

# Power Plate helps Berkley Care Home residents to move with confidence

*Bespoke program to encourage healthy movement sees measurable improvements to independence, activities of daily living and fall prevention.*

**Alan Howland**  
87, Leycester House

## Aim

For some time Alan had been struggling to walk due to a number of health conditions, and he was experiencing pain and stiffness due to sitting in his chair for so long.

Unable to walk and finding it difficult to get up from his chair, Alan had become very tired and depressed. He was keen to do the Power Plate trial in a safe and supportive environment to get him back to being more mobile and feeling himself again.

## Action

Alan's program started by getting familiar with the machine, using varying rates of time and amplitude to work his feet and leg muscles and improve circulation.

To help with Alan's shoulder, spine and overall stiffness complaints; he was measured weekly on his progress through arm curls, neck mobility stretches and leg lift exercises.

## Achievements

Alan showed amazing strength throughout the trial, and even when he was feeling exhausted, he still took part in some of the exercises on the Power Plate. By the end of the trial, Alan felt much happier with more energy from doing the weekly exercises on Power Plate. He also saw a 45% improvement in his arm curls which was a real success. Not only had the stiffness gone, but Alan was also starting to feel more positive and back to feeling himself again.

