

Body Parts Tested	With Sure Base	Without Sure Base	Improvement With Sure Base
Upper Back	.32	1.32	75%
Lower Back	.76	1.34	1%
Upper legs	.47	.69	31%
Lower legs	1.09	1.82	40%
Feet	1.45	2.22	34%

Source: 2003 University of Colorado, Mary Beth Lynch, PHD.