca/therapists/abeed/hirji>
2. Windsor, Ontario (just across the border from Detroit)
 Lifemark Physiotherapy - Manning & Amy Croft
 25 Amy Croft Drive, Unit 27
 Tecumseh, Ontario. N9K 1C7
P: 1-519-739-6061 (F: 1-519-739-1419) or **Email:** windsor-tecumseh@lifemark.ca

Webpage: <https://www.lifemark.ca/Tecumseh>

Therapist - Merle Duchesne: <https://www.lifemark.ca/therapists/merle/duchesne-clinic-director>

3. Brampton, Ontario (near Toronto Pearson International Airport)

Lifemark Physiotherapy – Fisherman & Hurontario

2 Fisherman Drive, Unit #7

Brampton, Ontario. L7A 1B5

P: 1-905-455-5870 (F: 1-905-455-3620) or **Email: brampton@lifemark.ca**

Webpage: <https://www.lifemark.ca/Fisherman-and-Hurontario>

Therapist- Deoanand Persaud: <https://www.lifemark.ca/therapists/deoanand/persaud/2025385>

Can you suggest a hotel in the area, the closest airport, or driving instructions?

Please see the pages indicated for additional information:

Vancouver, British Columbia – see pages 7-8

Windsor (Tecumseh), Ontario - see pages 9-10

Brampton, Ontario – see pages 11-12

What is the warranty for the BrainPort Balance Plus system?

The device carries a 2-year warranty through the manufacturer, Wicab, Inc. Information regarding Warranty service is supplied in the BrainPort Balance Plus User Manual. All warranty, repair or replacement arrangement will be done directly through the manufacturer, not through Lifemark. Please go to www.wicab.com

What if I need a new battery eventually?

Batteries can be ordered directly from Wicab. Please go to www.wicab.com.

What do I need to know about traveling to Canada, and taking the device home over the border if I purchase it?

Non-Canadian residents: Those coming from outside of Canada require proof of full vaccination to attend our clinics for BrainPort training. Please provide proof of vaccination along with the Application For Use.

The following is general information regarding entry to Canada from the US that is accurate at the time of writing. For the most up-to-date information visit: www.cic.gc.ca or if any questions call the Canada Border Services Agency at: 1-204-983-3500 or 1-506-636-5064.

If you are **flying** to Canada, you will need a valid US passport. US citizens flying to Canada do not require an Electronic Travel Authorization (eTA) however Permanent Residents (“Green Card” holders) of the US *do*. To find out more, see: <https://www.canada.ca/en/immigration-refugees-citizenship/services/visit-canada/eta/facts.html>. Your eTA will be linked to your passport and you’ll need to present that passport along with your valid Permanent Resident Card (“Green Card”) at check in.

If you are **driving or arriving by train, bus or boat** you do not require an eTA. A passport is recommended however of the following are also acceptable (you need both):

1. Proof of US citizenship (i.e. birth certificate, naturalization certificate/card, expired passport or passport card)

AND

2. Valid Government Issued Photo ID (i.e. driver's license or state ID)

Please check ahead for any Covid-related border restrictions that may be in place.

Should you decide to purchase, it is your responsibility to declare the BrainPort Balance Device to US Customs and Border Protection, and pay any applicable customs fees or duties. The BrainPort Balance Plus device has a Class 2 Medical Device Licence issued by Health Canada's Therapeutic Products Directorate, Medical Devices Bureau.

Can I rent the device if I feel I need more time to decide?

We are unable to offer devices for rental. However, if you wish to attend more than the 2 consecutive days of training, please inform your preferred location at the time of booking and we will do our best to accommodate this.

Appendix 1 - Precautions:

- Tongue Sensation. The BrainPort Balance Plus should be not used with subjects experiencing numbness or lack of feeling of the tongue, or with subjects with a history of injury to the tongue resulting in impaired sensation or use of the tongue.
- Long-term use. Limited data are available on the long-term effects of electrical stimulation of the tongue. Long-term effects (beyond one year) have not been evaluated in clinical trials, however BrainPort Balance Devices have been in use for over 10 years with no reports of adverse events.
- Device Usage. Limited data is available on use of this type of stimulating device exceeding an average of between 250 and 400 minutes per month, and a maximum of 1550 minutes per month. Wicab recommends that you tailor your use of the device to be within these time limits since long-term effects (beyond one year) exceeding this usage have not been evaluated in clinical trials.
- Use only Wicab supplied components and procedures. Using controls, adjustments, components, accessories, detachable parts, materials, or procedures other than those specified in this manual may damage the BrainPort Balance Plus, increase risk, or decrease benefit.
- Oral Health. Limited data is available on stimulation sensitivity for individuals with oral conditions such as oral ulcerations, herpes simplex, oral thrush, and geographic tongue. Consult your Physician for approval to use the BrainPort Balance Plus device, and if use of the device causes discomfort, discontinue use.

