

Where the programme began: Sensory Integration & Neuroplasticity

Performance Breakthrough is a pioneering neuro-development tool that combines specially designed balance equipment and carefully selected exercises to improve sensory organisation and refine neuro-transmission so that the brain performs better in every environment.

In the 1960's, manned space flights into the zero gravity of space led to NASA's detailed research into the vestibular (balance) system. NASA's results showed that balance has a significant impact on cognitive and learning efficiency.

At the same time Frank Belgau, working near NASA in Houston, was developing his own sensory-based learning model that included a balance exercise which was designed to improve neuron entrainment and transmission efficiency. What resulted was the Learning Breakthrough (now Performance Breakthrough) programme, a suite of movement activities with a precision adjustable balance board at its heart.

The programme enables individual advancements and increases in neural efficiency, resolution and timing across all of the brain's critical processing centres. It is among the earliest applications of what is now commonly known as 'neuroplasticity'.