

Quarterly 12-Week Curriculum Roadmap & Outcome Framework

Bi-Weekly Cadence (24 Sessions) • Standard 3-Tier Multi-Acuity Schema (Level 1, Level 2, Level 3) • CDC STEADI Benchmarking

WEEK #	MESO-CYCLE PHASE	WEEKLY PROGRAM THEME	4-PILLAR FOCUS	KEY BIOMECHANICAL TARGET	DUAL-TASK COGNITIVE AGILITY	MILESTONE OBJECTIVE
Week 1	Month 1: Foundation	Grounding & Base of Support	Pillars 1 & 2	Ankle dorsiflexion, foot-floor connection, axial posture	Auditory category callouts during heel-toe taps	Establish baseline safety & rapport
Week 2	Month 1: Foundation	Axial Posture & Plumb Line	Pillars 1 & 3	Scapular retraction, thoracic extension, cervical line	Counting interference during bilateral stance holds	Eliminate forward-head posture slouch
Week 3	Month 1: Foundation	Hip-Hinge & Sit-to-Stand Power	Pillar 2	Gluteus maximus recruitment, anti-gravity transfer force	Color-direction matching during hinge repetitions	Build unassisted transfer independence
Week 4	Month 1: Foundation	Lateral Weight Shifting	Pillars 2 & 3	Gluteus medius endurance, hip abductor stabilization	Stroop color-word conflict stepping	Master Level 1, Level 2, Level 3 shifts
Week 5	Month 2: Dynamic Load	Multi-Directional Compass Stepping	Pillar 3	Stepping in 4 quadrants, center-of-mass deceleration	Mental arithmetic (odd/even stepping)	Expand stable base-of-support zone
Week 6	Month 2: Dynamic Load	Vestibular Gaze & Turning Agility	Pillars 1 & 3	Vestibulo-ocular reflex (VOR), safe turn mechanics	Word-association rhythm chains during turning	Mid-Term CDC STEADI Check-In
Week 7	Month 2: Dynamic Load	Resisted Postural Endurance	Pillars 1 & 2	Upper back band rows, anti-rotational core bracing	Reverse spelling during isometric holds	Strengthen endurance for dining & transit
Week 8	Month 2: Dynamic Load	Divided-Attention Navigations	Pillar 3	Dual-task motor interference, dynamic balance flow	Visual-spatial memory path navigation	Steady gait during divided attention
Week 9	Month 3: Mastery	Reactive Recovery Stepping	Pillars 2 & 3	Rapid backward & lateral recovery step threshold	Auditory stop-and-freeze signals	Reflexive base-widening fall defense
Week 10	Month 3: Mastery	Obstacle Clearance Mechanics	Pillars 2 & 3	High-knee hip flexion, anterior tibialis clearance	Multi-step directional navigation memory	Safe clearance of floor rugs & curbs
Week 11	Month 3: Mastery	Integrated Functional Flow	Pillars 1 – 4	4-pillar continuous circuit transitions	Group trivia & storytelling during flow	Demonstrate sustained functional stamina
Week 12	Month 3: Mastery	Graduation & QBR Benchmarks	Pillars 1 – 4	Full functional reassessment, milestone celebration	Cooperative group balance circle challenge	Final data collection & QBR reporting

2. STANDARD CDC STEADI FUNCTIONAL MOBILITY TESTING PROTOCOLS

Tier 3 Enterprise Vitality & Outcomes: 3x/Week • \$1,950/Month • Advanced Analytics & QBR

For enterprise communities seeking objective data for executive boards, liability underwriters, and prospective families, The Release Ritual administers three non-clinical functional performance benchmarks derived from the CDC STEADI framework:

30-Second Chair Stand Test

Evaluates anti-gravity lower-extremity transfer strength and endurance. Participants cross arms over chest and complete maximum full stands in 30 seconds. Quantifies sit-to-stand transfer reserve.

4-Stage Balance Test

Evaluates static postural stability across four progressively challenging foot positions: Parallel, Semi-Tandem, Full Tandem, and Single-Leg Stance (10-second target per position).

Timed Up & Go (TUG) Test

Assesses dynamic ambulation, safe turning acceleration, and sit-to-stand transfer fluidity. Resident stands from armchair, walks 10 feet, turns safely, returns, and sits. Times > 12 sec highlight fall risk.

3. TESTING INTERVALS & ENTERPRISE QBR EXECUTIVE DASHBOARDS

TESTING INTERVAL	OPERATIONAL BENCHMARK	ACTIONABLE OUTCOME
Day 1 Baseline	Full STEADI battery intake	Individual acuity mapping into Level 1, 2, or 3
Week 6 Mid-Term	Progress validation & check-in	Transfer power & stance adjustments
Week 12 Graduation	Quarterly Macro-Cycle Reassessment	Executive QBR Board presentation data

Quarterly Business Review (QBR) Deliverables

- **Class Delivery Rate:** 100% completion (24/24 sessions Tier 2; 36/36 sessions Tier 3 Enterprise).
- **Cohort Mobility Velocity Index:** Percentage improvement in unassisted sit-to-stand counts.
- **Census Preservation Metrics:** Demonstrates delayed premature level-of-care transfers (preserving \$5,830/mo AL revenue).
- **Marketing Tour Collateral:** "Family Reassurance" tour sheets for adult children.

4. FINANCIAL CENSUS PRESERVATION MODEL

- **Preserved Private-Pay Revenue:** \$5,830 / month median assisted living resident rate.
- **6-Month Length of Stay (LOS) Extension:** \$34,980 preserved per retained resident.
- **Direct Emergency / Incident Costs Avoided:** \$9,300 – \$10,900 per prevented fall.
- **Net Community ROI:** Exceeds 500% against turnkey monthly service investment.

EXECUTIVE GOVERNANCE & COMPLIANCE

- **Turnkey Delivery:** Zero activities staff burden; full setup & sanitized equipment.
- **Marketing Impact:** Family reassurance tour collateral drives move-in conversion.
- **Fully Cleared:** Next Insurance Policy #NXTFQ9LLK3-00-GL (\$2M / \$4M).