- Oral Health. Individuals with high, narrow palatal vaults should discontinue use of the device if use causes discomfort
- Oral Health. Individuals with maxillary or mandibular tori that interfere with the IOD placement such that full contact with the tongue is prevented should not use the device.
- Dental Appliances (orthodontic appliances, removable partial or full dentures, lingual amalgam alloy restoration, metal crowns, etc.) Electrical stimulation of the tongue when metal appliances/surfaces are present may change results and/or cause unintended stimulation. If the stimulation causes discomfort, remove the IOD from your mouth and discontinue use of the device. If you notice a change in your dental device or appliance (warmth or looseness), discontinue the use of the device and contact your dentist.
- Dental Implants. The BrainPort Balance Plus device has not been thoroughly evaluated in the presence of dental implants. The safety of dental implants in BrainPort Balance Plus users is unknown. The use of this device potentially may cause heating of dental implants; chronic use of this device potentially may result in loosening and failure of dental implants.
- Pregnant or Nursing Women. The BrainPort Balance Plus has not been evaluated in subjects who are pregnant. Users who are pregnant should consult with their doctor before using the device.
- Children under 18. Written authorization from a child's or youth's primary Medical Doctor or Pediatrician is required.
- Epilepsy or Seizures. Written authorization from your Neurologist is required.
- Implanted Electrical Medical Devices compatibility. Please share the following with your Physician and obtain their written authorization prior to use:

BrainPort Balance Plus and Implanted Electrical Medical Devices

The BrainPort Balance Plus is a battery-operated device that provides low levels of electrical stimulation to the tongue. The device has been designed and is manufactured to comply with international safety standards for medical devices in its class. The device has been independently tested and verified to be in compliance with these safety standards, including the applicable sections of:

IEC 60601-1 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance

IEC 60601-1-2 Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility

IEC 60601-1-11 Medical electrical equipment - Part 1-11: General requirements for basic safety and essential performance - Collateral Standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment

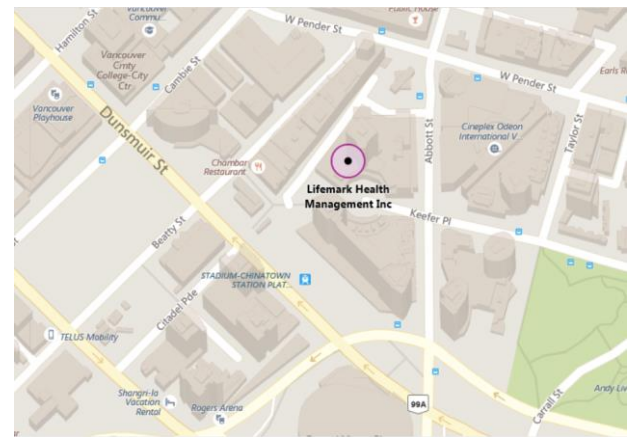
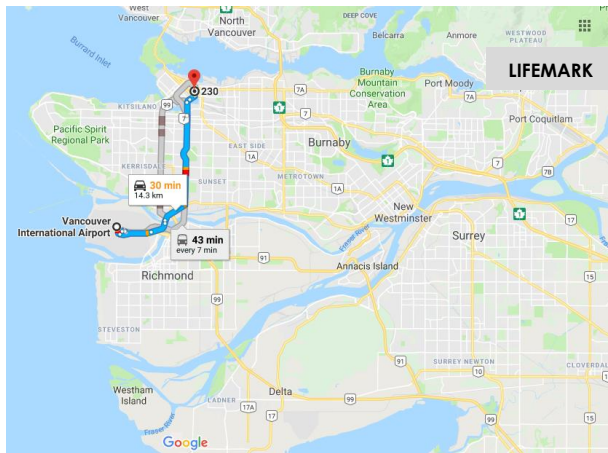
The BrainPort Balance Plus has not been clinically evaluated with users having implanted medical devices. Individuals with such implants should consult with their physician prior to using the BrainPort device. Wicab believes that the user's physician is in the best position to make an informed decision regarding the possible benefits derived from use of the device vs. the potential risks associated with its use.



