

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.

Peter Haddon
99, Leicester House

Aim

Due to a previous knee replacement, Peter often suffered a lot of stiffness and pain and this meant he was unable to walk.

The trial was to give Peter a safe and supportive way to gently get him moving again, helping with the pain and stiffness in his knees, and to at least start to walk short distances.

Action

Due to Peter's pain and stiffness in his back and knees, he was encouraged in the beginning to do some light exercise, gently stretching his legs and arms on the Power Plate machine utilising the straps.

Each week he grew in confidence to do more invigorating exercises, such as heel flexes, arm curls and neck stretches. Alongside these movements using Power Plate, he was also given a 6 minute weekly walking test.

Achievements

During the trial Peter continued to suffer with his pre-existing pain and stiffness, but with support of his assessor over just a few sessions, he started to gain more confidence. As Peter progressed, his stiffness reduced and his enthusiasm for doing the exercises increased.

By the end of the program, Peter was able to walk 5 metres unassisted.

<https://berkleycaregroup.co.uk>

