The purpose of this study was to examine the effects of balance training using the NeuroCom Balance Master and Nintendo Wii Fit with independent, community-dwelling adults aged 55 years and older.

1) Is the Nintendo Wii Fit a valid tool for balance training when compared to the NeuroCom Balance Master 6.1?
2) Is there a difference in training effect of the Nintendo Wii Fit and the NeuroCom Balance Master 6.1?

Volunteers were recruited from Eskaton Village Retirement Community in Carmichael, California. 32 Total Participants [Avg. age: 81.5 yrs ± 6.5 (Range: 69–93 yrs)]

Balance Master Group: 10  (5 female, 5 male)
Avg. age: 82.2 yrs ± 5.6
Wii Group: 18 (12 female, 6 male)
Avg. age: 80.3 yrs ± 7

Age correlated significantly with all outcome variables (p ≤ .001).

Star Grid Positions (SEBT)
Balance Master
Significant improvement reaching forward (p=.007) and backward (p=.005).
Wii Fit
No significant change

Balance Self Efficacy (BES)
Balance Master
No significant change
Wii Fit
No significant change

Functional Reach (FR)
Balance Master
No significant change
Wii Fit
No significant change

In a group of community dwelling older adults, the effects of balance training with the NeuroCom Balance Master and Nintendo Wii Fit are highly dependent on age. There was no significant difference on level of improvement between the two training techniques for any of the outcome variables measured. Training on the NeuroCom Balance Master produced within group improvement on the SEBT but not on the BES or FRT. Training on the Nintendo Wii Fit did not produce improvement on the SEBT, BES, or FRT.