LIFEMARK VANCOUVER



#230, 181 KEEFER PLACE
VANCOUVER, BRITISH COLUMBIA. V6B 6C1
Phone: 1-604-687-5911 Fax: 1-604-687-3944
<https://www.lifemark.ca/Keefer-Place>



TAXI COMPANIES

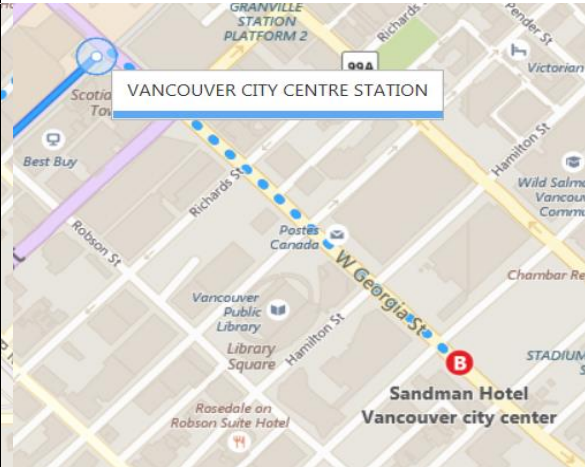
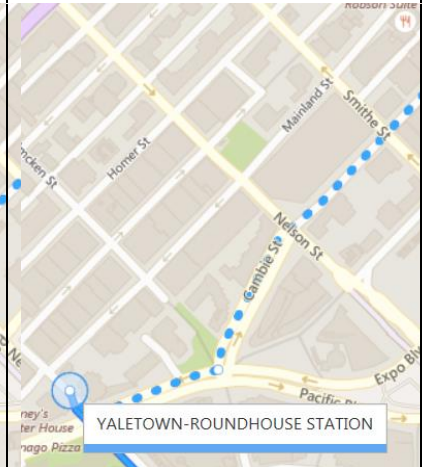
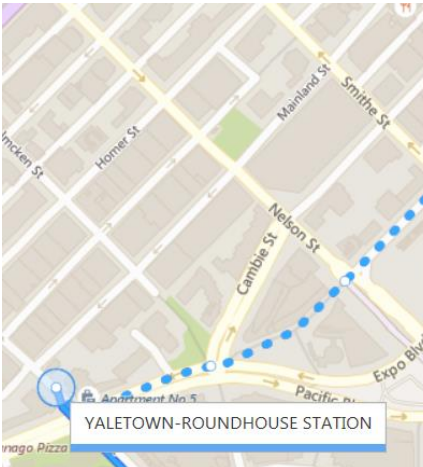
Blacktop Cab – 604-731-1111

Vancouver Taxi – 604-871-1111

Yellow Cab – 604-681-1111

VANCOUVER INTERNATIONAL AIRPORT (YVR) TO HOTEL OPTIONS VIA SKYTRAIN

YVR → GEORGIAN COURT HOTEL	YVR → HAMPTON INN & SUITES	YVR → SANDMAN HOTEL
<p>1. Start: Vancouver International Airport</p> <p>2. Walk: From Your Location to YVR-AIRPORT STATION</p> <p>3. Inter-city Rail: Take Canada Line - CANADA LINE TO WATERFRONT Depart: YVR-AIRPORT STATION</p> <p>4. Arrive: YALETOWN-ROUNDHOUSE STATION</p> <p>5. Walk: From YALETOWN-ROUNDHOUSE STATION via Beatty Street to your Hotel 0.8 km, about 12 min</p> <p>6. Arrive: Georgian Court Hotel - Vancouver</p> <p>773 Beatty St, Vancouver. V6B 2M4 http://www.georgiancourthotelvancouver.com Toll Free: 1-800-663-1155 Phone: 604-682-5555</p>	<p>1. Start: Vancouver International Airport</p> <p>2. Walk: From Source Your to YVR-AIRPORT STATION</p> <p>3. Inter-city Rail: Take Canada Line - CANADA LINE TO WATERFRONT Depart: YVR-AIRPORT STATION</p> <p>4. Arrive: YALETOWN-ROUNDHOUSE STATION</p> <p>5. Walk: From YALETOWN-ROUNDHOUSE STATION via Cambie Street to your Hotel 0.8 km, about 12 min</p> <p>6. Arrive: Hampton Inn & Suites By Hilton</p> <p>111 Robson Street, Vancouver. V6B 2A8 http://www.hamptoninnvancouver.com Toll Free: 1-877-602-1008 Phone: 604-602-1008</p>	<p>1. Start: Vancouver International Airport</p> <p>2. Walk: From Your Location to YVR-AIRPORT STATION</p> <p>3. Inter-city Rail: Take Canada Line - CANADA LINE TO WATERFRONT Depart: YVR-AIRPORT STATION</p> <p>4. Arrive: VANCOUVER CITY CENTRE STATION</p> <p>5. Walk: From VANCOUVER CITY CENTRE STATION via W Georgia Street to your Hotel 0.5 km, about 8 min</p> <p>6. Arrive: Sandman Hotel Vancouver City Centre</p> <p>180 West Georgia Street, Vancouver BC. V6B 4P4 https://www.sandmanhotels.com/locations/british-columbia/vancouver/hotels/vancouver-city-centre-vcc Phone: 604-681-2211</p>



