



**Allegheny**  
**Health Network**  
*Sports Performance*

3001 Cool Springs Dr. Pittsburgh PA 15234 (412-437-3001)

[www.ahn.org/sportsp performance](http://www.ahn.org/sportsp performance)



## **SPORTS PERFORMANCE**

The *Makoto Arena* is unique in sports enhancement. Training with it improves first-step speed, reaction time, mental focus, concentration, and hand-eye and foot-eye coordination. Its random, 360-degree, multi-planar environment provides a close approximation to real time sports. Reaction time to random stimuli and accuracy can be tracked individually, providing objective feedback. And while sports-specific drills are certainly an option, the *Makoto Arena's* biggest benefit is the systemic improvement in the performance of the brain and central nervous system.

## **REHABILITATION**

Studies of therapies combining cross-body movements with visual and auditory stimuli using the Makoto Arena have shown significant improvement in visual, cardiovascular, and neurological performance. These improvements include the areas of memory, proprioception, cognitive processing, speech, learning disabilities, and more. The *Makoto Arena* works with patients of all ability levels, making it ideal for work on increasing mobility and reach occupational and physical therapy goals. The cognitive benefits from using *Makoto* make it useful for neurological therapies including concussions, stroke, TBI's, depression, and ADD/ADHD.

**CALL 412-437-3001 TO BOOK YOUR SESSION ON THE MAKOTO ARENA TODAY!**