LIFEMARK TECUMSEH



25 Amy Croft Drive, Unit 27
 TECUMSEH, ONTARIO. N9K 1C7
 Phone: 1-519-739-6061 Fax: 1-519-739-1419
<https://www.lifemark.ca/Tecumseh>

Hotels:

Downtown Windsor (near Tunnel)

1. Holiday Inn Windsor
 430 Ouellette Ave
 Windsor, ON N9A 1B2
 (519)256-4656
2. Travelodge Downtown Windsor
 33 Riverside Dr. E
 Windsor, ON N9A 2S4
 (519) 258-7774
3. Quality Inn and Suites
 675 Goyeau St
 Windsor, ON N9A 1H3
 (519) 258-8411
4. Caesars Windsor
 377 Riverside Dr E
 Windsor, ON N9A 7H7
 (800) 991-7777

Near Ambassador Bridge

1. Holiday Inn Hotel and Suites Windsor
 Ambassador Bridge
 1855 Huron Church Road
 Windsor ON N9C 2L6
 (519)966-1200

2. Comfort Inn and Suites Ambassador
 Bridge
 2330 Huron Church Rd
 Windsor, ON N9E 3S6
3. Hampton Inn and Suites by Hilton
 Windsor
 1840 Huron Church Road
 Windsor, ON N9C 2L5
 (519) 972-0770

Near Windsor Airport

1. Lexington Inn and Suites
 2130 Division Rd
 Windsor, ON N8W 2A1
 (519)250-4657
2. Ramada Limited Windsor
 2225 Division Rd
 Windsor, ON N8W 1Z7
 (519)969-7800
3. Comfort Inn South Windsor
 2955 Dougall Ave
 Windsor, ON N9E 1S1
 (519)966-7800

Transportation Options

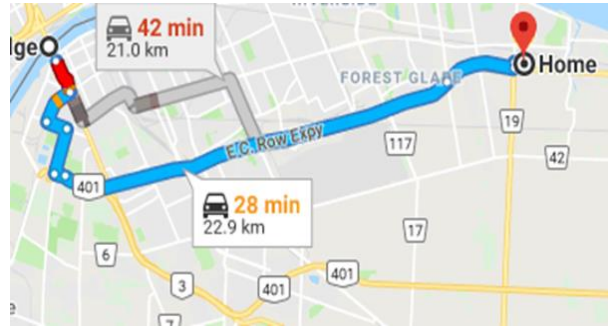
Vets Cab (519) 256-2621

Tecumseh Cab (519)735-1555

Canadian Checker Cab (519) 254-7777

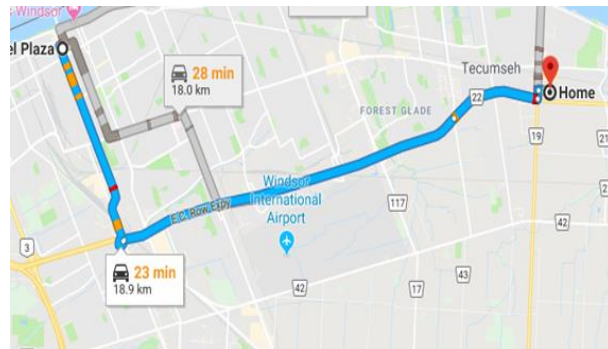
Directions from Ambassador Bridge

Head Southeast on ON-3. Turn right onto College Ave. Turn left onto Prince Rd. Turn right onto Matchette. Merge onto EC Row Expressway. Continue onto Essex Rd 22. Turn left onto Manning Rd/County Rd 19. Turn right at 1st cross street onto Amy Croft Drive. Turn right into plaza between Sobey's and Dollarama. Turn left. Lifemark is at the East end of the plaza.



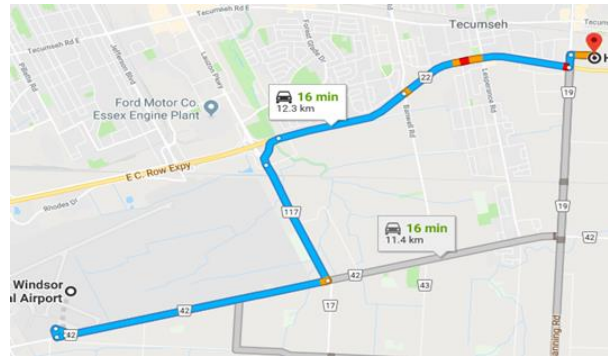
Directions from Tunnel

Head northwest on Tunnel Plaza toward Park St E. Use the left lane to turn left onto Park St E. Use the left 2 lanes to turn left at the first cross street onto Hwy 3B/Ouellette Ave. Continue to follow Hwy 3B. Use the right lane to take the EC Row Expressway East ramp. Merge onto E.C Row Expressway East. Continue onto Essex Rd 22. Turn left onto Manning Rd/County Rd 19. Turn right at 1st cross street onto Amy Croft Drive. Turn right into plaza between Sobey's and Dollarama. Turn left. Lifemark is at the East end of the plaza.



Directions from Airport

Head north. Turn left toward County Rd 42. Continue on County Rd 42. Turn left onto Lauzon Pkwy/County Rd 117. Use the right lane to take the EC Row Expressway East ramp. Merge onto EC Row Expressway East. Continue onto Essex County Rd. 22 Turn left onto Manning Rd/County Rd 19. Turn right at 1st cross street onto Amy Croft Drive. Turn right into plaza between Sobey's and Dollarama. Turn left. Lifemark is at the East end of the plaza.



LIFEMARK BRAMPTON

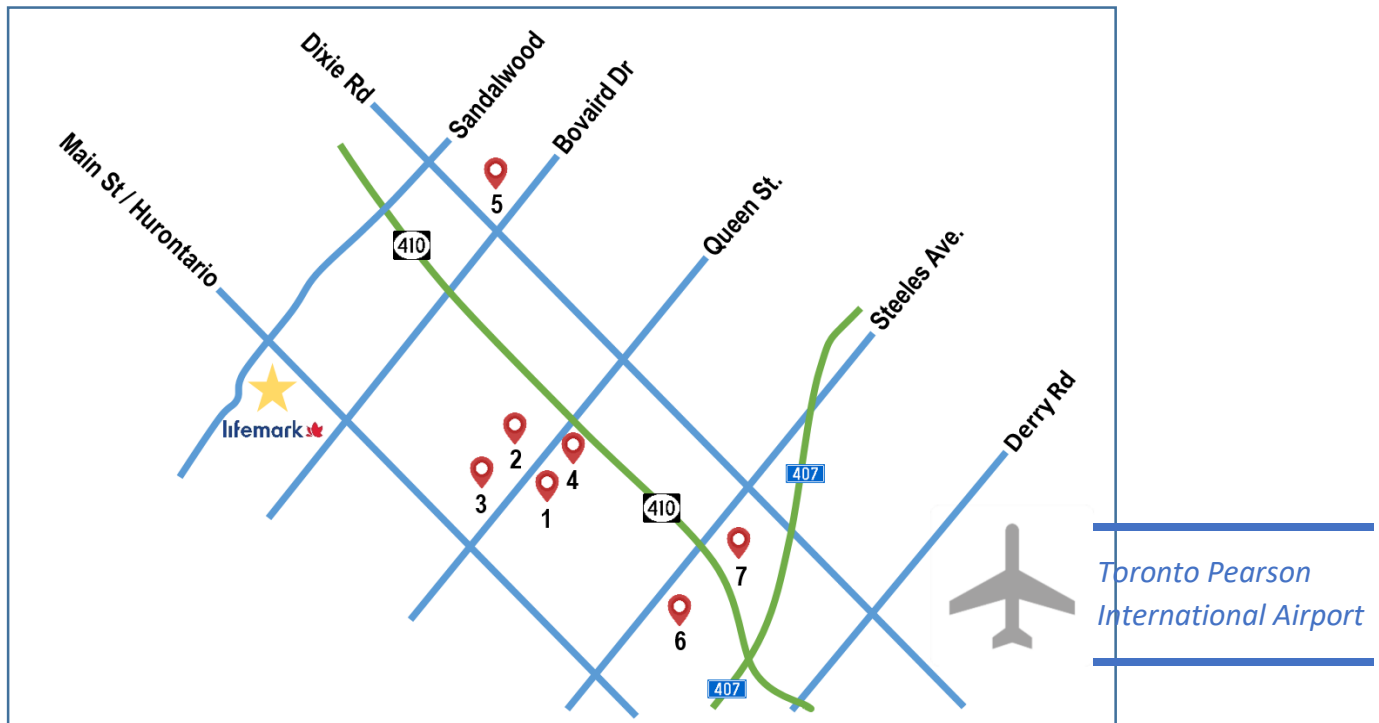


2 Fisherman Drive, Unit #7

Phone: 1-905-455-5870 Fax: 1-905-455-3620

BRAMPTON, ONTARIO. L7A 1B5

<https://www.lifemark.ca/Fisherman-and-Hurontario>



Hotels

***All are within 15mins of Lifemark**

1. Comfort Inn
5 Rutherford Rd S, Brampton, ON L6W 3J3
(905) 452-0600

2. Days Inn Brampton
260 Queen St E, Brampton, ON L6V 1B9
(905) 457-8880

3. Marigold Hotel
226 Queen St E, Brampton, ON L6V 1B8
(905) 451-6000

4. Quality Inn & Suites
30 Clark Blvd, Brampton, ON L6W 1X3
(905) 454-1300

5. Newton Villa
23 Lofty Pines Pl, Brampton, ON L6R 1K6
(905) 497-1007

6. Courtyard by Marriott
90 Biscayne Crescent, Brampton, ON L6W 4S1
(905) 455-9000

7. Fairfield Inn & Suites by Marriott
150 Westcreek Blvd, Brampton, ON L6T 5V7
(905) 874-7177

Transportation Options - Brampton

Aerotime Luxury Limo and Taxi Services
1-855-463-1722 or (647) 931-6111

Aeroporto Taxi and Limousine Services
1-800-465-3434 or (416) 255-2211

Airline Limousine
1-800-263-5466 or (416) 675-3638

Airport Limo Toronto
1-888-777-7127 or (416)- 699-2000

Directions from the Airport

Toronto Pearson International Airport (with highway)

Get on ON-427 S

1. Head southeast on Airport Rd/Peel Regional Rd 7
2. Turn left to merge onto ON-427 S

Take ON-410 N to Peel Regional Rd 10/Peel Regional Rd 107 in Brampton. Take exit 13 from ON-410 N

3. Merge onto ON-427 S
 4. Use the right 2 lanes to take the ON-401 W exit
 5. Keep left, follow signs for Brampton/Hamilton
 6. Keep right at the fork, follow signs for ON-410/Brampton
 7. Continue onto ON-410 N
 8. Use the right 2 lanes to take exit 13 for Bovaird Drive toward 13
- Continue on Peel Regional Rd 107. Drive to Fisherman Dr*
9. Use the left 2 lanes to turn left onto Peel Regional Rd 10/Peel Regional Rd 107 (signs for Bovaird Drive
- W/Georgetown)*
- Continue to follow Peel Regional Rd 107*
10. Turn right onto Hurontario St (signs for Hurontario Street)
 11. Turn left onto Fisherman Dr
- Destination will be on the right*

Toronto Pearson International Airport (without highway)

Take Bramalea Rd and Williams Pkwy W to Fisherman Dr in Brampton

1. Head northwest on Airport Rd/Peel Regional Rd 7
 2. Use the left 2 lanes to turn left onto Derry Rd E/Peel Regional Rd 5
 3. Turn right onto Bramalea Rd
 4. Turn left onto Williams Pkwy W
 5. Turn right onto Kennedy Rd N/Peel Regional Rd 16
 6. Use the left 2 lanes to turn left onto Peel Regional Rd 107
 7. Turn right onto Hurontario St (signs for Hurontario Street)
 8. Turn left onto Fisherman Dr
- Destination will be on the right*